



## **Coaches Manual**

Revised 2014

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## Welcome Letter

Welcome to the Spring Lacrosse Season! Thank you for volunteering this season to coach a team within such a great organization. We look forward to a season full of fun, learning and exciting games.

Blackhawk Lacrosse exists to provide youth in the Hanover County community with the opportunity to participate in an organized lacrosse program. By providing several opportunities for play, we hope to reach the needs of all youth interested in playing lacrosse. Our programs intend to provide competitive play with and against participants of similar age, size and experience. It is our philosophy to provide playing time to all participants. The Club's mission is to provide children with the opportunity to have a positive lacrosse experience, incorporating core values of learning, fun and sportsmanship.

This handbook was developed to help our Volunteer Coaches understand how our organization operates and what is expected of them. Without volunteers, Blackhawk Lacrosse could not exist!

You can also find out more about our lacrosse programs on our website at: [www.BlackhawkLax.com](http://www.BlackhawkLax.com)

Please do not hesitate to contact your Division Director or any Board Member with any questions, comments or issues you may have.

Thank you!

*Blackhawk lacrosse Board of Directors*

### **Blackhawk Lacrosse Mission Statement**

Blackhawk Lacrosse is a non-profit organization dedicated to providing the youth of Hanover County, Virginia with the opportunity to learn and enjoy the great game of lacrosse. Blackhawk Lacrosse offers a variety of programs for boys and girls of all skill levels. Our mission is to teach young people the game of lacrosse by emphasizing sound fundamentals as well as higher level skills and concepts in an environment that promotes sportsmanship, teamwork, and above all, fun.

## Contact Information

### BOARD OF DIRECTORS

<b>President</b>	Bill Karn	bill.karn@karnlaw.com
<b>Boys VP</b>	Jesse Springer	tullspring@verizon.net
<b>Girls VP</b>	Heather Quinn	seaquinns@comcast.net
<b>Treasurer</b>	Bill Shirey	shireyfamily@comcast.net
<b>Secretary</b>	Page Sening	herbandpage@comcast.net
<b>Field Coordinator</b>	Tommy Oliver	tommyoliver@comcast.net
<b>Fundraising Coordinator</b>	Mark George	mark.e.george@wellsfargo.com
<b>Off-Season Coordinator</b>	Mike Woods	mike.woods@cardno.com
<b>Recruitment Coordinator</b>	Daryl Walczak	de-walczak@msn.com
<b>HAVOC Tourney Coordinator</b>	Michael Sanfilippo	michael.sanfilippo@comcast.net
<b>Equipment Coordinator</b>	Nesha Vest	dirvest14@comcast.net
<b>Coaching Coordinator</b>	Brad Freeman	bfreeman@cfmortgagecorp.com
<b>Webmaster</b>	Chris Legg	chrismlegg@hotmail.com

*Board meetings are held monthly.*

## Communications / Chain of Command

We welcome your ideas, concerns, and input at all times! If you have a question or an insight to share, you should begin with the Vice President of either the Boys or Girls Division. If you still feel your concern has not been resolved to your satisfaction, you can take your concern to the entire board via the feedback tab on the club website. We ask that you follow the chain of command.

## Equipment

Every head coach is given a stocked coaches bag/box at the beginning of every season. You are responsible for its return at the end of the season. If there is anything additional you feel that you might need, please contact your Division VP.

## Volunteers

The volunteer efforts of parents, legal guardians and friends are the heart of the Blackhawk program and ensure its success. These volunteers act in a variety of roles year round and are the lacrosse program's most valuable resource. Quality lacrosse volunteer activities include:

- Coaching Positions (Head Coaches and Assistant Coaches)
- Field Maintenance and Preparation
- Equipment Coordinator
- Officials
- Off-Season Activity Coordinators
- Board members

### **Team Specific Volunteers**

To help you as a Blackhawk coach you will want parents to volunteer for the following duties:

