



LACROSSE
SOUTH AUSTRALIA



UNDER 15 BOYS AND GIRLS ZONE TEAMS 2023
PLAYER AND PARENT/GUARDIAN HANDBOOK



UNDER 15 BOYS AND GIRLS ZONE TEAMS 2023 PLAYER AND PARENT/GUARDIAN HANDBOOK

The purpose of this handbook is to provide players and parents/guardians with a general guide on the management of zone team programs. If you have further specific questions please raise these matters with the Coach, Team Manager or contact Lacrosse SA.

BACKGROUND

Each year, Lacrosse SA nominates boys and girls zone teams to compete in the Lacrosse Australia National Tournaments. There are four National Tournaments/Championships per year which state representatives from South Australia attend. These are:

- Under 15 National Tournament
- Under 18 National Championship
- Senior National Championship
- Indoor National Championships

South Australia nominates representative teams to the Under 15 National Tournament, to provide a greater opportunity for players from across the state to compete in national events. South Australia nominates 3 x girls and 2 x boys teams to the Under 15 National Tournament.

The Under 15 Boys and Girls zone teams will compete in the 2023 LA Under 15 Boys and Girls National Tournament, from Wednesday, 27 September 2023 – Tuesday, 3 October 2023, in Ballarat, Victoria.

The team will:

- Comprise of only eligible Lacrosse SA affiliated players.
- Provide opportunities for all athletes to develop their abilities, athleticism and knowledge throughout the trial/selection period, preparation period and in competition.
- Adhere to a preparation schedule determined by the Head Coach with an emphasis given to both discipline and performance.
- Promote a balanced approach to lacrosse and allow for personal, club, state and national team obligations.
- Compete with exceptional sportsmanship, with the best interest of the game and Lacrosse SA at the forefront of their mind.

OUR COMMITMENT

We believe that junior sport should be safe, enjoyable, inclusive and maximise individual participation. LSA acknowledges that positive experiences in junior competition will contribute to children developing a lifelong love of sport.

WHAT LACROSSE SA WILL DO

- Emphasise to coaches and parents that the focus of junior sport is about participation, not competition.
- Modify rules and equipment where possible to include children and young people of all abilities and encourage their participation.
- Try to match junior players with others of their own ability (e.g. if there are enough players, have two teams of equal ability).
- Provide junior players with a broad range of experiences (e.g. playing in different positions).
- Provide equal playing time for all juniors, regardless of their ability.
- Design and communicate an appropriate and balanced set of selection criteria.
- Provide detailed feedback to players omitted from the Squad/Team, that details areas for future development and explains what they can do to be selected in the future.

WHAT WE ASK YOU TO DO

COACHES

- Focus on promoting participation, not winning and losing.
- Ensure all team members have the chance to play, rotate through positions and receive equal playing time.
- If you coach your own children, treat them like all other team members (e.g. rotations, playing time or participation).
- Reinforce the vision statement and program philosophies.

- Provide input on the direction of the program.
- In consultation with Team Personnel, direct the 2023 Under 15 Boys or Girls Program.
- Be a member of the Team Selection Panel to provide input.

PARENTS

- Help out the coach where possible at training and games.
- Focus on your child's effort and performance, not the score.
- Encourage your child and other team members.
- Respect the selection decisions of the coach.

PLAYERS

- Attend all trainings and games.
- Respect your teammates, coaches, managers, parents, and officials.
- Follow the coaches' instructions.
- Adhere to the Players Code of Behaviour.
- Play by the Rules.

ROLES AND RESPONSIBILITIES

Lacrosse SA is responsible for all teams including trials and selections.

PRIOR TO TRIALS:

- Advertise coaching and team manager positions.
- Announce the appointment of Head and Assistant Coaches.
- Secure team travel, accommodation and vehicle bookings.
- Advertise and conduct player selection trials.
- Secure training facilities for training sessions.

