



Coaches Guidebook

2018

A guidebook for Rocky Mountain Storm Lacrosse Club (Storm) youth boys and girls lacrosse coaches.

www.rockymountainstormlacrosse.com

Table of Contents

Cover Page.....	1
Table of Contents.....	2
Welcome	3
Mission Statement Purpose and Coaches Credits	4
Team Organization and Management.....	5
Boys Age Groups and Divisions.....	10
Girls Age Groups and Divisions.....	16
Practice and Game Fields.....	17

Welcome to Coaching Lacrosse!

“A coach must never forget that he or she is a leader and not merely a person with authority.”

–John Wooden

Coaching has been one of the most challenging and rewarding ventures I have taken in my life. I began coaching lacrosse because my oldest son had reached the age of six and I wanted to continue teaching him lacrosse beyond the backyard. Since then I have coached all three of my sons and learned many lessons that have benefited me in my personal life and my career. Coaching is difficult and time consuming, but it is also very rewarding. It takes knowledge and understanding of lacrosse, and skills in learning, organization, communication, time management, patience, empathy, motivation, and competition. However, one of the most important skills I continue to learn as a coach is how to keep it fun. Kids play sports because they enjoy it, their friends play it, and they like the competition. But most importantly, a kid will continue to play a sport because it is fun for them. In my own experience, I continue to play lacrosse in my late forties because it is still fun for me! So please remember to keep it positive!

Over the years I have developed a set of four rules that I ask my teams to follow. You can use these or change them to meet your needs if you like, but I think it is important to set some ground rules for your team to follow. I tell the kids and parents that these rules do not only apply to lacrosse, they are also great rules to follow for life. Here they are.

Rule 1: LISTEN to your coaches.

Rule 2: Try your hardest, ALWAYS.

Rule 3: Good SPORTSMANSHIP.

Rule 4: Have FUN!

I want to thank you for coaching for Storm Lacrosse. Your volunteering as a coach will benefit many kids and they will remember you.

Charlie Watts

RMSLC President, 2017

Mission Statement

The mission of Rocky Mountain Storm Lacrosse Club is to foster a life-long enjoyment for the game of lacrosse for youth boys and girls, residing in the West Metro Denver area. The Club will offer developmental programs for youth boys and girls through the 8th grade. Programs will include teaching individual fundamental skills, the essentials of team play, proper physical conditioning, and most importantly, good sportsmanship. Through its coaching staff and volunteers, the Club will encourage players to develop a positive attitude, self-discipline, respect for others, and commitment to the success of their team and club. RMSLC will strive to make participation in the sport of lacrosse affordable, safe and a positive experience for players, coaches and parents. RMSLC is a volunteer organization.

RMSLC Stated Purpose

Rocky Mountain Storm Lacrosse Club is a youth sports organization dedicated to promoting the sport of Lacrosse for youth boys and girls, through teaching and competition. The Club will be a member of the statewide youth lacrosse league, currently the CYLA for boys and CGLA for girls, and be signatory to the league(s) rules and obligations. RMSLC will support all local area high school lacrosse programs, and encourage youth players to continue their participation at the high school level without prejudice.

Volunteer Coach's Credits

Aside from the incredible experiences you will have volunteering to coach youth lacrosse, Storm Lacrosse also provides each team with two coach's credits. Each of these credits are equal to the registration cost for one player. These credits are allocated by the head coach of each team. Often the head coach decides to allocate one credit to the head coach and the other credit is split amongst the assistant coaches, but this is up to them. Coach's credits are paid at the end of each season after all equipment has been returned to the Storm Equipment Manager.

Team Organization and Management

“I feel that a great coach is one that has a vision, sets a plan in place, has the right people in place to execute that plan, and then accepts the responsibility if that plan is not carried out.”

–Mike Singletary

Communication

First and foremost, to create a successful positive experience for your team, you must communicate clearly and frequently with the parents of your team. With today’s technology, communication has become much easier to manage. I recommend using the Storm website, email, text, TeamSnap, GroupMe, a team webpage, or any other communication method that you like. What is most important is that you communicate frequently.

The Storm website at www.rockymountainstormlacrosse.com has a link in the left menu bar for “Team Manager Manual.” This manual contains the step by step process for coaches to use the Storm website for logging in, accessing your team page, sending emails to your team, and posting scores and pictures.

