



Moorhead Youth Lacrosse Association

Program Handbook

Version 2, approved MYLA BOD 1.29.19

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1. By-laws for the Moorhead Youth Lacrosse Association (MYLA) are incorporated by reference and can be viewed in club files.
 - a. MYLA shall adopt US Lacrosse as the sanctioning body for programming
 - b. All members, parents, players, coaches, associates, officials, directors, shall strive for the safety of all participants by aligning, in so much as possible, with US Lacrosse rules, regulations and best practices



2. Board Composition, V indicates Voting Members

- a. V President, Ryan James
- b. V Vice President, Luke Lindberg
- c. V Treasurer, Brian Stavenger
- d. V Secretary, Jalon Martinson
- e. V Director of Player/Coach Development, Tom Alderson
- f. Girls Director, Jalon Martinson*
- g. V Director of League/In-house Brady Hasbargen
- h. Boys Director, Tom Alderson*
- i. V Equipment Director, open
- j. Fundraising Coordinator, Rachel Alderson
- k. Officials Coordinator, open
- l. Strength and Conditioning, open

*denotes multiple roles



3. Common Purpose: An Organization's common purpose can be described as "the total outcome of everything we do". In the case of MYLA, everything we do makes our youth and community stronger.

Common Purpose: Strengthen youth and community

Mission: Grow the sport of lacrosse

Vision: Lacrosse for everyone

Winning Lacrosse Values:

We honor the opponent

We volunteer for adversity

We play for those who cannot

We are thankful for this challenge

We hunger for what we do not know

We are unembarrassed by learning from failure

We celebrate conditions that display our uncommon resiliency

We Are THE Tradition,

We Are Moorhead Lacrosse



4. Programming Philosophies and Detail

- i. reduce barriers to entry for the sport
 - limit travel while developing and fostering competition
 - flatten costs while improving quality of programs
 - limit structured play to appropriate team building
 - Increase unstructured dynamic play with hybrid programs

- b. 8U
 - i. Goal: learn to love playing
 - ii. Emphasis:
 - 1. Skills, making practice fun, hiding drills within activities that may look like they have nothing to do with lacrosse
 - 2. Small area contests, short fields, 3x3, 4x4 games, get all the kids lots of time touching the ball
 - 3. Athleticism, get kids moving their bodies
 - iii. Deemphasize: Travel, Scoreboard,

- c. 10U
 - i. Goal: learn to love playing lacrosse
 - ii. Emphasis:
 - 1. Skills, making practice fun, hiding drills within activities that may look like they have nothing to do with lacrosse
 - 2. Small area contests, short fields, 3x3, 4x4 games, get all the kids lots of time touching the ball
 - 3. Athleticism, begin introducing physical fitness concepts such as warm-ups
 - 4. Exposure, get kids into selected contests to develop a feel for the game
 - iii. Deemphasize: Travel, Scoreboard,



- d. 12U
 - i. Goal: learn to love playing lacrosse with teammates
 - ii. Emphasis:
 - 1. Skills, making practice fun, drills and activities that reflect lacrosse play
 - 2. Small area contests, short fields, 3x3, 4x4 games, get all the kids lots of time moving the ball
 - 3. Athleticism, physical fitness concepts such as conditioning disguised within drills
 - 4. Competition, develop a sense of team and how teams work together
 - iii. Deemphasize: Scoreboard,

- e. 14U
 - i. Goal: learn to love playing lacrosse with teammates while representing your community
 - ii. Emphasis:
 - 1. Skills, making practice fun, drills and activities that teach purpose through action
 - 2. Small area contests, short fields, 6x6, 8x8 games, get all the kids lots of time moving with and without the ball
 - 3. Athleticism, physical fitness concepts such as injury prevention
 - 4. Competitive Process, develop a sense of team strategy and goal setting



f. Seasons and Tournaments

i. Length April through June

1. Registration opens January 1 of every calendar year
2. Field Touches
 - a. 8U 2 per week
 - b. 10U 2 per week, with 1-2 extra practices per month
 - c. 12U 2-3 per week, with 1-2 extra practices per month
 - d. 14U 2-3 per week, with 1-2 extra practices per month
3. Format
 - a. 8U – in house
 - b. 10U – in house, (1) tournament, Grand Rapids
4. Travel – 3 tournament maximum
 - a. 12U
 - b. 14U
 - c. Tournaments: Grand Rapids, Eastern Minnesota
 - d. League, no league entry at this time
 - e. Host games
 - f. End of the year celebration/event is required, one event for all participants in MYLA
 - g. Summer camp shall be conducted with paid staff
5. All teams shall appoint a team manager parent/volunteer
6. Officials for in house games: youth players, coaches, parents, i.e. those who officiate must wear US Lacrosse approved uniform or officiating uniforms provided by MYLA