AFTER TRIALS:

- Provide support to coaches and managers through the provision of administrative services.
- Liaise with tournament organisers.
- Provide communication on the Lacrosse SA website.

DURING THE TOURNAMENT:

- Be available to provide support if required.

AFTER THE TOURNAMENT:

- Conduct a debrief with Coaches and Team Managers.
- Receive a written report from Coaches within 4 weeks post tournament.
- Request feedback from parents within 4 weeks post tournament.

Lacrosse SA staff, Coaches, Team Managers and Players are expected to demonstrate the behaviours required to meet Lacrosse SA's Code of Behaviour standards. Any person found to be in breach of these standards may be disqualified from the team/competition.

COACHES

The Head Coach is responsible for providing direction, leadership and management on all aspects of the Team's preparation, match play and operations ensuring continual correspondence with relevant Lacrosse SA stakeholders to meet policy, process and procedural requirements. Lacrosse SA supports coaches so they may focus on the teams' preparation through training, conditioning and team management. A coach may be informed and must comply with any instructions that Lacrosse SA deems necessary. Coaches must meet the standards of the Code of Behaviour.

ASSISTANT COACHES

Assistant coaches are required to support the Head Coach and team with all areas of the zone team program and must meet the standards of the Code of Behaviour.



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TEAM MANAGERS

The Team Manager is responsible for managing the health and well-being of the players for all off-field activities, and liaising between coaches, parents and players. Other duties include:

- Establish a good rapport and communicating with coaches, parents and players.
- Liaising closely with Lacrosse SA.
- Managing the team budget.
- Managing players meals on the trip.
- Washing players uniforms (only).
- Supporting players medical needs as required.
- Driving of team bus/car.
- Coordinate "off-field" activities such as excursions.
- Seek sponsorship for the team and additional funding opportunities.
- Adhere to the standards of the Code of Behaviour.

PLAYERS

Lacrosse SA staff, Coaches and Team Managers will all demonstrate the utmost respect to every player. All players are expected to meet the Code of Behaviours standards, as well as rules that are specific to their program. Players must abide by Coaches and Managers directions. Players are expected to:

- Attend all trainings, and games. If you cannot make a session you must advise the coach in advance.
- Arrive for training on time, and ready to train, wearing shoes, equipment, ankle guards, with a full drink bottle, prior to the commencement of training.
- Respect your teammates, coaches, manager, parents, and officials, opponents and the game.
- Follow the coaches' instructions and challenges to develop your game and support the team.
- Accept new team strategies, teammates, training methods and try new playing positions with enthusiasm.
- Adhere to the Players Code of Behaviour.
- Play by the Rules.

PARENTS

Can support players by:

- Getting your child to training prepared and on time.
- Paying fees promptly.
- Encouraging your child to accept responsibility for their performance.
- Providing good nutrition in your child's diet.
- Respecting opposition players, parents, officials, and coaches.
- Being positive and adhering to the Parents Code of Conduct.

Parenting and coaching are both challenging responsibilities. Understanding the roles of each, and following the proper channels of communication, will enable parents, coaches and team managers to work effectively together.

Parents should notify the team manager or coach of:

- Schedule conflicts in advance.
- Health or other issues concerning the player and performance.

PLAYER ELIGIBILITY

No player shall be selected who:

- Is not 12 as at the 1st January in the relevant year (LA minimum age requirement).
- Is not a registered member of an affiliated Lacrosse SA Club.
- Has not played four games for a club during the season in which the State/Zone Tournament is being played, or who does not agree in writing to play four games.
- Has an outstanding debt to Lacrosse SA.
- Who has not participated in the minimum required selection trials.
- Who has not completed the mandatory Sport Integrity Australia Education requirements:
 - Anti-Doping Fundamentals

- Annual Update
- Introduction to Illicit Drugs in Sport

If, in exceptional circumstances a coach wishes to select an Under 13 competition player or players, a submission must be made (in writing) in advance of final selection for that player/s to be considered eligible for selection. This must be presented to the Executive Officer, who will make the final decision, in consultation with the Coach.

