



Junior Player Handbook

The Camberwell Lacrosse Club Committee has prepared this handbook to provide you with a reference of information for each season. Congratulations on being part of our great club.

Parents and players are encouraged to read the enclosed information to ensure they are aware of the general contents of this handbook, and in particular the code of conduct required of all members, players and parents.

Training and Playing

Training and Pre-season

Practice sessions for junior teams are arranged by team coaches depending upon the availability of team members. Training is under floodlights at Eric Raven Reserve, generally starting after 5pm. Refer to website for team specific details.

Tuesday: skills session focusing on a specific skill, aimed at older players

Thursday: Team training

Older players are welcome to stay on to train with the senior teams on Tuesdays and Thursdays. This will help build skill, fitness and lacrosse IQ, as well as supporting their progression to senior lacrosse.

Game Day

All players are asked to assemble each week 60 minutes prior to their match starting times. This allows time to setup when we play home games and then warm up before the game. It also allows for some travel contingency at away games.

Player Absence

Naturally, we do like all players to be available on a regular basis for matches – that way they get the most out of the games and their skills and team spirit develop best. We are aware however of the usual absences which can occur due to family holidays, sickness etc. so our teams have been formed with sufficient players to cover these absences. Wherever possible the team coach should be informed in advance if you know you will be unavailable to play or train. **Remember: call or text the coach.**

Interchange

The game of lacrosse is played by 10 players on the field and 3-6 players on the bench. Midfield players are involved in the game when the ball is both in defence and attack and will be required to frequently interchange. The coaches will manage the interchanges through the game.

When on the bench, players must ensure they are ready to go back on the ground and also allow players who have been on the bench longer to go back on first. If there are any issues with playing time, the coach should be approached after the game.

Weather

On days of wet weather players are asked to assemble as usual at the game venue, ready to play. Rain does not usually affect the playing of matches. Occasionally Lacrosse Victoria will cancel matches if extreme weather occurs. Players will be advised on arrival of this and dismissed early. The same process applies to training nights.

Match Day Incidents and Injuries

If there are any incidents during a game that result in injury to a player, a **Match Day Accident Report** should be completed as soon as possible. This indicates the nature of injury, time and location on field and must be signed by an opposition representative. A copy is required to be submitted with the scoresheets.

If the injured player wishes to make a claim on LV insurance, a **Personal Injury Report Form** can be completed at a later date (generally within one week). This will include any initial doctors' diagnosis and will be used by LV to start the insurance claims process. The club will assist players and parents in this process.

Child Safe Policy

Camberwell Lacrosse has a policy that complies with Victorian Government Child Safe Standards. If a child or parent/guardian has any issues with any players, parents, coaches or other people that they do not feel comfortable resolving directly, they can have a chat to one of our Child Safe representatives. The Child Safe representative will work to resolve the issue following the Club's process. This covers any form of bullying or abuse.

Senior Playing Opportunities

Juniors who have developed enough skill and are physically ready may be welcomed to a senior team to play. Players under 16 years of age will need to apply for a Lacrosse Victoria permit through the club. Selection on a senior team and playing time will be determined by the senior coach. Senior players will be given priority on game day because they do not have a junior game option.

Representative Teams

While the focus of our club is on participation and growing the game of lacrosse, we also support and encourage boys and girls to tryout for representative teams and play serious lacrosse in national competition. Australian Championships are played each year for Under 15 and Under 18 boys and girls. Every 4 years an Australian Under 19 team competes in the world championship. Team selection and try-outs occur during the lead-up to these events and any interested boy or girl is invited and encouraged to attend. Ask your coach for more information.