Get Help

To be successful as a coach, you must enlist help! You cannot do this by yourself and create a positive motivational experience for everyone. When managing a team of 13 to 20 kids, it is extremely difficult to successfully engage and teach all of those children by yourself. Ask any teacher and they will tell you! Therefore, the best way to manage your team is to enlist parents to help as Team Manager(s) and Assistant Coaches.

Team Manager

The best way to enlist a Team Manager is by asking. If asking doesn’t work, then try begging! The Team Manager allows coaches to focus on coaching and less on organizing and communicating with parents.

Some Potential Team Manager Functions:

1. Communicating important messages and last minute changes with your team parents.
2. Organizing team events including preseason team meeting, post season team party, and tournament travel.
3. Organizing team pictures.
4. Collecting funds for indoor practices and tournaments.
5. Planning and organizing tournaments including fund raising, booking hotels, organizing your team tent city, etc.
6. Ordering trophies and awards.
7. Planning and ordering specialized team apparel.
8. Posting pictures and scores on the Storm website.
9. Organizing team dinners.
10. Organizing snacks and drinks for games.
11. Recruiting score keepers for home games.

As you can see, this list is long but does not include everything. A strong Team Manager is invaluable to the positive experiences of a team.

Assistant Coaches

Lacrosse is a simple sport where the object is to score more goals than the other team during a game to win. However, there are many aspects and skills of the game that need to be taught to your players in order for your team to win. In boys lacrosse, some of these are offense, defense, goalkeeping, face offs, wing play, fast breaks, extra man offense, man down defense, penalty kills, clears, rides, etc. This is not to mention the fundamental skills of catching, throwing, cradling, shooting, ground balls, dodging, stick protection, etc. This is a lot for one coach to teach to 13 to 20 kids by oneself.

The best solution is to enlist assistant coaches. I say this in plural because more than one assistant is best. To find assistant coaches, first ask your team parents. Some of them may have played lacrosse before. Some may have even coached lacrosse before. Others may have coached other sports before. If they are willing to help and have the time, then enlist them to help you coach. If you don't have any parents that are willing, then look in the lacrosse community. Ask Storm Board Members for help in finding an assistant coach. As lacrosse continues to grow in Colorado,

there are increasingly more former high school and college lacrosse players who are willing to help coach a youth team. However, your assistant coaches do not need to be skilled lacrosse players or coaches to be good assistant coaches. Just like you, they need to be willing and able to learn and teach lacrosse to kids.

In boys youth lacrosse, each team is allowed three coaches during a game. At the U7-U9 age groups, one coach is allowed on the field or in the box, while two additional coaches are allowed in the box. At U10-U15, three coaches are allowed in the box.

In girls youth lacrosse, each team is allowed three coaches in the box during a game.

During practices and game warmups, having multiple assistant coaches can help your players stay engaged and get more touches with the ball. Some teams break up practices into groups where each group is doing a different drill and then rotate to the next drill. This is called “chunking.” It gets all players more touches and breaks up the monotony of everyone waiting for their next turn. This is only possible with multiple assistant coaches who know and can teach the key techniques and components of the drill they are coaching.

The Preseason Player and Parent Meeting

A great way to kick off a successful season is to have a preseason player and parent meeting. This meeting allows you to introduce yourself and your Team Managers and Assistant Coaches if they have been selected, organize communication plans, set expectations for player and parent behavior, set goals for the team, and answer any questions or concerns that the players and parents may have. To find a good location for the meeting, consider reserving a meeting room at a church, library, or other location. A good format for the meeting is to start as a group to discuss the plans and expectations above. Then schedule short individual meetings with each family including players and their parents. These 1on1 meetings are for you to discuss each players strengths and weaknesses, their expected position(s) for the season, expected play time, and what they can work on to get better as a lacrosse player. As a coach, you will find that the preseason meeting will help improve your relationship with both your players and their parents. It is also recommended that coaches

hold a post season player meeting to debrief their season and discuss these same topics.

Post Season Team Party

Post season team parties are an excellent way to bring closure to the season, reward your team for their efforts, thank the parents for their support, and have a lot of fun!

In my experience, our post season parties have always been fun. We typically will rent a pavilion, go to a pizza restaurant, or have a pool party. We usually bring 3x goals and tennis balls so the kids can run around and play.