- g. 8U Boys/Girls Programming Detail
 - i. Practice to game ratio, prefer 3:1
 - ii. 4 v 4
 - iii. In-house, development game focus, scores and standings will be kept by team managers or parent volunteers
 - iv. Co-ed could be considered depending on enrollment

- h. 10U Boys Programming Detail
 - i. Practice to game ratio, prefer 3:1
 - ii. 4 v 4
 - iii. In-house, development game focus, scores and standings will be kept by team managers or parent volunteers
 - iv. Tournament, Grand Rapids

- i. 10U Girls Programming Detail
 - i. Practice to game ratio, prefer 3:1
 - ii. 4 v 4
 - iii. In-house, development game focus, scores and standings will be kept by team managers or parent volunteers
 - iv. Tournament, Grand Rapids

- j. 8U/10U In-house Program Detail:
 - i. Teams shall be formed and named, scores kept and standings posted, team naming shall be by sponsorship or other means
 - ii. Teams of 5 for 3x3, 6 for 4x4 registration numbers will consider less players or going co-ed if needed
 - iii. Season Trophy: The winners of each age division will get their name on a yet to be determined cup/trophy format

- k. 12U Boys Programming Detail
 - i. Practice to game ratio 2:1
 - ii. Small area and full-field scrimmages allowed
 - iii. Games are tournaments only, eastern MN
 - iv. League Play, No
 - v. Tournaments 3-4 maximum



- I. 12U Girls Programming Detail
 - i. Practice to game ratio 2:1
 - ii. Small area and full-field scrimmages allowed
 - iii. Games are tournaments only, eastern MN
 - iv. League Play, No
 - v. Tournaments 3-4 maximum

- m. 14U Boys Programming Detail
 - i. Practice to game ratio 2:1
 - ii. Small area and full-field scrimmages allowed
 - iii. Games are tournaments only, eastern MN
 - iv. League Play, No
 - v. Tournaments 3-4 maximum

- n. 14U Girls Programming Detail
 - i. Practice to game ratio 2:1
 - ii. Small area and full-field scrimmages allowed
 - iii. Games are tournaments only, eastern MN
 - iv. League Play, No
 - v. Tournaments 3-4 maximum

- o. Lead nights shall be run at least 1 time per month

- p. Team Selection: Should we be in the awesome position of having more than one team at a level, evaluations must be conducted.
 - i. Philosophy, MYLA is dedicated to making the sport of lacrosse a fun, community based activity for all players regardless of skill and ability.
 - ii. The purpose of these policies and procedures is to establish a uniform process for evaluations and to provide a fair and impartial opportunity for players to demonstrate their lacrosse skills and athletic ability.
 - iii. The evaluation results will be used to form the U12 and U14 balanced 'B' teams. Evaluations are mandatory for all players should they take place in a given age group. Failure to attend both sessions will result in a lower weighted score and draft ranking.



- iv. Evaluations Committee, The Evaluations Committee shall be made up of the Boys Director (for Boys Evals), Girls Director (for Girls Evals), Director of Excellence, Treasurer, and an MYLA BOD member that does not have a player being evaluated at the age level.
- v. Evaluations will be organized and coordinated by the Evaluations Committee of the MYLA.
- vi. Players will be evaluated in a multiple phase process to determine player ranking. This process may take more than one day.
- vii. The Independent Evaluators will tabulate the results, along with the MYLA BOD member serving on the Evaluations Committee that does not have a player being evaluated at that age level.
- viii. The Evaluations Committee will audit the tabulated results against the raw scores to assure accuracy. The evaluations committee shall not have the authorization to change player rankings.
- ix. The teams will be selected based upon player ranking and paid coach selections (non-parent volunteer coaches).
- x. Evaluators The Evaluations Committee of the MYLA will be responsible for hiring and training Independent Evaluators. "Independent Evaluators" is a broad term that may include multiple persons such as coaches and will be selected as far as to meet the purpose and intent of a minimally biased evaluation process
- xi. Independent Evaluators shall have no stake in the outcome of evaluations and shall avoid conflicts of interest
- xii. Independent Evaluators must have previous experience playing or coaching lacrosse.
- xiii. Independent Evaluators will take direction from the MYLA and honor policy decisions where applicable
- xiv. Player Expectations, Players should plan to arrive no later than 30 minutes prior to the evaluations to allow time for sign-ups and jersey assignments.



