

Goals and Philosophy

Metro Lacrosse will provide a safe and enjoyable environment for children to learn the game of lacrosse. Our coaches will teach skills and rules appropriate for each age group and insure playing time for ALL athletes in games and scrimmages.

Expectations

What the player and parents can expect from Metro coaches/staff

- To teach you individual and team skills so that you have the opportunity to become a better player
- To hold regular practices and to communicate changes in practice or game schedules
- To play you in every game and fully involve you in practices
- To enforce safe and fair play, and to hold high behavior and sportsmanship standards
- To promote a spirited and positive atmosphere that promotes skill development and fun
- To assist referees in conducting orderly games and help control player and spectator behavior
- To be supportive and patient, to take the time to work with each player and to respect all players and coaches

What coaches expect from the player

- To attend practice and games, and to notify a coach when you cannot make a game or practice
- To work on individual lacrosse skills on your own beyond formal practices
- To take good care of your equipment
- To never use excessive force against a smaller or less skilled player
- To realize that lacrosse is a contact sport that has potential for injury and to play within our rules
- To respect your coaches and teammates
- To never use profane language at any time and to never talk back to a referee, coach or league official
- To avoid altercations with other players
- To teach your parents about the game of lacrosse
- To work hard to become a better player, to play hard to bring pride to the team, and to have fun

What the Coaches expect from parents

- To become familiar with the game of lacrosse
- To help get your child to games and practices
- To call a coach when you have questions, problems or complaints
- To attend games whenever possible and be a positive spectator
- To be a role model for sportsmanship and never vocally criticize a referee, coach or player
- To be supportive and enjoy your child's participation in Lacrosse