



TEAM MANAGEMENT HANDBOOK
(Rev. 2006)

www.southfraserwarriors.com

South Fraser Field Lacrosse Team Management Handbook

Table of Contents

Title	Page
Reason for Being.....	2
Purpose of this Manual	2
Conduct.....	2
Discipline	3
Complaints	3
Organizing Your Team	4
First Things First.....	4
Business Plan	4
Communication.....	4
Team Officials	5
Team Information	7
Home Games.....	8
Equipment.....	8
Equipment provided by SFFLA.....	8
Equipment provided by Team.....	8
Field Times	9
Practice Times.....	9
Game Times	9
Exhibition Games.....	9
Referees.....	10
Officials Fees	10
Player Movement.....	11
New Players/Player Withdrawals	11
“Sharing” Players.....	11
Appendix A – Business Plan Template	
Appendix B – 50/50 Licensing Procedure	
Appendix C – Initial Parents Meeting Agenda Template	
Appendix D – Emergency Action Plan Template	
Appendix E – Directions to Fields	
Appendix F – Roster Template	
Appendix G – Participant Information Form	
Appendix H – Code of Conduct Form	

Reason for Being

The objectives of the South Fraser Field Lacrosse Association (SFFLA) as outlined in our constitution are:

- To promote, teach and perpetuate the game of lacrosse
- To teach sportsmanship to the participants and to emphasize the necessity of fair play
- To teach mutual respect among players, officials and spectators
- To develop community spirit among all of the aforementioned persons
- Have fun!

Purpose of this Manual

The purpose of this manual is to provide volunteers with guidelines to assist them in creating an enjoyable sporting experience for everyone involved in South Fraser Field Lacrosse, including themselves.

Any information in this manual is subservient to the Constitution and Operating Policies of South Fraser Field Lacrosse Association as well as policies laid down by its governing Lacrosse bodies, including the Pacific Coast Field Lacrosse League (PCFFL) and the British Columbia Lacrosse Association (BCLA) and its directorates.

Conduct

All SFFLA athletes, coaches, executive, parents/guardians and fans are bound by the rules and regulations of the BCLA and its various directorates and the PCFFL. We wish to emphasize the following points:

- It is the responsibility of everyone involved in lacrosse to promote good conduct of all team personnel and fans at all lacrosse function and to ensure respect for all participants, officials and spectators.
- Abuse of Referees, either verbal or physical, will not be tolerated.
- Coaches must control their benches and assist in the control of their fans.
- Swearing, vulgar or abusive language will not be tolerated.
- Players must have helmets on at all times they are on the field in order to comply with our insurance policy.
- SFFLA is fully committed to the Fair Play principles of the Government of Canada. All participants shall ensure that fair play is incorporated into practices and games and that players are taught the importance of honesty, integrity and respect.

Discipline

It is necessary to maintain order on your team. It is important to establish rules at the beginning of the season and make sure all players and parents are aware of the rules as well as the consequences of breaking the rules.

Should you encounter an athlete who creates a problem within your team which you feel you are not capable of dealing with, please contact any member of the executive committee as soon as possible. We will attempt to assist you, the athlete and the parent in resolving the matter. Please remember that it is not your place to discourage any athlete from participating in the game.

Complaints

Complaints which you receive about any aspect of our association should be referred to the SFFLA Executive. The Executive Contact List is contained in the South Fraser Field Lacrosse web site at <http://www.southfraserwarriors.com/contacts.htm>. The complaints must be submitted in writing or via e-mail to any Executive member.