This is completely up to you, but I like to give kids trophies or awards regardless if we won a championship. When we have won a tournament or the regular season, we will give the kids a trophy with the team name, their name, age group, and championship name. We also have given trophies to the younger ages regardless of victory because they just love getting them. You can get trophies at Crown Trophy in Arvada or Littleton for less than \$10 each. Personally, I like to give each kid a nickname for their style of play and then write it on a new lacrosse ball or a certificate that I printed online and tell a story about the player when I give it to them. No matter how good or bad a lacrosse player, every kid has a unique quality or contribution to the team that you can make into a positive story about the player.

Practice Planning

Planning practices takes time but is totally worth it. Kids get bored easily, but if you come to practice prepared with a good plan, chunk it down, and shift drills frequently, then the kids will stay engaged, get more touches, improve as a team, improve their fitness, and enjoy the practices. Another benefit of practice planning is the ability to shift gears based on uncovered needs from last week's game. If you have a well-organized practice plan, then you can shift things around to meet the more immediate needs for your team development.

As members of US Lacrosse and coaches for Storm Lacrosse, you have many opportunities to learn drills and develop practice plans. Go to www.uslacrosse.org and click on the link for "Coaches" and follow to

“Resources.” There you will find practice plans, drills, and a link to the mobile coach app.

Tournaments

The spring lacrosse season runs from March to June. Practices begin in March and games begin in April. Regular season games usually end the second week of May and the season finishes off with the CYLA and CGLA tournaments during the third weekend in May, which is May 19-20 in 2018. The CYLA and CGLA Tournament costs are included in spring season player registrations.

The first weekend in June, 2-3 in 2018, is the Rocky Mountain Jamboree and the Colorado Lacrosse Championship tournaments. Traditionally, these tournaments have been considered the Colorado youth lacrosse championship tournaments because they include both CYLA and AYL teams. Additionally, they require that spring teams are entered using their spring rosters. It is important to note, that these tournaments are **NOT COVERED BY YOUR STORM SPRING REGISTRATION FEES**. Therefore, if your team wants to play in one of these tournaments, then you must take the initiative to register your team, raise funds from parents, and pay for it on your own. The cost of one of these tournaments typically works out to about \$60 per player.

For more information, go to the following websites:

Colorado Lacrosse Championships: youth boys only
www.coloradolacrossechampionships.com

Rocky Mountain Jamboree: both youth boys and girls
www.lacrosseoutreach.org

Boys Lacrosse Age Groups and Divisions

Storm is a member of the Colorado Youth Lacrosse Association (CYLA) which is the league for boy's lacrosse that sets the rules, provides coaches training, facilitates insurance, provides the registration platform, and organizes fields, referees, games, and tournaments.

CYLA is a member of US Lacrosse and follows its age group rules, with some modifications. Until this year, US Lacrosse has grouped ages every other year, so they had U9, U11, U13, and U15. This year, they have added U8, U10, and U12. The CYLA implemented every year age groups some time ago with age group cutoffs based on birthdates on or before May 31st. Additionally, in spring 2016, CYLA added a U7 division as the demand from 5 and 6 year old boys continued to increase.

7 versus 7

Also, in spring 2016, the CYLA adopted a small sided game for age groups U7, U8, and U9. This small sided game is played in a 7 versus 7 format with each team playing a goalie, two defensemen, two midfielders, and two attackmen. The 7v7 game is played on a half field from sideline to sideline with the creases centered on the restraining box line on both sides of the field. There is a faceoff to begin each quarter and after every goal unless the lead is by 6 goals or more. In this case, the losing team may take possession at midfield after a goal. The offside rule is also in effect where a maximum of 4 players from a team may be allowed in the attacking half of the field and 5 players from a team may be allowed in the defending half of the field.

The One Pass Rule

In the small sided 7v7 game, there is a one pass rule in effect. It requires that a team either completes a pass across the midfield line or attempt a pass when the ball has crossed midfield to attack their opponent's goal. The one pass rule resets after every whistle that stops play. However, the one pass rule does not reset after possession changes to the other team. This rule is in effect for age groups U7, U8, and U9.

