

## NJJGLL Coaches Code of Conduct

I acknowledge that I am familiar with both the rules of girl's/women's lacrosse and the rules of the NJJGLL. I will honor both the spirit and letter of rules and insist that my players, their parents and our fans do the same.

I understand that at all times I must lead by example and that I must be a positive role model for my players and their parents. I know that the way my team conducts itself can also have an influence, for better or worse, on those we compete against. Each year and throughout the course of the season I will explain my expectations regarding acceptable behavior, sportsmanship and conduct to my players and their parents.

I understand that the true measure of success for a youth lacrosse coach is player enjoyment and improvement. I will concentrate on my players' enjoyment of the game and their overall, long-term development as athletes and young women.

I pledge to use Positive Coaching Alliance Double Goal Coaching techniques, including:

- 1) Modeling and teaching my players to Honor the Game through ROOTS (Respect for Rules, Opponents, Officials, Teammates and Self)
- 2) I will help my players to redefine what it means to be a "winner" in terms of mastery, not just the scoreboard. I will reward effort and team play, not just good outcomes.
- 3) I will fill my players Emotional Tanks using the 5:1 magic ratio of positive reinforcements to each criticism/correction.

I acknowledge that making mistakes and losing are part of life. I pledge that I will be tolerant of the mistakes of players, coaches, umpires and others. I recognize that mistakes lead to coachable moments. I understand that my success is not measured by winning but through teaching life lessons and providing a safe, positive learning environment for all of my players regardless of their skill level.

I will do my best to treat all my players fairly. I acknowledge that lacrosse is a team sport and I will encourage my girls play as a team. I pledge that I will commit to promoting an atmosphere of healthy competition to ensure fun for all participants. I will not run up scores against weaker opponents or novice teams. I understand that the NJJGLL is concerned about a limited number of players dominating game play. I will use my dominant players creatively by encouraging them to work on all aspects of their game and to do what they need to do to make their teammates look good.

I understand that girl's youth lacrosse has changed and evolved rapidly in recent years due to both rule and equipment changes. I am committed to teaching my players the basic stick skills and advanced team concepts they will need to play lacrosse safely and to succeed in the modern game. I pledge to continue to grow and learn as a coach by embracing modern coaching techniques and will do my best to prepare my players for success at the next level.

I will show respect for all involved in the game of lacrosse and I will demand that everyone associated with my team do the same. Before, during and after games I will be responsible for the conduct of my players, their parents and our fans. Prior to each game I will introduce myself to the opposing coaches and umpires to go over League rules and any ground rules that may apply. I will report any misconduct by coaches, players, parents or umpires to the League's Sportsmanship Committee so that it can be dealt with in the appropriate manner.

I understand that youth lacrosse is where inexperienced umpires gain valuable experience. I will never expect perfection. I will never verbally attack the umpires nor will I ever make critical or derogatory comments about them. After each game I will thank the umpires and ask my players and their parents to do the same.

I fully support and agree to abide by the NJJGLL Coaches Code of Conduct.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_