Organizing Your Team

First Things First

Once you are assigned as coach of a team, it will be important to your team that you do the following as soon as possible:

- **Get a Team Manager**
- Make an appointment to get your team's equipment – See [Equipment](#)
- Prepare a team business plan to present to parents – See [Business Plan](#)
- Book practice times – see [Field Times](#)
- Have a meeting with your team parents – see [Communication](#)
- Complete your management team – see [Team Officials](#)

Business Plan

An effective team business plan outlines expected costs (over and above registration fees) the team will encounter during the season, i.e.:

- Tournament fees (if applicable)
- Travel/accommodation costs for tournaments (if applicable)
- Officiating fees for exhibition games
- Provincial playoff fees
- Team wear (matching polo shirts, T-shirts, equipment bags, etc.)
- Season wrap-up party

as well as alternative means of fundraising, i.e.:

- Coffee/chocolate sales
- Bottle drives
- 50/50 draws (must consider cost of license fee) – see [Appendix B](#) for licensing procedure
- One-time payment from each player.

It is recommended that the plan be put in writing, distributed in advance of a parents meeting, and discussed/agreed to at the parents meeting.

As per the constitution of SFFLA, all fundraising proposals are to be submitted to the SFFLA Executive for approval prior to the start of any fundraising.

An example of a team business plan is attached as [Appendix A](#).

Communication

Communication is essential to the smooth operation of your team. Set up a parent information night. At the meeting:

- Explain the goals you have for the team;
- Explain the rules that you have established and what actions will be taken if the rules are broken;
- Explain how ongoing communication will be conducted (e-mail, telephone);
- Describe the team emergency plan;

- Hand-out **Participant Information Forms** (attached as [Appendix G](#)) for parents to complete and return before the next event (practice or game);
- Hand-out the **Code of Conduct Forms** (attached as [Appendix H](#)) for players, parents and coaches to sign and return to the Manager for submission to the SFFLA Secretary;
- Explain what volunteer positions need to be filled and why; and
- Present the proposed team business plan and obtain consensus.

Getting these issues out of the way should avoid any confusion during the season. Have all parents fill out a contact information sheet, complete with names of parents, home address(es), home phone number(s), cell phone number(s) and e-mail address(es), as the information contained in the registration form may not contain all necessary contacts.

Describe all of the volunteer positions needed, the importance of filling these positions, and why they are required for the operation of the team. Advise how timekeeping/ scorekeeping duties will be assigned for home games. Make sure that all positions are filled before the meeting is adjourned. An agenda template you may want to consider using is attached as [Appendix C](#).

Team Officials

Sideline Personnel

Sideline personnel include the coaches, sideline helpers and trainer.

The *Head Coach* (and *Assistant Coach* if assigned) runs all practices and manages the sideline during games. All coaches must have the necessary certification for the age and level of team assigned.

Sideline Helpers are those people who assist the Head Coach by controlling the sideline and counting the players on and off the field. If you have one coach, you will need two sideline helpers. If you have more than one coach you will need as many sideline helpers as required to make sure that there is always someone on the sideline. As these people need to be registered with BCLA for insurance purposes, you should try to make sure you have the same sideline volunteers for each game.

Team Manager

The person in this position is responsible for coordinating team functions and acting as liaison between the coach(es) and players' parents. This allows the coach(es) to devote their volunteer time to the functions of coaching.

Duties which may be allocated to the Team Manager include, but are not limited to:

- Distributing information
- Confirming game time and venue
- Locating team sponsors
- Organizing team volunteers
- Fundraising
- Social functions

Phoning/E-mail

The Team Manager may get volunteers from your team to be the “phoning people”. These people will be responsible for phoning out to the team any messages that need to be passed along from the coach, team manager or team parent. It is recommended that e-mail is used to send messages to your team as it is a time-saver and everyone is sure to get the same message. Encourage your team to check their e-mail on a daily basis. This may include: game time and/or place changes, practice time and/or place changes, or reminders of upcoming activities.

Team Treasurer

It is a good idea to have someone set up a bank account for the team. This person would keep track of all team monies (referee cheques received from SFFLA, proceeds of fundraising, etc.) and all expenses (officials fees, etc.), and would furnish cash for officials fees to the Head Coach on game days. We recommend that this person print out a statement so that all parents on the team know what the money collected is being used for (i.e. team socials, year end trophies and wrap-up parties). As per the SFFLA constitution, any funds left over must be turned over to the SFFLA Treasurer.