Under no circumstances should any indication of selection be given to any player prior to this process and/or the final ratification of the team.

Any player who has been suspended from club competition may also be ineligible to participate in a State/Zone tournament team. Any players who fall within this category should be referred to the Executive Officer.

TRIALS FOR SELECTION

The selection process is conducted over a minimum of three trials where performance at trials may be taken into consideration by the selection panel.

- Attendance at selection trials is compulsory and all players must attend a minimum of 2 out of 3 trials. In special circumstances an exemption may be granted to a player.
- Trial dates and times for all age groups will be set through liaison between the zone team coach and the Executive Officer.
- Information regarding trial dates, times and venues will be circulated as soon as practicable to all Clubs and advertised through Lacrosse SA's website and Facebook page. Any difficulty in attending should be conveyed immediately to the Executive Officer in writing.
- Lacrosse SA in consultation with the Head Coach will organise player sheets and statistics copies to selectors prior to each trial.
- Elimination of players during the trial period will be made, if necessary, at the discretion of the Executive Officer and wherever possible, players will be notified that they have not met the eligibility criteria.

OVERRIDING FACTORS

- In considering the performance of players at trials under this policy, the Board of Lacrosse SA may, at their discretion, give weight to extenuating factors.
- Players unable to attend trials required under this policy, must advise the Executive Officer in writing of this fact and the reasons therefore, at least 7 days prior to the commencement of the trials.
- If a player has not been selected in a squad due to unforeseen or extenuating circumstances and it becomes apparent that the player has been unduly disadvantaged, ie. has not been given a fair and equal opportunity, the Executive Officer and Board of Lacrosse SA in discussion with the Head Coach reserves the right to add that player to the appropriate squad, for the duration of the selection period, even if the maximum number of players has been filled.

SELECTING THE TEAM

Lacrosse Australia sets the number of players allowed in each team:

- Boys – Maximum of 17 players per team
- Girls – Maximum of 16 players per team

The coach together with the appointed selection panel will use a range of defined objective and subjective parameters to identify the best team from the players who attended the minimum required selection trials.

There are many different attributes that in combination make a successful player and a successful team. The evaluation of these attributes requires an understanding of:

- What is being measured?

- How is it being measured?
- Is the measurement valid?
- Are the evaluation criteria fair?
- Are the evaluation criteria valid?
- Do the selectors understand the evaluation criteria?

There are various tools for assessing players at trials, but they all fall into one of two categories: Objective and Subjective.

OBJECTIVE MEASURES

These are measures with definitive data, such as timed run speed, throwing speed, strength, agility, rules knowledge etc.

SUBJECTIVE MEASURES

These are based on comparative observations, such as a player looks faster than another player, how well a player appears to read the game etc.

Subjective measures are harder to quantify and test, however they are still valid. To assist in the selection process, it is suggested that selectors skew towards objective measures.

Selection data sheets should be generated and kept until after the tournament, at which time they should be destroyed. These are confidential documents, and access must not be provided to people who are not authorised.

SELECTION PANEL

For all zone team selection trials the selection panel will consist of 3 selectors including the team coach and two selectors as appointed by the Board of Lacrosse SA.

Selectors and coaches will not discuss selection matters outside official selection meetings, without the express permission of the convenor of selectors. Contravention of the confidentiality will lead to removal from the selection panel.

Selection panel members will be required to declare any conflict of interest in relation to the player selection process they have been assigned to. A register of conflicts will be managed by the Executive Officer. This conflicts register will be available for review by the Board of Lacrosse SA.

TEAM SELECTION ANNOUNCEMENT

Once all checks have been completed to ensure the player is eligible for selection the Coach in consultation with the selectors and Executive Officer selects the best team to represent South Australia at the National Tournament.