Players Code of Conduct

CLC will actively encourage all participants to:

- Be an ambassador for lacrosse at all times
- Show a spirit of cooperation in every aspect of the game.
- Refrain from the use of derogatory and abusive language particularly based on gender, sexuality, race, culture or ability
- Respect the rights, dignity and worth of everybody
- Respect those in leadership position
- Be a proper role model to those younger than you

CLC will:

- Always endeavour to develop and improve the sport of lacrosse

Players are expected to:

- Play by the rules
- Never argue with an official. If you disagree, ask your captain or coach to approach the official during a break or after the game
- Control your temper. Verbal abuse of officials or other players is not acceptable. In particular, acknowledge the difficult task that referees have and resist the temptation to abuse them in any circumstances
- Work equally hard for yourself and the team
- Be a good sport and acknowledge good play whether from your team or the opposing team
- Actively discourage on or off the field sledging despite examples in other sports. It is not consistent with sportsmanship
- Treat all players, as you would like to be treated yourself. Don't interfere with, bully or take unfair advantage of others
- Cooperate with your coach, teammates, officials and opponents. Without them there wouldn't be a competition
- Ignore any isolated incident of unsportsmanlike behaviour you might encounter. Highlighting such behaviour is unproductive

CLC Players should be aware that breaches of the code of conduct may result in disciplinary action by CLC.

Team Organisation

Junior Coaches

Junior coaches will manage training and games. They are responsible for team strategies, managing benches during games and encouraging good player performance and sportsmanship.

Team Selection Policy

Camberwell Lacrosse Club (CLC) retains the sole responsibility for the placement of players within a particular team in an age group. CLC has adopted the policy for age groups where there is more than one team in an age group, that players will be allocated to teams, to ensure that each team will be competitive and balanced.

- The club reserves the right to change a player's initial allocation as it sees fit to accommodate this policy.
- CLC requires players to play in their age group. While sympathetic to the wishes of some children to be placed in teams with their friends, the overall goals of the club are best served by playing with children of similar ages.
- CLC will try to satisfy requests from individual parents and children; however, club and team goals are our first priority. The club views children playing with children from other schools to their own and different backgrounds as an excellent opportunity to make new friends.
- Players should be given the opportunity to experience a variety of coaches and it is not recommended that a coach manage a team longer than 3 consecutive seasons.
- For junior players wishing to play senior grade matches, they will require written consent from their parent or guardian prior to their first senior game, for each season. And the decision for selection will then be at the discretion of the senior coach for that team.

Fees

An annual membership fee is charged for all junior players to cover costs which include ground hire, lighting, playing equipment, Lacrosse Victoria affiliation, player registration, insurance, team entry fees and general club operating expenses. Details on how to register and pay are in the Registration section of our website.

Fees are **not** used to pay senior players to play lacrosse.

Please note that after playing two games, the full Lacrosse Victoria registration and insurance fee is payable by the club. As a result, refunds are not possible.

Working With Children Checks

Any person with a role that involves engaging with children should obtain a Working With Children Check. These are free for volunteers. Copies of the WWCC Id should be provided to the Junior Coordinator for club reference.

Parent Support

Our club is very much a family-based operation and we invite and welcome the participation of parents. Please do not hesitate to tell us if you would like to help as a team manager, scorer, referee or coach – we will show you what to do and you will enjoy being part of your child's team. We also need help with transport of teams to away matches and it is great to have encouragement of parents who come to watch games as supporters.

Team Managers Role

The team manager coordinates the team in support of coaches, including:

- Communication to parents (emails, etc.)
- Organising a scorer each week
- Arranging equipment (goalie gear, first aid, scoresheets)
- Ensuring scoresheets are submitted to club scorer

Scoring

Scoring is generally rotated around parents to ensure that everyone gets an opportunity to be involved. Entering the scores is a reasonably simple process. The examples on the following page outline the parts of the form to be filled out.

Once a game is completed, the referee signature is required and the scoresheet must be returned to the club for online entry. This can be via email with a reasonable quality scan copy of the sheet.