Charge Person

This person should have Emergency First-Aid training, knowledge of sports related injuries and how the **Emergency Action Plan** (example attached as [Appendix D](#)) works. Responsibilities for the Charge Person include:

Prior to the game

- Being familiar with players past medical history
- Assuring the First-Aid kit is complete and available at the game site
- Providing a cellular phone or knowing the location of the nearest phone
- Designating a [Call Person](#)

In the event of an injury to any player, official or spectator:

- Assess the situation - seriousness of injury, need for assistance, etc.
- Provide First-Aid care to injured party
- Instruct Call Person to call 911 for emergency medical assistance, if required
- Stay with injured person until injury is treated or ambulance arrives

Other Volunteers

A rotation schedule should be set up for the following volunteer positions. When scheduling, do not schedule the team manager or team parent. Rotation should be done alphabetically and just rotate through the team until all dates are full. If a family is unable to fulfill their position at a specific game, it is their responsibility to trade with someone else on the team to ensure that all positions are covered for all home games.

Timekeepers/Scorekeepers

The home team is responsible for providing two adults for the scorekeepers table during games, one to run the stop watches and one to complete the scoresheet. Training can be provided by an SFFLA executive member if necessary.

Call Person

This person is to be designated by the Charge Person before the game begins. Responsibilities for the Call Person include:

- Locate cellular phone and call **911** when instructed to do so.
- Specify that this is a medical emergency and you require an ambulance.
- Give the number of the phone you are calling from.
- Give the location of the field.
- Give the dispatcher details of the injury, be prepared to answer the following questions about the injured person:
 - Is the person breathing normally on his/her own
 - Bleeding - from where and how much
 - Level of consciousness
 - First-Aid being provided - CPR, direct pressure, ice pack
 - Approximate age
 - Gender (Male or Female)
- Ask how long it will take for the ambulance to arrive
- Designate a person to go to the field entrance and direct the ambulance to the field
- Return to the Charge Person and relay any instructions from the 911 dispatcher, including the ETA of the ambulance
- Be prepared to call **911** again if the person's condition changes.

Refreshment Coordinator

It is a good idea to have some kind of refreshment for the players after their games, i.e. freezies, juice boxes, etc. These may be purchased with team funds at the direction of the parents. This can be done by the Team Manager, Team Parent or on a volunteer rotation schedule.

Team Information

As soon as possible once the team roster is finalized, the following information should be distributed to all players' parents in writing:

- **Team Roster** including:
 - names, contact numbers and email addresses of team officials (bench personnel, team manager, etc.);
 - names, jersey numbers, contact numbers, email addresses, parent names and home addresses of players.
- **Wallet Roster Card** including jersey numbers matched with player names
- **Field Directions** (attached as [Appendix E](#)).

A roster template is attached as [Appendix F](#).

Home Games

The following are the home team's responsibility for all home games:

- Supply the scoresheet (make sure you complete it and hand it to the visiting team no less than 15 minutes prior to game start)
- Supply the game balls
- Arrange for volunteers to be the scorekeeper and timekeeper

Don't forget to bring:

- water bottles
- correct change to pay referees
- first aid kit and ice packs
- scoresheet and pen.

Equipment

Equipment provided by SFFLA

- **First Aid Kit** – it is the Coach's responsibility to check the kit for completeness upon assignment by the Equipment Manager. SFFLA will not replace items which your team uses during the season - these should be replaced by the team using team funds.
- **Balls for Practices** – SFFLA will supply sufficient balls for use during the season. Should your team require additional balls, they should be purchased with team funds. Collecting and keeping track of balls after games and practices will free up funds for other uses.
- **Balls for Home Games** – will be at the field at the scorekeepers table. Please return all game balls back to the scorekeepers table at the conclusion of your game for use by the next team.
- **Goalie Equipment** – an expensive item which should be well cared for. Typically consists of body armour, protective cup, throat guard and stick. Air the equipment out after every game and either repair or report minor repairs which may be required to the Equipment Manager before they become major problems.