Lacrosse SA announces the selection of all teams following formal ratification from the Board of Lacrosse SA. All players and their parent/guardian will be sent an email with either selection or non-selection into the team. In some cases, the coach will request alternates to be named.

The behaviour and conduct of all team members must meet the Codes of behaviour and conduct, as well as the Lacrosse SA Member Protection Policy. Players and parents must be familiar with these documents. In the event of a team member breaching the code(s) and/or policy(s), due process must be followed (See Code of Behaviour) after which they may be expelled from the team and sent home at their own expense as soon as possible. The team member(s) in question must be reported to the LSA Executive Officer.

TEAM CAPTAINS

The Captain/Co-Captains selection, must be ratified by the Board of Lacrosse SA.

It is a privilege and honour to be a team captain! Captains are leaders and play a pivotal role in the success of the team. They have a strong influence in many areas both on and off the field. Captains

need to be prepared to cope with their responsibilities and the challenges of the role. Captains must always lead by example. Talk to your coach and team manager about the role Captains should show: humility, integrity, discipline, be positive, confident, and good communicators.

At the end of the championships, your role is to ensure that you personally thank all of the volunteers who have committed many hours of hard work preparing and supporting your team to perform at their best.

REQUEST FOR APPEAL

A player may request a review of any given selection decision by submitting a request for an appeal including the grounds for a review to the Executive Officer within five working days of the announcement of the relevant selection decision.

The request for the appeal must state the grounds for review, or why the selection decision should be changed. It must specifically address issues regarding how the player was evaluated under situations that put them at a distinct disadvantage to other players being evaluated.

The Lacrosse SA Board shall appoint an Appeals Panel to determine the appeal.

All requests for appeals must be submitted in writing, and may be submitted by post, email or facsimile:

Post: Executive Officer, Lacrosse SA, PO Box 246, West Beach, SA, 5024

Email: office@lacrossesa.com.au

Fax: (08) 8355 3360

Requests for appeal via post need to ensure they are post marked no later than five working days following the official announcement of the relevant selection decision of the squad or team. Requests for appeal via facsimile or email must be received within five working days.

If a request for appeal is lodged via email or facsimile, contact should immediately be made with the Executive Officer to confirm receipt of the email.

It should be remembered that in general an appeal will only be considered if the selection policy was not adhered to, or the player was not given 'fair' and 'equal' opportunity during the selection process.

An appeal will not be heard, just because a player or a representative of the player thinks that the player is better than, or more deserving than a named player.

TRAININGS

Squads are expected to train between selection and the Tournament. The Coach will liaise with the Team Manager, Lacrosse SA and any host club/s to arrange a training venue for the team. Any training requiring costs such as lighting will be paid for from the team common funds.

ALTERNATES

The alternate players make a large contribution to the teams' competition preparation. Alternate named players continue to train with the team until the Tournament. On some occasions alternate players are required to fill team positions of injured players. Continuing to train as an alternate player in the squad is a personal development opportunity to train with players at the highest level.

HOW ALTERNATES BECOME TEAM MEMBERS

Alternates can be elevated into the team through:

- Injury or Illness
- Breach of discipline, including failure to observe any relevant Lacrosse SA policies, the Lacrosse SA Code of Behaviours
- Breach of Anti-Doping Policy: Any player who breaches the Lacrosse SA Anti- Doping Policy will automatically be removed from the relevant team and will be replaced.



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REPLACEMENT PROCESS

If a selected player is unable to continue or is removed as a representative of a zone team, the procedure for a replacement player is as follows:

- The Executive Officer will be consulted.
- Consideration will be given first to identified zone squad players.
- Consideration will then be given to other identified players from the selection process should this be necessary.
- The selectors will then fill this position with the player judged most suitable; possessing the required degree of skill and showing consistent performance.

FINANCIAL MANAGEMENT

Selection in Zone Teams require a considerable financial investment. To assist you to prepare, Lacrosse SA provides an estimated cost which is finalised as soon as practicable before the Tournament. Each player is charged a package price.