- Team Manager: To upload stats and scores to team web page
- Uniform Manager: To collect/distribute uniforms and deposits (if team owned)
- Team Photographer: To upload photos to team web page
- End of Season Celebration Planner: Coordinate with coach and parents
- Scoring/Timers/Stats Table: Assign 3/4 per game as needed
- Sideline Monitor: To oversee sideline conduct
- Field Preparation: To set up, collect and put away items for games

## **Website**

On the Blackhawk Lacrosse website, you will find a horizontal tab called Team Web Pages. When you click on it you will be given dropdown menus to find your team. All announcements, rosters and schedules (practice and game) will be available here for you and your team. When you log into the system using your name/email and your personal password, you will be automatically given ability to enter stats, upload pictures, make announcements to only your team and send emails. If your login does not give you access, each team can also be given a team password to access locked items not available to the public. Please contact the Webmaster for passwords if needed.

## **Spring Season Field Location**

Courthouse Park

## **Game Day Communication / Chain of Command**

On game days, the Chain of Command concerning any issues with Officials, Fields, Equipment, etc. is as follows:

- Boys/Girls Vice-President
- Board Members if on site

## **Game Day Field Instructions**

- Please set-up the cones on the restraining lines (both sides of the field).
- Please set up the table and chair with the scoreboard at the center of the bench sideline.
- Please have spectators set up on the opposite side of the players and score table.
- Please clean up your bench area and the visitor's area when finished with your game.
- It is the responsibility of the home team of the first game on the field to set up game equipment.
- It is the responsibility of the home team of the last game on the field to breakdown the equipment and to secure it.

## Inclement Weather

After severe weather or rain, the County may close or restrict the use of outdoor facilities. The website will be updated with all field status information to be found on the right hand side of the main webpage.

No team is to play or practice on a closed facility.

If you are unsure, please call **804-365-4698** for information on field closures as determined by Hanover County Department of Recreation and Parks.

## Safety Guidelines

### Emergency Preparedness Procedures

- Always have a list of your players' names, emergency contact information, and medical information with you at every practice and/or game.
- When in doubt of injury, always use Emergency Services...911.
- Always make sure that you have a medical kit, ice/ice packs, and a cell phone at each practice and/or game.
- Any time a *player loses consciousness*, an ambulance should strongly be considered. If the parent is on site and objects to an ambulance, the player may be released to that parent and encouraged to seek immediate medical attention.
- For any **minor injuries** (i.e. – minor cuts, bruise, sprain, etc.)
  - Apply appropriate First Aid techniques.
  - Notify parent or responsible adult of situation.
- For any **serious injury** (i.e. – possible broken bone, severe pain, heavy bleeding, uncontrolled bleeding, concussion etc.)
  - Call Emergency Services immediately.
  - Notify parent or responsible adult of situation.
  - Complete and submit an online Incident Report to the VP of your division.

### Incident Reports

In the event that an incident takes place or any player suffers a serious injury (broken bone, concussion etc.), it is the responsibility of the coach to prepare reports of the incident or injury and to obtain the names of witnesses to the incident or injury.

- Notify your Division VP by phone or email within 3 hours of injury.
- Formal online incident report must be submitted within 24 hours of injury to the website.
- A copy of this form is found in Appendix A and online at the Coaches Area Tab of Blackhawkklax.com and under the online forms section of the website.

### Heat Safety

Heat Index and Air Quality: The heat index is defined by the National Weather Service as the combination of air temperature and relative humidity. We will monitor the heat index to ensure that a code alert is issued if

necessary. Coaches should ensure during practice and games that water is available at all times, and that appropriate breaks are taken. We usually do not have to worry about temps during our spring or fall season but we wanted to make the information available to you.

The chart below can be used by inputting the temperature and humidity available via local radio stations, Internet locations, or local field measurements. Simply cross-reference the relative humidity with the temperature to determine the apparent temperature.