It is the responsibility of the team to collect and return to the Equipment Manager all equipment that was signed out to the team at the beginning of the season (Goalie Equipment, First Aid Kit and Team Management Handbook) at the time and place indicated by the Equipment Manager.

Failure to return the equipment in a timely manner will result in deposit cheques being cashed.

Equipment provided by Team

- It is recommended that the team obtain a small cooler for ice packs (could be borrowed from a parent or purchased out of team funds).
- Each player should bring his or her own water bottle to practices and games. Please remind the players and their parents of the importance of drinking water, the dangers of dehydration and the importance of washing the water bottles regularly.

- The team should have a small toolkit containing the necessary screws, nuts, screwdrivers, tape, leather strips, cords, etc. to perform minor equipment repairs – could be paid for out of team funds.

For more information on equipment, go to <http://www.southfraserwarriors.com/equipment.htm>.

Field Times

Practice Times

Coaches should contact the SFFLA Field Allocator as soon as possible to request their preferred practice time and location. Practice times are allocated on a first come, first served basis. As an exception, preference for earlier times may be given to younger age groups in certain situations. A team will only be allocated one regular practice time per week at any given location until every team has been assigned a time. A team may be assigned more than one practice time per week as long as they are at different locations. Once each team has been assigned at least one practice time per week, additional practice times will be allocated on a first come, first served basis.

You can book a school gym or other indoor facility for your team if you wish – this would be your responsibility to book and pay for these sessions out of team funds.

It is your responsibility to cancel any practice time you have booked which you will not be using. Another team may wish to use the field.

Game Times

The league schedule is created by the PCFFL and Division Commissioner.

If you and your team cannot make your scheduled game time, you must contact the opposing coach to reschedule. If the opposing team cannot reschedule, contact our Field Allocator to see if we can accommodate the rescheduled game. If the game is a home game, please Field Allocator and Referee Allocator immediately to advise them that the field and referees will not be required at the planned time, needs to be rescheduled, and the opposing team contacted to inform them about when the game will be rescheduled.

Exhibition Games

If you would like to arrange an exhibition game for your team, you should contact the Field Allocator who will advise you of any available field time. Your team will cover the cost of the field time. You are required to have properly carded referees allocated by the SFFLA Referee Allocator for an exhibition game. Your team is responsible for covering the officials fees for exhibition games.

Referees

There must be two referees to work each game or the home team will forfeit the game.

The Referee Allocator will provide referees for all of your regular season home games. You may contact the Referee Allocator to arrange referees for exhibition games.

If a game is cancelled or rescheduled and you no longer require the referees, please notify the Referee Allocator. If you cancel your game and the referees are not notified, the association must pay the referees. Your team will be billed for the referee fees as they have already been allocated to you.

If referees attend and the other team does not show, you must still pay the referees. The referees should sign the scoresheet and complete a game report.

All attempts are made to avoid sending a relative to referee another relative's game. If the referee is related to you or a player on your team, it would be in your best interest to advise the opposing team prior to the game and make a note on the scoresheet. You and the opposing team's coach should both initial the note on the scoresheet. If this is not done, there can be hard feelings at the end of the game when the other coach realizes from looking at the scoresheet that there is a relation.

Abuse of officials will not be tolerated under any circumstances. Complaints regarding the quality of officiating should be addressed in writing to the Head Referee. Please remember that you, as the coach, are a role model for your team. You have the opportunity to set an example of treating others with respect.

Officials Fees

Referees are to be paid by **both** teams in cash **prior to the start of the game**. Ensure that you have the correct amount of cash for your referee.

The fee schedule is as follows (2006/07):

<u>Division</u>	<u>Referee Payment</u>
U-9	\$15.00
U-11	\$15.00
U-13	\$18.00
U-15	\$20.00
U-17	\$25.00

You will be provided with sufficient funds to cover referee fees for all regular season games. These funds are usually provided in the form of cheques payable to the coach of the team.

Player Movement

New Players/Player Withdrawals

Only registered players may participate in SFFLA team games and practices. Athletes not yet registered are not allowed on the field until officially registered by the SFFLA Registrar. Coaches and other team officials cannot accept registrations.

