

WSLA Coaches Council Meeting
Minutes
January 19th

Present:

Craig VanDerHorn (Mercer Island), Megan Elston (Mercer Island), Brittanyh McCabe (Seattle Prep VA), Jessanne Allen (LSLC), Sue Rodriguez (LSLC), Lena Honsan (LSLC), John (Curtis), Sarah Medwell (Seattle Prep), Bill Stillwell (Nathan Hale), Nikki Pejbod (Bellevue), Jeff Cline (Maple Valley), Lynn Hyde (Greenwood)

I. Coaches Clinic

- a. Bertona Hall
- b. Reg. 8:30-9:00
- c. Great Coaches coming including Sara Leary a goalie coach.
- d. Rules interpretation Mandatory for coaches who did not go to the national clinic 4:00-5:00
- e. Referee training is the same day.
- f. Each team is encouraged to provide one new referee to be trained.

II. Lacrosse Videos Available

- a. Coaching videos.
- b. Can borrow for free.
- c. Check it out on the website.

III. Players Clinic

- a. For middle schoolers and beginner/advanced beginner high school players.
- b. Anyone available to coach at the clinic or help with the administrative side of things should contact Craig (cvandy@att.net).
- c. 7th and 8th graders should attend to learn rules about the modified checking.

IV. Regional Team Tryouts

- a. Date- March 5th (NOTE: this date is before the season starts get in contact with your players early.)
- b. Location- Portland
- c. Interested in coaching (must be 25 years old) contact Sue before Feb 1.
- d. Girls do not need to pre-reregister they can just show up.
- e. There is a possibility that seniors are not eligible to play at the national tournament. Sue will check on this.

V. Scheduling Update

- a. Any changes to high school schedule need to be submitted to Sue before Feb 1st.
- b. Middle School schedules will be handed out at the coaches clinic.

VI. Discussion Regarding Teams Petitioning to have two varsity teams rather than a Varsity team and a JV.

- a. Should there be rules in place to determine in which league a second team should play or should we consider the strength of a program?
- b. Perhaps in future years there should be more stringent guidelines to determine whether a varsity team should be in the A or B league.
- c. Would adding a championship game to the JV league give those teams something more concrete to work towards?
- d. Accountability in the JV league must improve. It is not ok to cancel or not show up at JV games. Lets bring the accountability level up to the standards of the VA and VB league.

MOTION: If a program can fill 3 teams they can have two Varsity teams and a JV. If a program can only fill 2 teams there shall be a Varsity and a JV

Vote: 11 in favor, 1 opposed, 1 abstention

VII. League Website

- a. There will be a basic website for information about the girls league. This website will be separate from walax, but will be linked to walax.
- b. Jeff Cline will develop and maintain the website.
- c. WSLA will pay for the website.

VIII. Sportability

- a. Sportability is a database that has our rosters, game scores, player stats.
- b. Statistics need to be entered on the day of the game.
- c. Sportability ranks the league, however when it comes to breaking ties our league has a different system. See coaches manual for tie breakers.

NOTE: Game should not go into overtime in the regular season.

NOTE: Info on stat taking will be distributed at coaches clinic. Refer to this document to keep statistics consistent throughout the league.

IX. Grants

- a. Equipment grants are still available. For info contact Gail Loveland.

X. Laxfest

- a. June 11th. Put on by our chapter of US Lax.
- b. WSLA should show our support by participating at some level whether it be Middle School or High School participation.
- c. We need volunteers to organize our league's participation. Megan Elston and Sarah Medwell volunteered.

XI. Team Dues

- a. Teams will be invoiced for 2 fees. Umpire fees (Roughly \$50-\$60/ game) and League fees (\$4/player).
- b. Both bills get paid directly to Gail Shelton.

- c. League will absorb the cost of playoffs.
- d. Dues must be paid by March 21st. Teams unpaid by that date will forfeit games until fees are paid. Any team needing an extension should contact Gail Shelton.

XII. Championship Tournament

- a. Tournament will be held at Memorial Stadium.
- b. Teams may use the sale of tickets as a fundraiser. Teams may purchase tickets for \$5/ticket and sell them for \$7/ticket. Contact Matt Cone.
- c. Sponsors needed. Know anyone who would like to sponsor the event? Contact Dave Harrelson.
- d. Volunteers to work the day of the event are needed.
- e. Schedule is still tentative. We have the stadium from 9am-9pm.

XIII. League Awards

- a. Team Sportsmanship Award- one will be awarded to a team in each league.
- b. Coach of the year- All coaches from all three leagues will collectively vote for one coach as the coach of the year.
- c. Academic State Champion- awarded to the team with the highest team GPA from the preceding grading period.
- d. Academic All Americans- This award will be given to all players who are nominated by their coaches and meet the criteria. (Coaches may need permission from their players to access information from the school registrar.)
- e. All-American- Our Chapter may award 3 All Americans and 3 Honorable Mention All-Americans. (We do not always award all 6 awards if there are not qualified players.)
- f. First and Second All-State teams.

XIV. New 2005-2006 WSLA Board Officers Needed

- a. Think about it... you know you want to do it!
- b. Former board officers will be around to guide and mentor new officers.

XV. "The Spirit of the Game"

- a. We have a unique, close knit lacrosse community here in the Northwest. Let's always keep sportsmanship in the forefront of our minds in order to keep this community positive.

XVI. No Contact Rules

- a. Coaches may not coach their players in the game of lacrosse between the start of the school year and the start of the season.