**APPARENT TEMPERATURE CHART**  
Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

**Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity**

■ Caution   
 ■ Extreme Caution   
 ■ Danger   
 ■ Extreme Danger

<http://www.weather.gov/om/heat/index.shtml>

**APPARENT TEMPERATURE – BLACKHAWK LACROSSE RECOMMENDATIONS**

- 105° and up:** Recommend no outside activities.
- 95° to 104°:** Recommend no equipment except helmets be used during practice. For games, additional non-chargeable time-outs should be called by the officials to allow for additional hydration opportunities. Shade should be made available for players if possible.
- 90° to 94°:** Recommend equipment (helmet at a minimum) be removed as often as possible (during rest breaks, on sideline, etc). Monitor all athletes for signs of heat problems.
- Below 89°:** Recommend adequate water supply at all practices and games with breaks every 20 to 30 minutes for re-hydration.

### **Lightning Policy**

At the first sight of lightning or sound of thunder, the Game Official (or coach if during practice) MUST suspend play immediately. All Payers, Coaches, and Assistant Coaches MUST promptly leave the playing field and take shelter, preferably in automobiles. Play may only be resumed if there has been neither sighting of lightning nor sound of thunder for thirty (30) minutes. Resuming game play is entirely the judgment call of the Official; coaches will have no say in the determination to resume game play.

### **Concussion Policy**

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. If you suspect a concussion, follow the action plan detailed below.

### **RECOGNIZING A POSSIBLE CONCUSSION**

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head
- and-
2. Any change in the athlete's behavior, thinking, or physical functioning. (See CDC concussion info.)

### **ACTION PLAN**

#### *WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?*

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
2. **Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
  - Cause of the injury and force of the hit or blow to the head
  - Any loss of consciousness (passed out/knocked out) and if so, for how long
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)
3. **Inform the athlete's parents or guardians about the possible concussion.** Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.
4. **Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion**



## Conduct Guidelines

Good sportsmanship on the part of all players, coaches and fans is always the standard. Each team must ensure that their coaches/players/fans abide by the standards of good behavior outlined by the Club. The Code of Conduct is expected to be followed by all parents, players and coaches participating in the League. See team web pages for an online version.

### **SPORTSMANSHIP**

Everyone at the game, including the parents and spectators, should have a sense of fair play. Satisfaction for players, coaches, parents and spectators should come from watching athletes playing their hardest and doing their best. We should applaud and enthusiastically cheer good plays on both sides.

### **RESPONSIBILITIES**

Coaches, players and parents will be asked to read and abide by the Blackhawk Code of Conduct. Any player, parent or spectator violating the Code of Conduct and Standards of Behavior will be asked to leave the game field for the remainder of play. The code of conduct is listed on every team web page.

### **EVALUATION**

Located on each team web page is an online coaches evaluation that will be completed by your team at the end of each season. A copy of this evaluation is found in Appendix A .

## Appendix A

- Blackhawk Lacrosse “Serious Injury” Incident Report Form
- Coaches Checklist of Responsibilities
- Traits of the Ideal Coach
- Coaches Code of Conduct
- Players Code of Conduct
- Parents Code of Conduct
- Coaches Evaluation Form

**Blackhawk Lacrosse  
INCIDENT REPORT  
“Serious Injury”**

***This report is to be completed by:***

- **Coach or Official**  
For incidents occurring during regular, pre-season or post-season team activities.
- **Director**  
For incidents occurring during tournament or special events.
- **Director or Coach**  
For incidents occurring during camps or clinics.

**1. General Information**

DATE AND TIME OF REPORT: \_\_\_\_\_

REPORTER’S NAME: \_\_\_\_\_ POSITION: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

PHONE (H): \_\_\_\_\_ PHONE (W): \_\_\_\_\_

PHONE (CELL): \_\_\_\_\_ EMAIL: \_\_\_\_\_

EVENT/ ACTIVITY: \_\_\_\_\_

DATE AND TIME OF INCIDENT: \_\_\_\_\_

LOCATION OF INCIDENT: \_\_\_\_\_

**2. Provide full description of all events leading up to and including the incident:**

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**3. Witnesses:**

Full name \_\_\_\_\_ Address \_\_\_\_\_ Statement Attached (Y/N) \_\_\_\_\_

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**4. Who responded to the incident (include all parties – Coaches, Team Safety Mngr, Paramedics, etc.):**

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**5. If a “serious” injury is involved, please provide the following:**