All registrations received after official registration are accepted on a space available basis as defined in our team size policy. Late registrants are assigned to teams by the Coaching Coordinator based on their skill level.

Any player wishing to withdraw should be instructed to contact the SFFLA Treasurer. Refunds must be requested from the treasurer in writing.

“Sharing” Players

The coach of a player must be contacted for permission prior to contacting the player to play for another team.

With the permission of their coach or manager, players are allowed to play up in their own division as follows:

- Tier 2 players may play for a Tier 1 team
- Tier 3 players may play for any higher calibre team.

or one division higher than that in which he/she is registered in an equal or higher calibre as follows:

- Tier 1 players can only play for a Tier 1 team
- Tier 2 players may play for a Tier 1 or Tier 2 team
- Tier 3 players may play for any higher calibre team.

A player cannot play for another team of the same calibre within the same division except in an all-star tournament.

Once a player has played four games up, he/she is not eligible to return to his/her original team during that season. The player will remain with the team he played his/her fourth game with for the balance of the season.

A player may only play in one provincial championship (exceptions can be made for alternate goaltenders in exceptional circumstances). In order to be eligible to play in a provincial championship, the player must have played a minimum of three league games with the team.

APPENDICES

SOUTH FRASER [division, level] WARRIORS PROPOSED BUSINESS PLAN

Although many of you paid out hundreds of dollars already for registration and equipment, we still have a few other cost items to think about:

- paying referees for any exhibition games (will try to line up three during the season)
- tournament fees
- wrap-up party at the end of the season

The estimated costs for the above are as follows:

					Total	Cost per player:	
Referee fees for exhibition games:					\$	(XX games)	\$
Tournament fees:			\$	+ GST	\$	(XX tournaments)	\$
Wrap-up party:	#	players @	\$	each	\$	(one parent, one player)	\$
					\$		
cost per player:					\$	say	\$

To cover these costs, we have the following options:

- 1 fundraise (coffee sales, hot dog day, car wash, etc.)
- 2 pay for all three now, and enter **two** tournaments (\$____ **each**) - less hassle, everybody contributes equally

If we choose to run a 50/50 draw at all home games, the license fee is \$25.00, which would be deducted from gross proceeds. The net proceeds will go towards the wrap-up party, augmenting any remaining team funds to pay for pizza, pop, etc. Any leftover team funds after the party will be rebated equally to all players.

We already have an account at the (bank name, branch), in the name of "(name of account)", with any interest earned to go towards the year-end party. There will be monthly statements issued to all parents who request them.

Please have cheques into (name of coach) or (name of manager) as soon as possible, preferably by practice (day, date) in order to confirm registrations in for tournament(s).

50/50 Draws – Licensing Procedure

All teams must apply for and obtain a Class B Gaming Licence (under \$20,000) before starting their 50/50 Draws. No draws can take place without this licence. The entire direct access gaming fund for South Fraser Field Lacrosse can be terminated if unlicensed draws take place.

To obtain a Class B Licence:

1. On the internet, navigate to http://www.pssg.gov.bc.ca/gaming/online_b_licence/index.htm.
2. Click on the “Start Online Application” button.
3. On the page that comes up, read through the Fees and Processing Time and Additional Information Required sections to confirm requirements, then click on the “Applicant” button.
4. On the page that comes up, read through the Conditions, then click on the “I Agree” button.
5. Follow the prompts and complete necessary fields to complete the application process.

Note: there is a one-time \$25.00 fee that can be paid for by credit card or cheque. The application typically takes 3 working days to be approved. The Class B Licence is valid for 12 months.

