

Coastal Rays Lacrosse

Who We Are:

We are a Girls ONLY lacrosse program. Our coaches consist of local middle and high school women's lacrosse coaches, and past lacrosse players, please visit our website at www.coastalrayslacrosse.org to view our coaches bios. Our board of directors consists of parent volunteers and coaches. We are always looking for parent involvement, if you would like to volunteer, please see below under "Get Involved" for any of the ways you can help us in our endeavor. Our goal is to promote a healthy atmosphere of personal and athletic growth in our athletes. We believe any young lady who wants to commit to our program should be able to play lacrosse, we have financial assistance available on our website to assist anyone who needs help, if ever there is a question, please ask! We are a 501c(3) non profit corporation, our sponsors and fundraising allow us to continue to supply travel lacrosse to those who may not be able to afford it so we beg a lot! We are always looking for sponsors, and we are approved through the Verizon employee Grant program. If you are a Verizon employee and volunteer, Verizon will pay us for your volunteer hours!

Our Goals:

Our coaches and volunteer staff want to grow the sport in the Wilmington area. We believe in developing the athletes in the sport and as responsible adults. Your athlete will receive communication from her coaches, on performance and personal goals. As such, she will become more confident and comfortable in speaking with adults and coaches as she enters the high school years. This makes an easy transition to recruiting days if she chooses to continue lacrosse in college. Coaches are approachable on the field or via the team communication app for your athlete, these ladies and gentlemen are here for the love of the sport and your athlete, they become your daughter's biggest cheerleader and confidant at times. Coastal Rays believes in giving back to our community. We ask our players and parents to join us in volunteering and donating throughout the year in various ways. This allows the girls to be together off the field for bonding and new friendships as well as giving back to our area. We believe and encourage multi-sport athletes, participating in other sports improves field presence, reaction time and is better for your athlete's overall health.

Practices:

Practices are scheduled twice a week for 2 hours each day. It is expected that the athlete attends the practices. We understand there are extenuating circumstances, but each player is an integral part of the team. Our coaches are with your daughters for a total of 4 hours a week during any season, outside of these 4 hours athletes are encouraged to work on their own stick skills and conditioning so practices can focus on team drills, as well as offense and defense situations. Your coaches can give you wall ball routines for the player to work on individual throwing and catching at home.

Team Selection:

Team placement is decided at the beginning of every season. There will be 2 days of evaluation and then team rosters are announced via email. **EVERY PLAYER** will be placed on a team. Decisions on placement are made collectively by the coaches, and many times guest coaches who give unbiased selection input. Your athlete will be placed where she will be successful and challenged. Factors that go into this decision are: player skill, athletic ability, lacrosse IQ, player maturity, field position need, player growth potential, and graduation year.

Team placement is FINAL. If your athlete has a question about her placement, SHE may approach her coach and ask about placement and what she may need to work on. If a **PARENT** has a question about placement you may contact our Board of Directors at coastalrayslacrosse@gmail.com. Placements may change season to season, based upon ladies registered, no spot is guaranteed in any season. Please remember that every athlete has weaknesses and strengths, and being placed on the developmental team should not be looked at as “placed down.” It may give your daughter the extra play time to grow her skills or emerge as a leader.

Playing Time:

Coaches decide on starters based upon player attendance at practices, position need and player attitude at warmups. This teaches the athlete they are an integral part of the team, that she is in control of what she wants and how to obtain it. This will grow your athlete. Playing time during the game is based upon the same factors along with game performance. Bracket play will typically feature the most effective players for that specific tournament game.

Payment and Missed Tournament/Practices:

The prices of each CRL event is strategically planned to be as low as possible to sustain our program, and keep it as cost effective as we can. We are not able to prorate or allow payment per attendance exceptions. We keep this policy in place to make sure everyone is treated equally, plus it assists in managing bookkeeping. If your athlete will miss practice, have her notify her coach the week of that missed practice(s). Advance notice is crucial to ensure guest players can be requested if needed to avoid withdrawal of a team for lack of available players. Please notify your coaches/team parent asap if not attending a tournament. All scholarship recipients are expected to attend 80% of practices and all tournaments. Once payment is received there will be NO REFUNDS.

Get Involved!

If you would like to volunteer email coastalrayslacrosse@gmail.com or speak to a board member!

Sponsors:

We are a 501(c)3 non-profit organization, our fundraising and sponsorships allow us to offer player scholarships to ladies who wouldn't be able to play otherwise, this is imperative to our program. If you know a business or person who believes in promoting women in sports please have them reach out via email or visit our website.