Injured Person’s Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (H): \_\_\_\_\_ Sex:        Male        Female

Position:    \_\_\_\_\_ Player    \_\_\_\_\_ Coach    \_\_\_\_\_ Official    \_\_\_\_\_ Spectator

Other \_\_\_\_\_

**6. Describe Injury (specify where on body, right or left side):**

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**7. Was First Aid Treatment Required?** \_\_\_\_\_ Yes \_\_\_\_\_ No

**8. If yes, who provided First Aid Treatment?**

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**9. Other Comments:** \_\_\_\_\_

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**10. Verification Statement:**

In signing this document, I verify that this report is true and correct to the best of my knowledge:

Reporter’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Blackhawk COACHES CHECKLIST of RESPONSIBILITIES

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- Complete all Volunteer Coaching paperwork to include the following:
  - Online coaches registration form each season you coach
  - Complete a background check every 2 years
- Complete *US Lacrosse CEP Level 1 Online Course* and forward certificate of completion to the Coaching Coordinator.
- Complete *Positive Coaching Alliance (PCA) Double Goal Coach – Level 1 Online Course* and forward certificate of completion to the Coaching Coordinator.
- Attend one of the scheduled Coaches Equipment Pick-Up dates.
  - Dates can be found at [www.blackhawkklax.com](http://www.blackhawkklax.com) – calendar posted
  - Dates will also be emailed to Coaches as identified
  - First Aid kits will be picked up at this time along with all equipment/balls needed
- Use website for all team communications
- Prepare handouts or create an email for Players/Parents which should include:
  - Team Policies/Expectations
    - Distribute Concussion information
    - Ask for team specific volunteers
  - Hanover County Inclement Weather number
  - Direct Parents/Players to log into the website for the most up to date information:
    - *Team Web Page* Password available if needed
    - Safety policies
    - Age-group and League Rules
    - Directions to Practice/Game field locations (*Fields*)
    - Board of Directors member list
    - On-line version of team schedule (Blackhawk Lacrosse website under *Team Web Pages*) and RSVP ability
    - Roster (website under *Team Web Pages*)
    - Blackhawkklax.com for most up to date info League News, Updates, Handouts
- Assign Uniform manager to handle deposits (if team owned) and distribute uniforms to players
- Remind Players/Parents to provide a water bottle for each game/practice
- Check equipment before each and every use
  - Damaged equipment should be returned to the Equipment Coordinator
- Report any ‘Code of Conduct’ Violations, Injuries or Accidents to your VP
  - Incident/Accident/Injury report forms can be found in your Coaches Manual or in Coaches Area of website
  - ‘Code of Conduct’ Violations should be in written form; email is acceptable
- Prepare Game Field for each scheduled game to include:
  - Set-up of Cones, Table, Chair, Scoreboard
- Remove all trash from the field/sideline after each game/practice
- Return all Coaches Equipment, Job Box key (if applicable) and First-Aid kit at season’s end
  - Equipment return dates will be posted, please do not return equipment outside of these dates
- Be Safe, Play Hard, Have Fun!!!

## TRAITS OF THE IDEAL COACH

- A coach should be enthusiastic without being intimidating. He or she should be sensitive to the children's feelings and genuinely enjoy spending time with them. He or she should be dedicated to serving children and understand that lacrosse provides physical and emotional growth for its participants. Remember, Blackhawk Lacrosse is for the children.
- A coach needs to realize that he or she is a teacher, not a drill sergeant. He or she should help children learn and work to improve their skills. Personal gains are never a consideration. The job does not depend on winning. The best interest of the child transforms into the best interests of the game.
- The safety and welfare of the children never can be compromised. A coach will consider these factors above all others.
- A coach needs a tremendous amount of patience. Don't push children beyond limits in regards to practice. Children have many daily pressures and the lacrosse experience should not be one of them. Playing lacrosse is supposed to be fun.
- A coach should care more about the players as people than as athletes.
- A coach should encourage his players to dream and set lofty goals. It is important to remain positive and refrain from discouraging remarks. Negative comments are remembered far more often than positive affirmations.
- A coach needs to remember that the rules of the game are designed to protect the participants, as well as to set a standard for competition. He or she never should circumvent or take advantage of the rules by teaching deliberate misconduct. A coach who puts his or her opponents' team at risk should not be involved with children.
- A coach should be the first person to demonstrate good sportsmanship. He or she should take a low profile during the game and allow the kids to be the center of attention.
- Parents and players place a lot of trust and confidence in the coach. The coach has an important role in molding the athletic experience of the child.
- A coach can measure success by the respect he gets from his or her players, regardless of victories or defeats. Children who mature socially and physically while participating in sports are the best indication of good coaching.