**SOUTH FRASER [division, level] WARRIORS
PARENTS MEETING AGENDA**
[time, day, date] – [location]

- 1 Hand-outs, Introductions
- 2 Discussion on Team Objectives/Goals
- 3 Volunteers Needed
 - Team Manager
 - Sideline Help (need 2 people)
 - Charge Person (First Aid)
 - Fundraiser(s)
 - Time/Scorekeepers (Home Games Only)
 - 50/50 (Home Games Only)
- 4 Business Plan
- 5 Medical Forms
- 6 Code of Conduct
- 7 Other Business

**EMERGENCY ACTION PLAN
SOUTH FRASER [division, level] WARRIORS
[year] SEASON**

Copies to: Call Person
Coach
Manager

Access to Sites

Practice Facility Royal Kwantlen Park - All Weather Field
(example) 13000 Block - 106 Avenue, Surrey
 South side of 106 Avenue, just past K.B. Woodward Elem. School
 Located immediately south of parking lot

Home Facility Newton Athletic Park Turf
(example) 7395 - 128 Street, Surrey
 West side of 128 Street, within Newton Athletic Park
 Located immediately west of Pavilion/south parking lot

Away Facilities See attached list for addresses

Contact Phone Numbers

Ambulance **9-1-1**

Coach's Cel # _____
Call Person's Cel # _____

Personnel

Coach _____
Manager _____
Assistant Coach _____

Charge Person _____
 Alternate _____
 Alternate _____

Call Person _____
 Alternate _____
 Alternate _____

Participant Information Cards

Attached hereto

Roles and Responsibilities of Team Emergency Personnel

Charge Person

This person is responsible for managing the **Emergency Action Plan**, should have Emergency First-Aid training and knowledge of sports related injuries. Specific responsibilities for the Charge Person include:

Prior to the game

- Being familiar with players past medical history
- Assuring the First Aid Kit is complete and available at the game site
- Providing a cellular phone or knowing the location of the nearest phone
- Designating a Call Person

In the event of an injury to any player, official or spectator:

- Assessing the situation - seriousness of injury, need for assistance, etc.
- Providing First-Aid care to injured party
- Instructing the Call Person to call **9-1-1** for emergency medical assistance, if required
- Staying with injured person until injury is treated or Emergency Response Team (ERT) arrives

Call Person

This person is to be designated by the Charge Person before the game begins. Responsibilities for the Call Person include:

- Locating a cellular phone and calling **9-1-1** when instructed to do so.
- Specifying that this is a medical emergency and an ambulance is required.
- Giving the number of the phone calling from.
- Giving the location of the facility and particulars.
- Giving the dispatcher details of the injury, and being prepared to answer the following questions about the injured person:
 - Is the person breathing normally on his/her own
 - Bleeding - from where and how much
 - Level of consciousness
 - First-Aid being provided - CPR, direct pressure, ice pack
 - Approximate age
 - Gender (Male or Female)
- Asking how long it will take for the ERT to arrive
- Designating a person to go to the field entrance and direct ERT to the location of the incident
- Returning to the Charge Person and relaying any instructions from the 911 dispatcher, including the estimated time of ERT arrival
- Being prepared to call **9-1-1** again if the person's condition changes.

Away Game Locations

Abbotsford

Upper Sumas Elementary School
36321 Vye Road

Take HWY-1 EAST to EXIT 92, turn LEFT to get onto HWY-11 south to ABBOTSFORD/ SUMAS USA.
Turn LEFT at Vye Road and go 3.4 km east
School on left side of road, just past Whatcom Road.

Adanacs

Cunnings Field (Turf)
1299 Pinetree Way (Coquitlam)

Take HWY-1 WEST, then Exit 44 off of Port Mann Bridge to LOUGHEED HWY (HWY-7) EAST
Stay straight at Coquitlam Centre, becomes PINETREE WAY
Continue past Guildford Way, Town Centre Park access on left. Cunnings Field to extreme north.

loco Road Field (Turf)
300 loco Road (Port Moody)

Take HWY-1 WEST, then Exit 44 off of Port Mann Bridge to LOUGHEED HWY (HWY-7) EAST
Turn LEFT at BARNET HIGHWAY, then turn RIGHT at IOCO ROAD. Field to the west (left)

Burnaby

Burnaby Lake Sports Complex
Kensington Ave & Joe Sakic Way

Take HWY-1 WEST, then Exit 33 - KENSINGTON AVENUE NORTH
Stay on KENSINGTON AVENUE NORTH across SPOTT STREET
Turn LEFT at JOE SAKIC WAY to Burnaby Lake Sports Complex West

Delta

Holly Park (Turf)
4625 - 62 Street (Ladner)

Take HWY-10 WEST - becomes LADNER TRUNK ROAD at HWY-91 exchange
Cross HWY-99, continue WEST and turn LEFT (south) onto 62 STREET
Park on right side of road.