The budget is based on the total team costs including uniform/clothing, airfares, accommodation, buses/car hire, food and incidentals and the total team costs are divided by the team players. When costs are finalised players receive an invoice which must be paid up to 14 days prior to the Tournament. Lacrosse SA have a no pay no play policy.

Payment plans will be offered at time of invoicing and will be made available for up to 7 days from the invoice date. To be eligible for a payment plan, you must email the Executive Officer within 7 days of the invoice date, stating the date and amount of each payment. Full payment must be received 2 weeks prior to the Tournament.

Some players may be eligible for Grants (i.e. Indigenous Sporting Grant) and Local Council grants. Please contact Lacrosse SA if you require a letter confirming your team selection.

UNIFORM REQUIREMENT

Please refer to the cost breakdown section for items that are included in your package. At times, other items may be available for optional purchase.

UNIFORM PRESENTATIONS

Prior to the Tournament, a presentation is held for the players and families. Players are presented with their playing uniforms and clothing. The Team Manager notifies players/parents of the details.

FOOD AND BEVERAGE

The team manager is responsible for meals during the Tournament. Managers are responsible for shopping and organising cooking/cleaning up. Healthy snacks are readily available and junk food is minimised during competition.

Parents/guardians are required to provide the team manager of any of their child's special dietary requirements and food allergies prior to the Tournament.

MANAGING INJURY/ILLNESS

The Coach and Team Manager are responsible for ensuring that players injuries are managed in accordance with first aid procedures. Players should never share drink bottles to reduce risk of infection. Coaches and managers may recommend medical treatment or make medical appointments for players, informing parents/guardians when time permits. In the event of a minor injury or ailment, the team manager or coach may be responsible for managing the injury.

MOUTHGUARDS

Playing lacrosse has a risk of injuries to the mouth including soft tissue, tooth, jaw and concussion injuries. A professionally fitted mouthguard is highly recommended.

DRUGS IN SPORT

Players are responsible for all medications they use. Lacrosse SA requires all selected players to provide a record of their medications to the team manager or coach prior to the team's departure.

In addition, players are required to list any medical conditions and medications used - allergies (including food), past or present injuries, or any other relevant information that your child's Coach or Team Manager should know.

ALCOHOL

All members and personnel are required to comply with the following:

- Drink and behave responsibly at all Tournament/Championship functions, events and away trips.
- Do not supply alcohol to team members if they are aged under 18.
- Do not drink alcohol at the Tournament/Championship, Tournament/Championship functions, matches or while away on trips if you are aged under 18 or have in your care anyone aged under 18.
- Do not bring alcohol or drink alcohol while at games in your role as a coach, manager as an official or as a volunteer.
- Do not encourage others to drink alcohol excessively.
- Do not encourage or take part in team bonding activities that involve alcohol.
- Do not spike another person's drink.

Players who breach these standards are subject to disciplinary action, disqualification from competition and removal from the team.

SMOKING

All venues are "smoke free" and smoking is prohibited at the National Tournament.

MEMBER PROTECTION

All team members are covered by the Lacrosse SA Member Protection Policy. The policy ensures that all players are protected from inappropriate actions and behaviour from any staff member, coach or manager. All Coaches and staff are required to undertake police screening assessments.

VIDEO/PHOTOGRAPHY

Should you not want your child photographed, please speak to the LSA Executive Officer.

INSURANCE

All players are insured through Lacrosse SA's Personal Accident Insurance policy. For further details or how to make a claim please contact the Lacrosse SA office. Please note baggage and travel insurance must be arranged independently if you require it.

MOBILE PHONES AND SOCIAL MEDIA

Mobile phones must be turned off at training sessions. Mobile phones and use of social media can be very distracting in the team environment and may not allow players to become integrated within the team. Use of mobile phones throughout the tournament will be limited at the discretion of the coaches and team manager. Any negative posts on social media is considered a breach of the player's code of conduct, and may lead to disciplinary action.