- xv. Players should not wear shooter shirts or any other clothing with a visible name.
- xvi. Players are not allowed to wear elite team gear, apparel, and/or accessories (i.e. helmet stickers) during evaluations.
- xvii. Players must arrive at evaluations with appropriate gear: (helmet, gloves, shoulder pads, elbow pads, protective cup, and mouth guard). Goalie gear will be provided by MYLA.
- xviii. Players who do not have appropriate, non-elite, gear will not be allowed to participate in evaluations.
- xix. Process, Players will be placed in random pools according to alphabetical last name the first day (ie. A-M, N-Z – based on number of players), and pools will be adjusted based on “like-level” skill set.
 - 1. Phase one – Primary Skill Assessment: ATTITUDE, EFFORT, TEAMWORK
 - 2. Phase two--Fundamental Skills Assessment:, passing and catching (both hands), dodging, cradling, scooping, 3v2, 4v3, etc....
 - 3. Phase three – live scrimmages to evaluate players in game situations to determine off-ball skills and tactics, communication, field awareness, and sportsmanship.
 - 4. Phase four (make-up - if needed) – live scrimmages to evaluate players in game situations to determine off-ball skills and tactics, communication, field awareness, and sportsmanship.
- xx. Evaluations shall be open to the public. However, parents, coaches, and MYLA board members are not allowed to communicate with the evaluators during player evaluations. Parents are strongly encouraged NOT to discuss evaluations with the player. This is a stressful time for everyone.
- xxi. The lead Independent Evaluator shall collect the Evaluator Worksheets after the end of each session.



- xxii. Criteria, Individual player scores will be assessed in accordance with US Lacrosse evaluation guidelines:
 - U13 US Lacrosse Evaluation Guidelines
 - U15 US Lacrosse Evaluation Guidelines
- xxiii. Player Ranking, The Independent Evaluators will tabulate the results after evaluations have been completed as follows:
 - 1. Players will be grouped and ranked according to position preference as indicated (A, M, D, and G).
 - 2. Those players who did not indicate a position preference should be grouped and ranked according to the evaluator's best assessment.
- xxiv. Evaluations Committee Review, The purpose of the Evaluation Committee review shall be to audit the evaluation results tabulated by the Evaluators against the players' raw scores for accuracy.
- xxv. Player scores shall be considered final. The Evaluations Committee shall not have the authority to change individual player scores.
- xxvi. Player scores shall be the confidential property of the Evaluations Committee. The results of the evaluations will be shared as follows:
 - 1. Player overall ranking and evaluator comments will be shared with team coaches.
- xxvii. Team Selection, The top (2) goalie and top 26 players will automatically be evenly placed on opposite teams.
- xxviii. Each team paid coach (non-parent volunteer coach) shall be allowed to additionally select up to 4 more players (or more depending on team size) from the remaining players.
- xxix. The Evaluations Committee will be the first to review the team draft
- xxx. The Evaluations Committee shall not have the authority to revise or interfere with the draft process.
- xxxi. The paid coaches (non-parent volunteer coaches) will build even teams based upon player grade level and rank.



- xxxii. Addendum, Independent Evaluators will select the team(s) if the paid team coaches are unable to draft teams. Independent Evaluators will select teams following the guidelines above and refrain from conflicts of interest.
- xxxiii. Extra tournaments or games run by coaches/parents with their team, MYLA will support but not fund teams or and team selections if any occur, will be run through MYLA BOD vote for approval. If not approved MYLA namesake, equipment, apparel, uniforms may not be used.

5. Directors and Coaches:

- q. Coaches are the most important piece of our programming, Coaches are responsible for the following:
 - i. Safety Always - only registered and insured players may participate
 - ii. Safety Always - no players are allowed to play without water and proper equipment including mouth guards. Boys must have a helmet, shoulder pads, arm pads, gloves, protective cup, and mouth guard. Girls must have an eye shield and mouth guard. Officials will not allow players to participate in games unless they have proper equipment.
 - iii. Safety Always - only US lacrosse registered coaches or assistant coaches are allowed to supervise the players as they are insured and have passed a background check.
 - iv. Safety Always - emergency contact and medical information must be available at all practices/games.
 - v. Give parents as much notification as possible if practices or games need to be cancelled
 - vi. Start and end all practices on time as families are on a schedule.
 - vii. Ensure all players have an equal opportunity to play and learn the game.
 - viii. Our "Code of Conduct" stresses winning lacrosse: teamwork, fun, sportsmanship, and learning the game. It does not stress winning on the scoreboard.
 - ix. Report conduct, ethics or unsportsmanlike violations by players, parents, or coaches to the Board.
- r. Coaching Pay and Stipends
 - i. At 10U and up, non-parent coaches are paid annually \$400 for head coach and \$200 for assistant coaches, travel costs of hotel only are paid for tournaments