Mackie Park (Turf)
10855 - 80 Avenue (North Delta)

Take 80 AVENUE west into Delta, past 112 STREET.
Park at left side of road, next to Sands Secondary School.

Langley

James Hill Elementary School
22144 Old Yale Road

Take FRASER HIGHWAY (HWY-1A) EAST
Turn RIGHT (south) onto 222 STREET, then turn RIGHT (west) onto OLD YALE ROAD
School on south side of road.

Mission

Hatzic Park
Draper Street @ Weaver
Crescent

Take HWY-1 EAST to EXIT 92, stay RIGHT to get onto HWY-11 north to ABBOTSFORD/MISSION.
Take HWY-11 NORTH, across Mission Bridge, then exit to HWY-7/MISSION CITY CENTRE/AGASSIZ
Follow local roads/directions to HWY-7, turn RIGHT (east) towards AGASSIZ.
Turn LEFT (north) at DEWDNEY TRUNK ROAD, stay straight to go onto DRAPER STREET
Hatzic Park on right side of road.

Mission Sports Park (Turf)
8020 Oyama Street

Take HWY-1 EAST to EXIT 92, stay RIGHT to get onto HWY-11 north to ABBOTSFORD/MISSION.
Take HWY-11 NORTH, across Mission Bridge, then heading northwest to Vancouver
Continue past "The Junction" Shopping Mall to HWY-7 intersection, turn LEFT (west) onto HWY-7 WEST
Turn RIGHT (north) at NELSON STREET, bear RIGHT (east) at ISRAEL AVENUE, turn RIGHT (south) at OYAMA STREET

New Westminster

Mercer Stadium (Turf)
10th Avenue & 6th Street

Take KING GEORGE HWY (HWY-99A) across Pattullo Bridge into New Westminster
Continue along McBRIDE BOULEVARD, turn LEFT (west) onto 8TH AVENUE
Continue past 6TH STREET, turn LEFT at lane past Moody Park Arena - stadium on extreme right

North Shore

Ambleside Park (Turf)
Marine Drive @ 13th Street
(West Vancouver)

Take HWY-1 WEST to West Vancouver, then EXIT 13 toward TAYLOR WAY
Turn LEFT onto TAYLOR WAY (south), then turn RIGHT (west) onto MARINE DRIVE
Park on left side of road at 13th Street

Port Coquitlam

Gates Park (Turf)
Reeve Street @ Wilson Avenue

Take HWY-1 WEST, then Exit 44 off of Port Mann Bridge to LOUGHEED HWY (HWY-7) EAST
Turn RIGHT (east) onto PITT RIVER ROAD, then turn LEFT onto REEVE STREET
Continue to end (WILSON AVENUE). Park on left side, turf field to extreme west.

Pitt River Middle School
2070 Tyner Street

Take HWY-1 WEST, then Exit 44 off of Port Mann Bridge to LOUGHEED HWY (HWY-7) EAST
Turn RIGHT (east) onto PITT RIVER ROAD, then turn LEFT onto TYNER STREET
School on right side of road at Rindall Avenue.

