

Operational Duties

Email:

There will be regular information sent out to you. Practically all this information will be sent via email. For this reason, it is critical that you have daily access to email. If you do not have your own email address you will need to arrange for someone else to receive your emails and promptly pass the information on to you. In most cases, your Team Manager can meet this need however, if they also do not have email, you will need to make alternative arrangements for email access.

Support Staff:

Team manager can either be appointed by the coach or by the Junior Director. Each team must have a team manager to distribute important information between coach, parents and players

Assistant Coach:

It is highly recommended that every team have an Assistant Coach (preferable accredited). The head coach is required to recommend a suitable person to fulfil this role however, the Junior Lacrosse Director &/or the Junior Committee reserves the right to give final approval on the appointment of the Assistant Coach.

Coaches Absence:

In the event of the head coach's absence, the assistant coach will be required to take on the full responsibilities of the head coach until the return of the head coach.

Meetings:

Attendance at Coaches meetings is compulsory.

Set Up/Pack Up & Building Security:

First home game of the day/Night—The coach is responsible for ensuring that the ground is set up for play. Last home game of the day/night—The coach is responsible for ensuring that all equipment is packed away, and the ground/buildings are secured. Training Sessions—The Coach is responsible for set up and pack up on the completion of their training session. Team parents are asked to help out but the final responsibility remains with the Coach. Duties include but are not limited to: Turning oval lights on/off. Checking & locking all doors. Returning all training gear and other items and neatly storing in their designated area.

Fundraising Functions & Activities:

Coaches are also asked to support the club in all its fundraising efforts by way of their own participation and their encouragement of others in the team to do the same.

Voting & Trophies:

End of year trophies are determined as per the Club Rules

Communication:

All communication from the club to the coaches must be replied to or acted upon without delay.

Summary:

If you have any questions or queries, please direct them to the Junior Director. If you accept an offer to coach at the Eltham Lacrosse Club you will be expected to abide by all club policies, codes of conduct and instructions from the Junior Lacrosse Director and Junior Committee.

What you can expect from our club

- Appreciation & Respect
- Openness and Honesty
- Information
- Recognition
- Consultation and Advice
- Support and Guidance

Special Skills Required

- Leadership
- Effective Communication
- Ability to analyse, study & plan
- Technical knowledge of lacrosse
- Level 1 or 2 Lacrosse accreditation

What our club expects from you

- Your Commitment
- Your Honesty
- Your Time
- Your Discretion
- Your Enthusiasm

Characteristics of a good Coach

- Well organised, Energetic & Enthusiastic
- Encouraging & Supportive
- Creative & Flexible
- A careful observer & thoughtful planner
- Good at Delegating tasks to assistants and older, more skilled players
- Knowledgeable & committed to improving their coaching skills
- Caring & interested in the wellbeing of EVERY player
- Patient & Understanding
- Fair & Consistent
- Creates an enjoyable atmosphere

Duties & Responsibilities

- Adhere to and promote the Coaches, players, officials, parents and spectators' codes of conduct.
- Accept and abide by all committee decisions
- Have a competent understanding of game, competition, league & club rules
- Attend all matches and training sessions
- Plan, organize & run Training sessions with age appropriate drills & development training
- Instruct Lacrosse skills and team tactics
- Encourage & support all players to reach their full potential & maximize their enjoyment
- Identify individual player skill levels and match the learning experience for that player
- Encourage parents to become your helpers at training sessions & on game day
- Provide clear instruction and feedback to the team and individual players
- Attend club meetings on request, represent the club at official club functions & activities
- Continually seek to upgrade skills, knowledge of the game & training techniques
- Have an understanding of injury prevention, care & risk management
- Develop team morale and a rapport (a connection) with the players
- Make every effort to ensure that each players participation is a fun & positive experience.

Coaches Code of Conduct

LACROSSE VICTORIA EXPECTS COACHES IN THE SPORT TO:

1. Respect the rights, dignity and worth of every human being. Within the context of the activity treat everyone equally regardless of sex, disability, ethnicity or religion.
2. Ensure the athlete's time spent with you is positive experience. All athletes are deserving of equal attention and opportunities.
3. Treat each athlete as an individual. Respect the talent, developmental stage and goals of each athlete. Help each athlete reach his or her full potential.
4. Be honest with athletes.
5. Be professional and accept responsibility for your actions. Display control, respect, dignity and professionalism to all involved with the sport this includes opponents, coaches, officials, administrator, the media, parents and spectators. Encourage your athletes to demonstrate the same qualities.
6. Make a commitment to providing a quality service to your athletes. Maintain or improve current NCAS accreditation. Seek continual improvement through performance appraisal and ongoing coach education. Provide a training program, which is planned and sequential. Maintain appropriate records.
7. Operate within the rules and spirit of the game. The guidelines of national and interval bodies governing your sport should be followed. Please contact your sport for a copy of its rule book, constitution, by-laws, relevant policies i.e anti-doping policy and selection procedures. Coaches should educate their athletes on drugs in sport issue in consultation with the association with Australian Sports Drug Agency (ASDA).
8. Any physical contact with athletes should be: Appropriate to the situation • Necessary for the athlete's skills to develop.
9. Refrain from any form of personal abuse towards your athletes. This includes verbal, physical and emotional abuse. Be alert to any forms of abuse directed towards your athletes from others while they're in your care.
10. Refrain from any form of harassment towards your athletes. Lacrosse Victoria 5 This includes sexual and racial harassment, racial vilification and harassment on the grounds of disability.
11. Provide a safe environment for training and competition. Ensure equipment and facilities meet safety standards. Ensure equipment, rules, training, the environment are appropriate for the ages and ability of athletes.
12. Show concern and caution toward sick and injured athletes. Provide a modified training program where appropriate. Allow further participation in training and competitions only when appropriate. Maintain the same interest and support towards sick and injured athletes. Encourage athletes to seek medical advice when required.

13. Be a positive role model for athletes whom they supervise.

IN ADDITION COACHES SHOULD:

Be treated with respect and openness.

Have access to self-improvement opportunities.

Be matched with a level of coaching appropriate to their level of competence.

It is anticipated that all coaches will personally practice this code of ethics.