Other 7v7 Rules

Other rules for U7, U8, and U9 include:

- no body checking: legal pushes, holds, and box outs are allowed
- no one handed stick checks
- short sticks only except for goalies
- one coach per team is allowed on the field but must stay in the alleys
- time stops for substitutions
- offside and other technical fouls result in loss of possession
- personal fouls are time served in the box but a substitution is allowed so teams always play 7v7
- A player who accumulates 4 personal fouls or 5 penalty minutes is disqualified from play and must leave the field

U7, U8, and U9 Age Groups

The U7 age group was a very exciting addition to the CYLA in 2016 and I believe it will help continue the growth of lacrosse. Many sports begin play at very young ages, including soccer which starts with 3 and 4 year olds. Recently, there has been an increasing number of boys ages 5 and 6 years old that have wanted to play. Before the U7 division, these boys were placed on U8 teams. It was discouraging for the parents and players to see a 5 year old struggle to play against much larger 7 and 8 year olds. For these young boys eager to play lacrosse, the U7 division has been a great solution.

In the CYLA, the U7 and U8 Divisions are based primarily on geography. In spring 2016, the CYLA had three U7 divisions: North, Central, and South and two U8 divisions: North and South. All teams in U7 and U8 are at the same level and are not separated into divisions by skill.

At U9, the CYLA begins placing teams in divisions by competition level. In spring 2016, the CYLA had a White Level and two Blue Level divisions: North and South. The CYLA breaks age groups into three levels of competition: Red Level is the most competitive level, the White Level is the intermediate competition level, and the Blue Level is the recreational competition level.

Teams in the U7, U8, and U9 age groups are typically selected based on requests from coaches and parents. Coaches often recruit boys to join their team and parents often want their sons to play with their schoolmates for carpooling purposes. Therefore, the Storm Board of Directors (BOD)

often allows coaches in these age groups to work together to select their teams. However, equal playing time and good competition are of the utmost importance at these age groups. Therefore, sometimes the Storm BOD must intervene to equal teams out for these purposes. Of course, the goal is for the players, coaches, and parents to have fun, so we try to limit the need for these interventions.

Since teams in the U7, U8, and U9 age groups play 7v7, we typically do not want more than 13 players on a team. This allows for a coach to change the entire line up of field players and split playing time for everyone. Some coaches prefer fewer players in the 7v7 format, but even as a non-profit, Storm must have enough registration fees per team to cover the cost of play. Therefore, the ideal number of players on a 7v7 team is 12-13.

Coaching the Boys 7v7 Game

The 7v7 game is a lot of fun to play and coach. However, it is challenging to keep a team of 5-8 year olds engaged and focused on playing the game. Here are some strategies that will help you.

- Focus on proper fundamentals in practice including hand placement for catching, throwing, cradling, picking up ground balls, and playing defense. Also teach stick protection, dodging, V cuts, face offs, clearing, riding, and creating space.
- With the one pass rule, a good strategy can be to cover your man so the player with the ball has no one open to pass to. Then when the player with the ball is “hot” (meaning they can go to the goal and shoot), have your defense move to stop the ball carrier.
 - One note on this strategy: it will help you win some games and play strong defense, but it is improper lacrosse. As players reach U10 when there is no longer a one pass rule, covering your man and allowing the ball carrier to run freely is a sure way to get scored on. Therefore, make sure you are teaching the right strategies for today and for the players’ future.
- There are two lines of thought when coaching these age groups, 1) rotate two players into the game at defense, and have defense move to midfield and midfield move to attack (or vice versa); or 2) learn the players strengths and weaknesses and then assign them a position

for the season that matches their strengths and teach them those position skills.

- When I coached these age groups, we used a hybrid of these strategies. We would tell our team's parents that every player will get a chance to play every position for at least a while. This will cause us to lose games early in the season as we learn each player's strengths and weaknesses. Then in the second half of the season and into the tournaments, we will place players at the positions we feel will best suit their strengths and help the team as a whole.
 - This strategy allows players to learn specific positions well and focus on the specific skills necessary for them to be successful in those positions. I also believe that rotating players causes confusion during games and increases the likelihood of offside calls and missed defensive assignments.
 - Some coaches disagree and believe every player should rotate through every position. However, it is your team and your strategy is up to you.
- Playing time is key for the players and the parents. Make sure that each player is getting equal playing time.
 - We would tell parents that in tournaments and other very close games, we may play our best players only at the end of the game to try to get the win. This will not be a regular occurrence and will only happen in these critical situations. Especially, those situations where we could get eliminated from a tournament, so winning increases everyone's playing time.