Team Parent:

Team Parents are essential throughout our season. It helps if the parent has been with our program at least a season to understand our processes and goals, but not essential. It is a great way to get to know other families that are similar in age to your athlete(s), as well as streamline tournament time to help us run more smoothly. Primary duties are:

- Relay information between board/coaches to your team.
- Act as point person for any questions when coach is not available

- Confirm waivers are completed for team participants
- Organize team snacks and drinks for tournaments, and help plan any bonding during tournaments. (team dinner together, pool time etc).

Board Member:

We run this program on a volunteer basis, we understand that it takes time away from family time and careers, as such we want to acknowledge your commitment. New since spring season 2022, we offer our parent board members a discount of half price each season they serve on our board. Our elections are in December each year.

Graduated Players:

Nothing makes us happier than to have our Rays Alumni return to assist us on the field or fundraising opportunities. If you are in town on college break or summers, please reach out to see how you can help or become a coach.

Conduct

As representatives of Coastal Rays Lacrosse, and the Wilmington community, all players are expected to conduct themselves in a positive manner. As a program we encourage open communication between players, players with their coaches, and parents with our Board of Directors. These processes are in place to encourage communication between teammates, to teach the athletes how to communicate and grow relationships with coaches, and to continue to uphold the goals of our program, "Grow the Athlete and to Grow the sport."

Our Beliefs are as follows:

1. Teammates are family. We do not always agree, however we must respect each other and work collectively as a team for success.
2. Captains (if selected) are positive role models and team leaders. Their duties are- team motivation, communication, etc.
3. Coaches will be supportive and challenge the athletes. We are firm believers in the "Triple Impact Competitor"® of the [Positive Coaching Alliance](#). 1)personal mastery- always improving oneself. 2) Help teammates through positive reinforcement and prioritizing team success. 3)Respecting teammates, coaches, officials, and opponents in turn, improves the game.

Player Conduct

Players will respect teammates and coaches at all times. Communication is encouraged between players and coaches, these people have the best intentions for your player's players growth as an athlete and human. Styles of communication may differ, but the goal is the same. Players are not to challenge official's calls, and backtalk will not occur on the field.

Games become aggressive and heated. Many teams play a mental game. Rays' athletes will not engage in trash talking on the field. If at any time our players feel overwhelmed with game play, they can request a sub by tapping their heads. This takes growth and mental strength in a player. The athlete will not be punished for recognizing they need a break.

Athletes and Parents will be held to a high standard of conduct, on and off the field. Any infraction of the rules will be handled as follows.

First offense: The player(s) will be pulled from the field (if during game). The coaches will speak to the player about the error and accompany the player to the offended party, acknowledge the error and apologize if necessary. Parents will be notified.

Second offense: Player will be removed from the game for the entirety. Parents will be notified after the game.

Third offense: The player and parent will be scheduled to meet with the board for player hearing.

Parent Conduct

Parents are an integral part of our program and the most important role models for our players. We must demonstrate the same traits we ask of our athletes. Your voice carries across the field, where everyone can hear it, including officials. Your comments can affect how the officials' calls are made.

- Parents will not coach from the sidelines. Some of our coaches will give directions during the game. If the parents are shouting from the sidelines, the athletes may not be able to hear coaches' calls. "Run to the Goal" is not always how this sport is played.
- Do not make comments to officials, opposing coaches, opposing players, make official's calls, or engage with chirping between opposing player parents. We are all role models for our children, always treat these people with respect, even when it is hard.
- When the opportunity arises, congratulate the opposing team/parents for a "game well played or a win" No matter how it feels during the game, these people are not your enemy.
- If you have a question about a game, consequences of a game (running, push-ups etc), first ask your athlete. They will know the answer, if they are listening to their coach. If your athlete does not know the answer, please have her ask her coach and then report to you. If your question is about rules, strategy or other game situations, then get in touch with your athlete's coach. Remember, all playing time questions are for only the player and coach to work out. As parents, we do not always understand the mechanics of learning or growing a sport, but the coaches will be able to discuss the instance with you.
- 24 HOUR RULE- Emotions can run high during games, if any parent has any questions they want to discuss with their player's coach, we follow a 24 hour rule. You wait 24 hours for emotions to calm down, then reach out to either your player's coach, or CRL President.

In Summary, we want parents to know that we appreciate all of our families and athletes that continue to grow Lacrosse with us. Every Coach and Volunteer within our program have full time jobs, and families they attend to, in addition to their commitment to this program. WE all do this because we are in it for the growth of the athlete, the program in the Wilmington area, and we believe in our processes that are board approved, and constantly reviewed. We ask families to allow us to do what we do as coaches and directors, play their role as supporters of the athletes and the coaches, and trust the process.