SUPPORTERS AT THE TOURNAMENT

Players will have limited contact time with parents, friends and supporters at the tournament. This time is limited to after games, if time permits, and is usually for about 10 minutes. Families should use this time to be supportive. Do not attempt to give coaching advice. Be respectful of all other players, coaches, official and spectators. Please adhere to all codes of behaviour and good sportsmanship. Lacrosse SA supports a zero-tolerance policy of bad behaviour towards officials, and penalties are enforced.

NON-COMPLIANCE

LSA will take action for breaches of behaviour and responsibilities outlined in this policy.

Serving alcohol to a minor is a criminal offence that can be reported to the police and the relevant liquor licensing authority by victims and their parents. It can lead to heavy fines. Separate action can be taken as a breach of our state sporting organisation's Member Protection Policy to provide for the protection, safety and welfare of children.

Any person aged under 18 found to have consumed alcohol while at a Tournament/Championship function or on a trip in the care of LSA may be suspended for the remainder of the Tournament/Championship. The young person's parents shall be advised and will be responsible for getting their son/daughter home at their own expense.

Any member or personnel found to have behaved inappropriately because of over-consumption of alcohol (e.g. sexual harassment, verbal abuse, physical assault, neglect of a child) will face disciplinary action as outlined in our Member Protection Policy or Code of Behaviour.

If members or sporting personnel become drunk at the Tournament/Championship or other social events they will be asked to leave. Ongoing instances of intoxication will be in breach of our Code of Behaviour and can result in disciplinary action (e.g. suspension or termination of membership).

Spiking of drinks is a criminal offence that can be reported to police by victims. It can lead to serious police charges being laid against the offender/s. Separate action can be taken as a breach of our state sporting organisation's Member Protection Policy to provide for the protection, safety and welfare of members.

For further information, speak to your coaches or team manager.

CONTACT

Lacrosse SA

Giulia Marion

Executive Officer

email: office@lacrossesa.com.au

ESTIMATED COST BREAKDOWN INFORMATION

- ESTIMATED TOTAL COST TO PARTICIPATE IS: \$3,078.
- Some costs are still to be finalised, this information should be used as a guide only.
- Please note all players are required to pay shared costs for 2 x Coaches and 1 x Team Manager per team that are included in the information provided.

TRAVEL, ACCOMMODATION AND TRANSPORT \$1,646

Flight to MELBOURNE	Flight to ADELAIDE
Tuesday, 26 September 2023	Wednesday, 5 October 2022
Virgin Australia - Flight VA216	Virgin Australia - Flight VA227
Depart Adelaide 10.40pm	Depart Melbourne 1.10pm
Arrive Melbourne 12.30pm	Arrive Adelaide 2.05pm

ACCOMMODATION

Quest Ballarat Station

11 Nolan Street, Soldiers Hill Victoria 3350

Ph: (03) 8580 3000

All team members and personnel will be transported by vans to and from the venue each day.

UNIFORMS AND CLOTHING \$587

BOYS	GIRLS
- Playing Top and Short	- Playing Top and Skort
- Training Top	- Training Top
- Cap	- Backpack
- Jacket	- Jacket
- Hoodie	- Hoodie
- Track Pants	- Track Pants
- T-Shirt	- T-Shirt
- Shorts	- Shorts
- Socks (2 pairs)	- Socks (2 pairs)

LA, OFFICIALS COST SHARE AND FUNCTIONS \$185

LA Team Nomination Fee

LA Officials Cost Share (please refer to the LA Officials Cost Share Policy for further information)

FOOD, TRAINING AND OPERATIONS \$660

All meals throughout the Tournament

Operations and logistics expenses (ie First Aid supplies, training equipment, venue hire etc)

High Performance Training Day

TOTAL \$3,078