U10 – U15 Age Groups

The U10 age group is where the biggest change happens. This is the age where the game shifts to full field lacrosse from 7v7 to 10v10 and has the other following changes along with that:

- player evaluations are completed and players are assigned to teams based on skill and athleticism into Red, White, and Blue divisions
- one pass rule is no longer in effect
- penalties result in playing with a man down

Player Evaluations

These changes can result in some heartache for some parents and coaches, especially player evaluations. Teams that may have been together for a couple of years will be broken apart. This is because the player evaluations will inevitably result in some players being moved up to a higher competition level team and other players being moved to a lower competition level team. Therefore, carpools get broken apart and friends end up playing on different teams. This is a tough situation as some coaches and parents who desire to keep their “boys” together.

However, you must understand that this is in the best interest of the players and they are the most important factor. The entire purpose of the club is to provide lacrosse to kids and for them to enjoy the competition. Having a kid play lacrosse at their appropriate level of competition allows them to succeed. Putting a Red Level player at a lower level will not help them improve. The same can be said of placing a Blue Level player at the Red Level, where they will struggle to have any success as they aren't ready for that level of competition. Coaches should feel proud when one of their players has improved and earned a spot on a higher competition level team.

Another situation that arises from player evaluations is where some parents will inevitably disagree with the evaluation that was given to their son. This becomes very personal for some parents, and as a parent myself, I do empathize with them and understand. However, as a parent and a coach, I am biased about my kids' skills. It is difficult for me to judge my kids' lacrosse skills because the parent in me sometimes gets in the way of the coach in me. I often ask other coaches that I respect whether my kids are playing at the appropriate level and whether I am helping or hurting their growth as a lacrosse player. However, every season we will get complaints, concerns, and criticism about player evaluations and team placement. This is unfortunate, but we must tell the parents and coaches that we are doing the best we can for the players and we believe that our decisions are in the best interest of the players. We must also give feedback to players and parents about how they can improve. Everyone wants to get better so they can make the better team next year or make the high school team when they get there.

Red Level tryouts are held for U11 through U15 teams each fall. This is done so that Red Level teams can begin preparing and also so the White/Blue Level evaluations are manageable.

Player evaluations are based on a scoring system of 1-5 with 5 being the highest and 1 being the lowest. Players are scored on cradling, stick skills, dodging, defense, offense and other factors.

Using the evaluations, coaches and board members meet after the evaluations are completed to select teams. Each evaluator at the meeting has the opportunity to present their score for the player and what level they think the player should be playing. This “committee” helps the coaches make the final decision on each player.

Coaches really NEED to attend player evaluations and team selection meetings. It is very important because the coaches know their players best. They can make the best recommendation about a player they have coached, whether that is to recommend they remain at their current level, move down a level, or even move up to a higher competition level team.

Coaching the 10v10 Game

The 10v10 game is the traditional boy’s lacrosse full field game. Each team plays a goalie, 3 defensemen, 3 midfielders, and 3 attackmen. As stated earlier, there is no longer a one pass rule and teams must play a man down when they have a player in the box who has committed a penalty. These two changes in rules from 7v7 to 10v10 have the most impact on coaching the game.

In 10v10, coaches must focus on teaching how to run a fast break offense and defense as most goals in 10v10 increasingly occur during transition and in odd man situations as players get older. Additionally, coaches must teach extra man offense (EMO) and man down defense (MDD) for penalty situations. And of course, coaches must also teach 6v6 offense and defensive sets, face offs and wing play, and clears and rides.

At these older levels and with so much to learn at each position, teams can benefit from having players play a position for a season. This allows the players time to learn and gain experience playing in all of these different situations while focusing on the fundamental skills needed to be successful in that position.

Another coaching factor that comes into play in 10v10 is the introduction of long poles for defensemen and long-stick midfielders (LSM) beginning at U11. Players must be taught the proper techniques for handling a long pole, checking, body position, and footwork. Long poles benefit a defense primarily because of reach. They force offensive players to play farther from the goal and space themselves farther from the defender. Long poles also provide opportunities to knock down or pick off passes across the middle and within the defenders range.