### **Remember not to take yourself too seriously during the game.**

Remember, this is a volunteer position; nobody is being paid to pace the sidelines here. You don't need to make this your "life", too many times in youth sports, the same person who seems to have it all together away from the field, is a different person as a coach. Kids will respond much more positively to a coach that does not look at mistakes on the field as a poor reflection of his coaching ability and his team's preparedness. Rather, mistakes can be looked at by a coach as another opportunity to give encouraging feedback to a young athlete.

### **Maintain a Fun is #1 focus, with lots of laughter and sense of humor.**

The #1 motivator for kids to play sports in the first place?...FUN! If you ask a child his motivation for playing a given sport, you are not likely to hear "to increase my self-confidence" or "to learn sportsmanship", or "to better prepare me for life". Kids enjoy competing, but the fun is the act of competing, the excitement of competing, not just the winning. The effective coach is the coach who learns what fun is for the kids by getting into their shoes and seeing the world from their point of view, the world of fun. The effective coach knows that fun, laughter, and humor are second nature to kids.

# Blackhawk Coaches Code of Conduct

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- Uphold all rules and regulations of Blackhawk Lacrosse.
- Assure that each player knows and obeys the Parent/Players Code of Conduct.
- Accept decisions of the game officials on the field as being fair and called to the best ability of said officials.
- Together with game officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan that becomes a nuisance and is out of control is the responsibility of the coach and should be removed from the area.
- Do not criticize players in front of spectators, with gestures and loud noises, but reserve criticism until a more private situation arises.
- Do not criticize an opposing team, its players, coaches or fans, by word-of-mouth or by gestures.
- Refrain from using abusive and profane language to anyone connected with the game, as a spectator, player, opposing coach or game official.
- Do not deliberately incite unsportsmanlike conduct. An instruction to players to “get” another player or attempt to impose bodily harm to opposing players is considered incitement.
- Abstain from drinking of alcoholic beverages and smoking on both game and practice fields.
- Avoid running up scores.
- Assure that no player practice or play in a game without proper equipment.
- Remove from a game or practice, any player when slightly in doubt about his health, whether or not a result of injury, until competent medical advice is available.

***Coaches are only to use information provided to them through Blackhawk Lacrosse for purposes of the league. This includes: Participant phone numbers, email, mailing address. Email lists provided to you through HLC are not to be used under any circumstance for any business not pertaining to Blackhawk Lacrosse.***

NOTE: VIOLATIONS OF THIS POLICY WILL BE ENFORCED JOINTLY BY THE PRESIDENT, VP OF BOYS AND VP OF GIRLS OF THE Blackhawk Lacrosse BOARD OF DIRECTORS, WITH DISCIPLINARY ACTIONS TO BE USED AT THE DISCRETION OF THE BOARD. ANY DECISION BY THE BOARD WILL BE FINAL.

I have read and understand the above rules.