Richmond

Minoru Park (Turf)
Granville Avenue @ Minoru Blvd

Take HWY 91 EAST to Richmond - becomes ALDERBRIDGE WAY
Turn LEFT (south) at GARDEN CITY ROAD - becomes GRANVILLE AVENUE
Cross MINORU BOULEVARD and turn RIGHT (north) at MINORU GATE
Turf field to the west of the stadium (oval)

Ridge-Meadows

Samuel Robertson
Technical Secondary School (Turf)
10445 - 245 Street (Maple Ridge)

Take HWY-1 WEST, then EXIT 44 off of Port Mann Bridge maintaining course to LOUGHEED HWY (HWY-7) EAST
Turn RIGHT (southeast) onto UNITED BOULEVARD, then turn LEFT (east) onto MARY HILL BYPASS (HWY-7B)
Turn RIGHT onto LOUGHEED HWY (HWY-7 EAST) and cross Pitt River Bridge through Pitt Meadows and Haney
Turn LEFT (east) onto 105 AVENUE, then LEFT (east) onto 104 AVENUE. School on left side of road

Harris Road Park (North)
12500 Harris Road (Pitt Meadows)

Take HWY-1 WEST, then EXIT 44 off of Port Mann Bridge maintaining course to LOUGHEED HWY (HWY-7) EAST
Turn RIGHT (southeast) onto UNITED BOULEVARD, then turn LEFT (east) onto MARY HILL BYPASS (HWY-7B)
Turn RIGHT onto LOUGHEED HWY (HWY-7 EAST) and cross Pitt River Bridge
Turn RIGHT (south) at HARRIS ROAD. Park on left side of road.

Vancouver

Point Grey Secondary School (Turf)
5350 East Boulevard

Take HWY 99 NORTH to Vancouver - becomes OAK STREET
Turn LEFT (west) at WEST 49TH AVENUE, then RIGHT (south) at EAST BOULEVARD
School on left side of road.

Sunrise Park
1950 Windermere Street

Take HWY-1 WEST, then Exit 27 - FIRST AVENUE, turn LEFT at EAST 1ST AVENUE
Turn LEFT at WINDERMERE STREET. Park on right side of road.

PARTICIPANT INFORMATION FORM

Name: _____ Date of Birth: _____
 Home Address: _____ Phone: _____
 Email: _____

Persons To Be Contacted In Case Of Emergency

Mother: _____
 Phone numbers: Day: _____ Evening: _____ Cel: _____
 Father: _____
 Phone numbers: Day: _____ Evening: _____ Cel: _____
 Alternate Contact: _____ Relationship to Participant: _____
 Phone numbers: Day: _____ Evening: _____ Cel: _____
 Family Doctor: _____ Phone: _____
 CareCard Number: _____

Relevant Medical History

Medications: _____ Allergies: _____
 Previous Injuries: _____
 Does the Participant carry and know how to administer his own medications? Yes No N/A
 Has the Participant ever had a concussion? Yes No If so, how many? _____ Date of last concussion: _____
 Other Conditions (braces, contact lenses, etc.) _____

Parent's Signature _____ **Date Completed** _____

Note: Medical information is confidential. This card will be kept with the Team at all times and will not be available to other than authorized individuals (Coaches, Manager, Trainers).



SOUTH FRASER FIELD LACROSSE ASSOCIATION
CODE OF CONDUCT FOR PLAYERS, PARENTS & COACHES

As a member of the South Fraser Field Lacrosse Association, I state the following:

1. I will not verbally or physically harass athletes, coaches, officials or spectators;
2. I will respect the officials' decision;
3. I will condemn the use of violence in any form;
4. I will demonstrate courtesy and respect for all athletes, spectators, coaches and playing facilities, regardless of association;
5. I will demonstrate good sportsmanship towards the opposing team and its spectators at all times;
6. I will report in writing to my Executive any incident which may cast negative light on this great game to ensure that they do not occur again;
7. I will not be under the influence of alcohol and/or drugs at games or practices; and
8. I will accept responsibility for my actions and understand that I may be removed from a game, practice or facility if I should behave in a manner deemed unacceptable by the coaches, game officials or spectators. I further understand that my conduct may result in further disciplinary action from the SFFLA Executive.

_____	_____	_____
Player's Name	Signature	Date
_____	_____	_____
Parent's Name	Signature	Date
_____	_____	_____
Parent's Name	Signature	Date
_____	_____	_____
Coach's Name	Signature	Date