Substitutions in the 10v10 game are very important. During face offs many teams will place an LSM on the wing to the weak side of the face off man. The weak side is the right side of your face off man as it is the side where the opponent can potentially create a fast break off the draw. If your team wins the possession after a face off, most teams will substitute their LSM for a short stick midfielder to set up a 6v6 offense. If your team loses the face off, then the LSM allows your team to defend with 4 long poles, 2 short sticks, and a goalie.

The ideal team size for the 10v10 game is somewhat subjective. At higher level competition Red teams, many teams do not want more than 16-18 players per team. The opinion is that each player will get plenty of playing time and it allows for everyone more time playing as a unit together. Additionally, Red Level players seem to have a higher commitment level and attend every practice and game. Some coaches at White and Blue Levels have experienced less commitment from players and thus prefer 18-20 players on their team to ensure they have enough attendance at each practice and game. Typically, Storm will place between 16-20 players per team depending on the total number of players at the age group and at each level of competition.

Girls Lacrosse Age Groups and Divisions

Storm is a member of the Colorado Girls Lacrosse Association (CGLA) which is the league for girl's lacrosse that sets the rules, provides coaches training, facilitates insurance, provides the registration platform, and organizes fields, referees, games, and tournaments. CGLA is a member of US Lacrosse and follows its age group rules, with some modifications. CGLA has the following age based divisions: U9, U10, U11,

U12, U13, and U14/U15, with age group cutoffs based on birthdates on or before August 31st. More information and resources for girl's lacrosse coaches can be found at cglax.com and uslacrosse.org.

CGLA age groups of U9, U10, and U11 play 7v7 including a goalie and age groups U12, U13, and U14/U15 play 10v10 including a goalie.

Practice and Game Fields

Storm has several practice and game fields but lacrosse fields are limited in our area. The majority of the fields we use are managed by two entities: Apex Park and Recreation District and Prospect Recreation and Park District. Our relationships with these two park districts is vital to the future of Storm Lacrosse. Therefore, it is VERY IMPORTANT that we take care of our fields.

Storm currently utilizes the following fields for practices and games:

1. Long Lake Ranch Park (Apex) – practice and game fields (2) for boys lacrosse
 - a. 17850 W. 64th Avenue, Arvada, CO, 80403
2. Ralston Park (Apex) – practice fields (2) for boys lacrosse
 - a. At the intersection of 64th and Simms Street, just north of Arvada West High School.
3. Tanglewood Park (Prospect) – practice field (1) for boys lacrosse
 - a. 13950 W 20th Ave, Golden, CO 80401
4. Maple Grove Park (Prospect) – practice and game fields (1.5) for girls lacrosse
 - a. 14600 West 32nd Ave, Golden, CO 80401
5. Fairmount Park (Prospect) – practice fields (2) for boys lacrosse
 - a. 5222 Quaker Street, Golden 80403
6. Drake Middle School – practice field (1) for boys lacrosse
 - a. 12550 W 52nd Ave, Arvada, CO 80002
7. Golden High School – turf field (1) used primarily for makeup games
 - a. 701 24th Street, Golden, CO 80401

Practice fields are assigned to teams based on tenure and request.

We allow the older age groups to request fields first. This is because many of these teams have been practicing at the same location for several years. Coaches are asked to request practice fields from the Storm Field Manager

after teams are selected in early to mid-February. The younger teams U7-U9 that play 7v7 lacrosse will typically practice at Long Lake Ranch Park because those fields are lined for 7v7. The girls lacrosse teams typically practice at Maple Grove Park as that park is lined for girls lacrosse.

Coaches Please Note: As the Storm Lacrosse Club continues to grow in numbers of players and teams, we will need more fields. If there is a field at a school or other facility that is close to you and will better suit your needs, please contact the Storm Club Coordinator or Field Manager. We will reach out to the school or facility to see if we can use the field, as long as it fits the club's needs. It is important to note that we will work with our coaches to find the best field for each team within reason, considering financial and logistical goals for the club and your team.

As coaches, we are all representatives of Storm Lacrosse and it is all our duty to take care of our fields and equipment. This includes home field game set up if your team is scheduled for the first game of the day and home field game break down and equipment lock up if yours is the last game of the day.