- ii. These are the only “paid positions” in MYLA
 - iii. At all levels, parent coaches are not paid. Parent coaches meeting eligibility (registered and background check with US Lacrosse) are offered up to \$100.00 per season to be used in obtaining apparel, coaching certifications or equipment in a “store credit” type arrangement with MYLA.
 - 1. should coaches purchase or be issued apparel such as one shirt and hat as approved by MYLA, these items shall be worn during every game
 - iv. MYLA will conduct, at least once annually hosted or sponsored coach training. Coaches shall attend this training to maintain eligibility with MYLA
- s. Directors are responsible for the following:
- i. Ensure coaches, parents and players are committing to safety in lacrosse play
 - ii. Ensure coaches have the equipment, tools and information necessary to conduct programming
 - iii. Support coaches in delivering programming in line with code of conduct and ethics policy
 - iv. Develop positive and constructive relationships with all local, state and regional clubs and lacrosse entities
 - v. Continuously improve lacrosse programming in line with code of conduct best practices and US lacrosse guidelines
 - vi. Support and communicate board initiatives to coaches, parents and players
 - vii. Work directly with parents on potential complaints, issues or needs with a given player
 - viii. Ensure developmentally appropriate programming is delivered to each player age group and demographic
 - ix. Ensure all players have an equal opportunity to play and learn the game.
 - x. Our “Code of Conduct” stresses winning lacrosse: teamwork, fun, sportsmanship, and learning the game. It does not stress winning on the scoreboard.
 - xi. Report conduct, ethics or unsportsmanlike violations by players, parents, or coaches to the Board.



6. Parents and Players: MYLA makes no guarantee relating to player or parent conduct or behavior. MYLA strives to make lacrosse as enjoyable as possible for all.
 - a. Players shall comply with MYLA code of conduct. This is not negotiable. Violations of the code of conduct by players will result in progressive and/or educational discipline to bring the player in line with expectations. MYLA will never “give up” on a player unless required to do so by law.
 - b. Parents shall comply with MYLA code of conduct. This is not negotiable. Violations of the code of conduct as determined by MYLA BOD will result in immediate removal of the parent from any and all MYLA programming for 365 days from the date of the violation. At the end of the 365-day suspension, Parents can petition the board for re-instatement.
 - c. Parents shall observe a 24 hour “cool down” period before addressing a director with complaints
 - d. Coaches will be treated under the same terms as Parents
 - e. The Code:



Code of Conduct

Players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents, spectators and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization.

It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. US Lacrosse supports the following behaviors for those who participate in the sport or are involved in any way with US Lacrosse. The following essential elements of the "Code of Conduct" must be followed:

Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.

The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.

The safety and welfare of the players are of primary importance.

Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.

Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.

Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.

Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.

Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.



Officials are professionals and are therefore expected to conduct themselves as such and in a manner that demonstrates total impartiality, courtesy and fairness to all parties.

Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.

Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.

Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.

Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc, have been established to encourage and maximize participation, fair play and to promote safety

Code of Ethics

The mission of US Lacrosse is to ensure a unified and responsive organization that develops and promotes the sport by providing services to its members and programs to inspire participation, while preserving the integrity of the game. US Lacrosse grants the privilege of membership to individuals (players, coaches, officials and leadership) and organizations committed to the tenets of its mission.

Inherent within all professional organizations is the potential for conflicts of interest, harassment, abuse of power, and other forms of unethical practice. Through the establishment of an organizational Code of Ethics, US Lacrosse has defined a set of guidelines to promote and protect the spirit of the game, safeguard the best interest of the participants, and establish and maintain standards of behavior. The Code is not intended to serve as a set of rules, but rather, to outline general principles and guidelines of aspirational virtues and proper ethical behavior for all members, volunteers, staff and any other individuals and organizations that chose to affiliate with US Lacrosse.

The definition of ethical behavior is having an understanding of the difference between right and wrong and at all times choosing to do what is right. This definition should be applied at the individual level to those within the US Lacrosse umbrella: employees, volunteers or individuals who represent US Lacrosse within the community at large, as well as the corporate level pertaining to the actions of US Lacrosse, as an organization. Ethical considerations are integral, not optional, elements of all sports activities and apply to all levels of participation. US Lacrosse encourages all members to acknowledge and follow ethical guidelines and demonstrate integrity by voluntarily agreeing to adhere to a moral or ethical code.