Parents Code of Conduct

CLC expects parents to;

- Encourage children to participate, if they are interested however, if a child is not willing, not to force them
- Focus upon the child's efforts and performance rather than the overall outcome of the event (this assists the child in setting realistic goals related to his or her ability by reducing the emphasis on winning)
- Teach children that an honest effort is as important as a victory, so that the result of each game is accepted without undue disappointment
- Encourage children to always participate within the rules
- Never ridicule or yell at children for making an error or losing a game
- Remember children are involved in organized sport for their enjoyment not yours
- Remember children learn best from example
- Applaud good plays by all teams
- If there is a disagreement with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public (remember that most officials give their time and effort for your child's involvement)
- Support all efforts to remove verbal and physical abuse from sporting activities
- Recognize the value and importance of volunteer coaches (they give their time and resources to provide recreational activities for the children and deserve your support)
- Avoid use of derogatory language based on gender

CLC Parents should be aware that breaches of the code of conduct might result in disciplinary action by CLC.

Equipment

Lacrosse Stick

New players receive a lacrosse stick of their own when they first enrol. In addition, the club has a pool of other lacrosse equipment which can be loaned to junior players, especially those who are in their first year of lacrosse. Players and parents are asked to help us see that this valuable equipment is well cared for and is not lost.

After the first year of lacrosse we ask that players start to acquire their own equipment. Lacrosse items make ideal birthday or Christmas gifts (for advice feel free to ask your team coach).

Uniform

Our club colours are red, white and blue. Playing tops are supplied on loan by the club for Under 11 and Under 13. Older age players are asked to purchase their own top through the club. A junior number will be allocated for junior games. Once committed to playing senior lacrosse, a senior number will be assigned. This may be a different number if the players' junior number is not available. Juniors playing up in seniors may need to adapt their number with white tape if their number is already used.

Red playing shorts (available to purchase from the club) and short white socks with blue trim are the official club uniform. This is required to ensure our teams are presented to the level required by Lacrosse Victoria. As grounds become soft or wet, low cut football/soccer type shoes with cleats are required. Sneakers may be suitable early in the season when grounds are dry.

Mouthguards

Mouthguards are mandatory for all players, including players wearing helmets. This includes any training sessions involving any potential for contact or being struck by a ball.

Girls Protective Gear

From U13, girls lacrosse uses a hard rubber ball. All girls will be required to wear eye protection (goggle) in games and training. The club will provide loan goggles for U13 girls. We ask that players purchase their own goggles from U15.

Goalie gear is provided by the club: Chest pad, goalie helmet, padded shorts.

Boys Protective Gear

From U13 onwards, the boy's lacrosse game includes physical contact. The committee has decided that there is a minimum of safety equipment that Camberwell players will be required to wear for games and training:

- Mouthguards
- Helmets
- Gloves
- Arm guards: U15 and older
- Shoulder pads: U15 and older

Goalie gear is provided by the club: Chest pad, goalie helmet

The club will provide loan equipment to first year players. After a season, we request that players start to purchase their own.

Purchase Options

Currently, most equipment must be imported individually from the USA. Ask the coach or senior players for advice and guidance.

Skills

<u>UNDER 12</u>	<u>UNDER 14</u>	<u>UNDER16</u>
<ol style="list-style-type: none"> 1. Scoop on the run <ol style="list-style-type: none"> a. Strong hand b. Opposite hand c. One hand 2. Scoop to team-mate <ol style="list-style-type: none"> a. To left b. To right 3. Body positioning – between ball and opponent when scooping 4. Throw on run <ol style="list-style-type: none"> a. Strong hand b. Opposite hand c. Pass to stick 5. Catch 2-handed <ol style="list-style-type: none"> a. Strong hand b. Opposite hand c. Over shoulder while running away from ball d. While running across ball from left & right 6. Cradle (running) <ol style="list-style-type: none"> a. Both hands 7. Change hands <ol style="list-style-type: none"> a. Right to left b. Left to right 8. Scan (running) 9. Shoot <ol style="list-style-type: none"> a. Bounce b. high 10. Dodge <ol style="list-style-type: none"> a. Speed b. Face dodge 11. Team talking 12. Respond to TOP 10 prompts 	<p>All of the Under 12 skills plus the following:</p> <ol style="list-style-type: none"> 1. Pass while running <ol style="list-style-type: none"> a. Right hand b. Left hand 2. Cradle (running) one hand 3. Dodge - Roll and split with hand change 4. Give and go 5. Body block and check 6. Face Off - Draw, clamp & flick 7. Midfield position & play at face-off 8. Cutting to receive pass 9. Feeding from behind and side of goal 10. Outside shooting 11. Individual and zone defence 12. Fast break plays 13. Repair/stringing of stick 	<p>All of the Under 12 & Under 14 skills plus the following:</p> <ol style="list-style-type: none"> 1. Poke & Slap check 2. Body check 3. Man-ups 4. Man-downs 5. Team clears 6. Team rides 7. Demonstrate team plays on whiteboard