Steps for home field game set up:

1. When the game is about to begin, place both goals in the creases on the goal line. Ensure that the nets are properly secured to the goal and repair any holes.
2. Place cones at the four corners of the field and at both midfield lines. Also place cones at both ends of the substitution box which are in line with the ends of the wing line.
3. Place three game balls spread out on the end lines at both ends of the field.
4. Set up the scorer's table and chairs in the substitution box at midfield leaving enough room in front of the table for the players to move in the box without stepping on the field. The scorer's table should have a score board, a stop watch, extra game balls, and an air horn.
5. As the home field coach, enlist a parent or two to help keep time and score at the scorer's table. They will also keep track of penalties.

6. After every game, please clean up any garbage and water bottles left on the sidelines.
7. If your team is the last home game of the day, you are responsible for cleaning up the field, locking up the goals, and putting away the scorer's table, cones, chairs, stop watch, score board, and air horn. You will know that you are the last home game of the day by checking the "Multi-Schedule" on the Storm website under "Teams" or notice there are no teams warming up for a game after yours.

An important note about creases: *Creases are the part of the field that get the most abuse from lacrosse. The best way to take care of creases is to move the goals outside of the creases for goalie warmups at practices and before games.*

Weather, Cancellations, and Makeup Practices and Games

Lacrosse's primary season is in the spring. Storm Lacrosse typically begins the spring season with practices in March, which is also the snowiest month of the year in Colorado. Therefore, practice and game cancellations and reschedules are inevitable. The key to successfully dealing with weather issues is communication with your team. It is important to note that Apex Parks and Recreation District will close fields due to weather, but Prospect Recreation and Parks District will not. Since Prospect Park fields will not be closed by the district, it is up to each coach's good judgment. Please remember, that if we destroy these fields because we decided to practice on a saturated field, we could lose our relationship with the district and thus our fields. Here are some steps to successfully dealing with weather issues:

1. Communicate as early as possible with your team about practice and game cancellations and reschedules.
 - a. Send an email or a group text as soon as you find out that fields are closed or games are postponed or cancelled. Storm will notify you of field closures.
 - b. Make the call on cancellations by 3pm on practice days. Most practices will start at 4:30pm or later, so 3pm will give parents enough time to see the email or text and make alternative plans if necessary.

2. If you see lightning in the area, stop practice or the game. Lacrosse shafts are made of aluminum alloy which is highly conductive. Make the kids put the sticks down and seek shelter. The rule is to take a 20 minute delay from the last lightning strike until you resume the practice or game.
3. Games will be rescheduled by league. Storm home games are often rescheduled for Sundays on turf fields like at Golden High School. Sometimes, games will be rescheduled for weekday evenings depending on field and team availability.
4. The decision to reschedule practices ARE AT THE COACH'S DISCRETION. If the fields are snow covered or saturated with rain or melted snow, then cancelled practices can only be rescheduled indoors. The cost of these indoor practices can be high and is typically divided amongst the parents. Therefore, we recommend that you look for economical facilities, like elementary school gymnasiums or recreational centers for your indoor practices. However, there are other indoor lacrosse fields in the area to consider and **Storm Lacrosse gives teams \$125 per spring season to cover the cost of an indoor practice**. Here are some of the local indoor facilities:
 - a. Golden Goal Sports Complex - large and small indoor box turf fields
 - i. \$125 per hour
 - ii. 2650 Alkire St, Golden, CO 80401
 - iii. Contact Radu Marcu at (303) 564-7251
 - b. Apex Field House - two large indoor box turf fields
 - i. \$115 per hour
 - ii. 5724 Oak St, Arvada, CO 80002 (Stenger Soccer Complex)
 - iii. Contact Carrie Gomer at (303) 431-9600
 - c. Foothills Fieldhouse - two large indoor box fields, one turf and one sport court surface
 - i. ~\$125 per hour
 - ii. 3606 S. Independence St, Denver, CO 80235 (Schaefer Athletic Complex)
 - iii. Contact Andy Scinski at (303) 409-2370
 - d. Foothills Sports Arena - one full size turf field
 - i. \$110 per hour half field

- ii. 3608 S. Kipling Parkway, Denver, CO 80235 (Schaefer Athletic Complex)
- iii. Contact Brandon Benedict at (303) 409-2444

Coaches Please Note: *In my experience, parents would much rather pay \$5-10 per practice to get some practices in during the snowy early season months, then not. They want their kids prepared when they go into their first game of the season. Please take the initiative to work with your parents to schedule at least some indoor practices when the weather is bad.*