Participation in the sport of lacrosse provides a powerful vehicle for a participant's personal growth and development, teaching the value of respect, fairness, teamwork, communication, responsibility,



truthfulness, non-discrimination, honesty and integrity. These values serve as the core ideals for the US Lacrosse Code of Ethics.

Respect

A key component of ethical behavior is respect, which is defined at the individual, team and corporate levels. Individuals should value the opinions, views and roles of others who work to further the mission of the organization. All should safeguard the dignity, privacy and freedom of individuals regardless of their race, color, creed, socio-economic status, age, gender, religion, sexual orientation, disability or nationality. Respect defines the value that US Lacrosse, as an organization, places on honoring the history of the sport, and demonstrates the regard it shows to the various and disparate constituencies that have come together to form US Lacrosse to further the growth and development of the sport.

Fairness

Fairness is making decisions without favoritism or prejudice. US Lacrosse firmly believes that the concept of fairness is fundamental to sport. Anything that creates an unfair advantage violates the spirit, as well as the integrity, of the sport of lacrosse.

Teamwork

Teamwork is defined as a cooperative or coordinated effort on the part of a group of individuals who work collectively in the interest of a common goal. US Lacrosse believes there is significant value in promoting teamwork, both on and off the field, in every segment of the sport. All members of US Lacrosse, its staff, and volunteers should adopt and promote the philosophy that greater success can be achieved when individuals sacrifice their desire for personal accomplishment in favor of the benefits of their team.

Communication

Communication is an attempt by individuals to create shared understanding. Communication is an active 'two way street,' requiring a balance of articulating, listening, writing, reading, observing, questioning, analyzing, and evaluating. Communication is verbal, nonverbal, or written, sent through various media, and transmits a thought provoking idea, gesture, or action. US Lacrosse members, employees and those individuals or groups representing US Lacrosse, should communicate with clarity, honesty, timeliness, and openness. Communication should include all pertinent information shared transparently with all appropriate recipients. Clear, honest, timely communication allows collaboration and cooperation to occur, building a stronger game and community for sport.

Conflict of Interest

A conflict of interest is present in any instance in which the actions or activities of an individual representing or acting on behalf of US Lacrosse could result in actual or perceived personal gain or advantage, and/or have an adverse effect on the interests, mission or integrity of US Lacrosse. Individuals who represent and serve US Lacrosse, at the local, regional or national levels have a duty to disclose any financial interest or personal obligation that may, actually or perceptually, affect the independence of their judgment



7. Fields/equipment

- a. Fields and use:
 - i. Ellen Hopkins, football field and green space
 - ii. Probstfield, Horizon, green space
 - iii. High School field where appropriate
 - iv. All participants shall make every effort to protect the turf of any field, coaches and directors will confer on weather days to accomplish this mission
 - v. In so far as practical fields shall be used by at least two teams at all times

- b. Equipment, MYLA provides nets, balls and training aids for the use in programming. Any use of these materials outside of MYLA programming shall be approved by MYLA BOD
 - i. Players, shall provide their own equipment in compliance with US lacrosse rules and players shall use equipment accordingly
 - 1. Goalie equipment is provided by MYLA on a case by case basis.
 - ii. Coaches, are the stewards of the fields, nets, balls and training aids.

- Color and Apparel, MYLA association colors are orange and black with gray and white as accent colors.
 - o The current MYLA logo is in the letterhead of this document
 - o Apparel sales and sourcing is at the sole discretion of MYLA
 - o Unauthorized use of MYLA logo, apparel, or namesake is prohibited



8. Finance, MYLA is a Minnesota domiciled non-profit corporation operating in accordance with IRS tax code 501(c)(3). We strive to keep costs as low as possible while preparing for unforeseen conditions in our programming.
- Raffle – subject to minor changes by the fundraising coordinator, MYLA holds an annual raffle, requiring up to 10 tickets per player to be sold
 - Fundraising is purchased at registration
 - Partnerships, Grants and Donations – under the purview of MYLA and fundraising coordinator, MYLA strives to actively collaborate with funding sources in the community
 - Budget is completed with base registration costs of:
 - 8u \$100
 - 10u \$130
 - 12u \$180
 - 14u \$200
 - in addition, parents/players are responsible to pay for:
 - per player fundraising raffle tickets 160.00 (8 tickets)
 - US Lacrosse membership 30.00
 - Equipment on their own *varies
 - Family Max: The maximum charges any one family can incur from MYLA per season is \$900.00 USD (not including equipment and US lacrosse)