Scoresheet

Lacrosse Victoria Match Report

EMAIL: white copy to scoresheets@lacrossevictoria.com.au. MUST BE RECEIVED BY 12 NOON THURSDAY AFTER THE GAME

DATE 1 / 4 / 2018 GRADE (Men) U11 Allstars league (Women) _____ STARTED TIME 12:00
 HOME TEAM SCORER Your name here VISITING TEAM SCORER Person sitting next to you CLUB REPORT FROM Camberwell
 OFFICIALS' NAMES Referee 1 (neat handwriting) Referee 2 (neat handwriting) OFFICIALS' SIGNATURES X X
 HOME TEAM BEST PLAYER ---3 VOTES 39 Richards 2 VOTES 21 Rogan 1 VOTE 40 Ashby
 VISITING TEAM BEST PLAYER ---3 VOTES 2 Greenwood 2 VOTES 7 Gloutnay 1 VOTE 3 Easson
 BEST ON GROUND ---3 VOTES 39 A Richards 2 VOTES 21 A Rogan 1 VOTE 2 C Greenwood
 TIME OUTS HOME LIST PLAYERS IN NUMBER ORDER TIME OUTS VISITORS

HOME TEAM NAME <u>Camberwell Allstar players</u>										VISITING TEAM NAME <u>Camberwell committee</u>														
PLAYER Number	PENALTIES CARDS	PLAYERS SURNAME	INITIAL	GOALS					ASSISTS		PLAYER Number	PENALTIES CARDS	PLAYERS SURNAME	INITIAL	GOALS					ASSISTS				
				1st Half		2nd Half		TOT		TOT					1st Half		2nd Half		TOT		TOT			
				Q1	Q2	Q3	Q4								Q1	Q2	Q3	Q4						
4		Lander	C	II				2	IIIIII	6	1	I..I2	Melville	R										
5		Hollenkamp	S	I	II	II		5			2		Greenwood	G										
2		Hodder	I				I	1	II	2	3	Y	Easson	J										
6		Greenwood	B		I		I	2	II	2	4		Churchward	B										
19		Pagliari	J				III	3			5	.1.	Pagliari	R										
21		Rogan	B				IIII	4			6		O'Donnell	R										
39	I	Richards	F		I			1	III	3	7		Gloutnay	H&M										
40		Ashby	A		I		I	2	III	3	8		Hollenkamp	T										
											9		Butler	A										
1st HALF (Women)										2nd HALF (Women)										FINAL SCORE				
1st HALF TOTAL (Women)										2nd HALF TOTAL (Women)														
QTR 1	III	QTR 2	IIII	QTR 3	IIII	QTR 4	IIIIII	20		QTR 1		QTR 2		QTR 3		QTR 4		0						
QTR TOTAL	3	QTR TOTAL	5	QTR TOTAL	5	QTR TOTAL	7			QTR TOTAL	0	QTR TOTAL	0	QTR TOTAL	0	QTR TOTAL	0							
RUNNING TOTAL	3	8	13	20	0	0	0	0																

Penalties for 1 minute and over indicated by time, 30 second technical by a "."

Legend
 Before game starts
 During game
 After game

SCORES MUST BE EMAILED TO scoresheets@lacrossevictoria.com.au AND POSTED ON THE WEBSITE WITHIN 48 HOURS FOLLOWING THE MATCH