\_\_\_\_\_  
Coach’s Name – Print

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Blackhawk Player Code of Conduct

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1. I promise to have a positive attitude and be responsible for my actions and participation.
2. I understand that as Blackhawk lacrosse player, I am expected to "be the best" in terms of effort and my actions both on and off the field. This includes how hard I work in school and at home, not just on the lacrosse field.
3. I will respect my coaches and will listen to them at all times.
4. I will respect all aspects of the game, including coaches, referees, teammates, opponents and fans.
5. I will be a good sport, and will encourage good sportsmanship from fellow players, coaches, referees and fans at every game and practice. I will support my teammates and be a team player.
6. I will support the drug, alcohol and tobacco-free environment that is important for all youth sporting events.
7. I will be humble in victory and gracious in defeat.
8. I will take responsibility for my own behavior, equipment and game uniforms.
9. I will do my best in school.
10. I will attend all practices and games. If I have a conflict I will notify my coach as soon as possible.
11. I will arrive at practice and games on time, with all of my equipment and ready to play and warm-up. I will make sure my parents know when practice and games are scheduled so I can arrive and be picked up on time.
12. I understand that ABSOLUTELY no language or attitude unbecoming a lacrosse player will be tolerated at practice or a game.
13. I will Honor the Game of lacrosse, and honor the Player Code of Conduct in my words and actions. I understand that if I don't live up to my promises, I can be suspended from practices, games, and even asked to leave the team and/or league.

Player Name \_\_\_\_\_

Player Signature \_\_\_\_\_ Date \_\_\_\_\_

## **Blackhawk Lacrosse Parent Code of Conduct**

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- Be respectful of and do not embarrass a participant by yelling at players, coaches, officials, or other parents. You are expected to treat all participants with respect and dignity. By showing a positive attitude toward the game and all of its participants, the player will benefit. Refrain from the use of abusive, obscene, or profane language and gestures.
- Know the rules of the game and support the officials on and off the field. This approach will help in the development and support of the game. Any criticism of the officials hurts the game. Encourage players to play by the rules.
- Display good sportsmanship. Applaud good effort in both victory and defeat, and enforce the positive points of the game. Act appropriately; do not taunt or disturb other fans; enjoy the game together. Cheer and encourage fair play; profanity and objectionable cheers or gestures are offensive and will not be permitted.
- Help provide a safe and fun environment. Throwing any items on the field or in the stands can cause injury to players, coaches and officials. Be responsible for your own safety. Be alert to prevent accidents from flying lacrosse balls and other avoidable situations.
- Respect the field as private areas for players, coaches and officials.
- Be supportive after the game win or lose. Recognize good effort, teamwork and sportsmanship.
- Do not use tobacco products, alcohol or drugs while viewing the game.

Parent Name(s) \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## Blackhawk Lacrosse Coaches Evaluation Form

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This form should be completed by the parents of children playing for any Blackhawk Lacrosse team.

Coach Reviewed: \_\_\_\_\_ Date: \_\_\_\_\_ Team Coached: \_\_\_\_\_

Please read each statement and evaluate your coach using the scale below.

	Disagree	Somewhat disagree	Neutral	Somewhat agree	Agree	
	1	2	3	4	5	

- \_\_\_\_\_ 1. Coach provided my child a positive youth sports experience.
- \_\_\_\_\_ 2. Coach organized practices well.
- \_\_\_\_\_ 3. Coach was able to motivate the team.
- \_\_\_\_\_ 4. Coach disciplined players appropriately.
- \_\_\_\_\_ 5. Coach's reaction when in disagreement with a ref's call was appropriate for the age group playing.
- \_\_\_\_\_ 6. Coach was able to challenge the more talented players while balancing the needs of less skilled players.
- \_\_\_\_\_ 7. Coach felt winning was NOT the most important aspect of youth sports.
- \_\_\_\_\_ 8. Coach seemed to uphold all rules and regulations of Blackhawk Lacrosse Club.
- \_\_\_\_\_ 9. Coach treated opposing teams, its players, coaches or fans with respect.
- \_\_\_\_\_ 10. Coach refrained from using abusive and profane language to anyone connected with the game, as a spectator, player, opposing coach or game official.
- \_\_\_\_\_ 11. Coach assured that no player practiced or played in a game without proper equipment.
- \_\_\_\_\_ 12. Coach abstained from drinking of alcoholic beverages and smoking on both game and practice fields.
- \_\_\_\_\_ 13. Coach avoided running up scores.
- \_\_\_\_\_ 14. Coach deliberately incited unsportsmanlike conduct. An instruction to players to "get" another player or attempt to impose bodily harm to opposing players is considered incitement.