



The meeting will begin shortly...

Please kindly mute your phone lines





CYL Player/Parent Organizational Meeting

Fall 2020 Season
August 24th, 2020





Agenda

- Introductions - Board of Directors & Coordinators
- CYL Mission & Brief Overview of Policies
- 2020 Fall CYL Program Overview
- Focus on Player Development – Clinics, Wall Warrior, etc.
- Boys Program Report
- Girls Program Report
- Concussion Awareness/ImPACT Testing
- Spirit Wear / Uniforms
- Communications Tools
- Closing remarks





2020-21 CYL Board & Coordinators

| Board of Directors 2020-2021 | | | |
|------------------------------|-----------------------|----------------|-----------------------------|
| President | <i>Jason Alberici</i> | Registration | <i>Alicia Hirsch</i> |
| VP, Athletic Director | <i>Kris Liptak</i> | Communications | <i>Marilee Hamilton</i> |
| Treasurer | <i>Geoff Brannon</i> | Operations | <i>Jeff <u>Toeppner</u></i> |
| Secretary | <i>Jen Flores</i> | Spirit Wear | <i>Angie Sticher</i> |

| Coordinators 2020-2021 | |
|------------------------|-----------------------------|
| Boys Program | <i>Matt Bowerman</i> |
| Girls Program | <i>Jason Sticher</i> |
| Team Managers | <i>Paige Kelly</i> |
| Community Outreach | <i>Ann <u>Scheraldi</u></i> |
| Impact | <i>Diana Ward</i> |
| Past President | <i>Jason Pawlowski</i> |





Mission Statement

It is the mission of the Cambridge Youth Lacrosse (“CYL”) Program to conduct and maintain the finest youth school lacrosse program in the Metropolitan Atlanta region. This mission shall be achieved by:

- Generating interest in lacrosse among young men and women residing in the Cambridge High School district.
- Teaching the fundamentals of lacrosse and developing players through effective practice.
- Encouraging a high level of academic achievement and physical conditioning year-round.
- Creating a team environment that is admired by others who are not participants in the Program.
- Ensuring sportsmanship on the field and citizenship off the field.





Policies

- Liability Insurance Policy | 100% of Players & Coaches required to have active U.S. Lacrosse Memberships through the end of the season (mid-Nov)
- Coaches, Parent & Player Codes of Conduct
- Concussion Management Policy
- Weather Policy
- All Policies located @ www.cambridgeyouthlax.com





Weather Policy

- Any decisions on weather-related cancellations more than 1 hour before a scheduled practice or game will be made by Newtown for games and the Head Coach for practices.
- Within 1 hour of start time, or during, a practice or game, the Head Coach will determine if a suspension or cancellation is required.
- For further details, please refer to our Inclement Weather Policy on our website.



Parent Code of Conduct (1 of 2)

- Arrive on time to practices and games. Let the coach know if your child will not be there using TeamSnap...TeamSnap makes it easy for you!
- Be a good role model. Honor the Game when you attend games. Cheer both teams when good plays are made....Example-great saves by a goalie from the other team.
- Do not yell at the officials. They are human and will make mistakes. Berating the officials will not help your team.



Parent Code of Conduct (2 of 2)

- Do not criticize or make negative comments about players
- Let the coaches be the coaches. Do not coach from the sidelines.
- No inappropriate language, cursing, taunting, etc. –includes comments on Social Media
- If there is a concern on anything related to the team, contact the coach or the board and schedule time to talk directly after 24 hours have passed



Player Code of Conduct

- Compete intensely on the field, but demonstrate fair play and good sportsmanship ahead of the desire to win.
- Commit to excellence: always give your best effort in practice and in games.
- Treat teammates, opponents, coaches and officials with respect.
- Keep your emotions in check. Do not complain about bad calls.



Covid-19 Policy

Parent screening questions for players before going to practice:

- Do you or have you had a fever in the last two weeks?
- Have you been diagnosed with COVID-19?
- Have you had a cough?
- Have you had a sore throat?
- Have you had shortness of breath?
- Have you had a recent loss of taste or smell?
- Have you been in contact with anyone diagnosed with COVID-19 in the past two weeks?
- Have you traveled to a “hot spot” for COVID-19? “Hot Spot” situations can vary. If you have traveled to a “hot spot,” please follow the self-reporting process below.



Covid-19 Policy

Upon Arrival at the Park:

- **There will be no bags allowed on the field. Players should come to the playing field dressed for practice.**
- Coaches will take temperatures prior to getting on the field
- Each player must bring their own personal labeled water bottle. Player should try to bring a gallon jug filled with ice and water. Players should keep water bottle way from other kids
- Although not required, masks/face covering are allowed if the player and/or parents feels it is necessary.
- Once the workout session is over, players must leave the facility and maintain social distancing.
- Parents are discouraged from gathering to watch practice. If you are at the fields you are encouraged to wear a mask and social distance.



Covid-19 Policy

CONFIDENTIAL SELF REPORTING

Send an e-mail to Jason Alberici, President of CYL at jalberici@hotmail.com and provide information regarding your family's situation.



Fall 2020 CYL Program Overview



Boys Program Overview

Kris Liptak



CYL Focus on Player Development

We continue to seek ways to provide **fun opportunities for the girls and boys to work on their stick skills:**



Skill clinics including guest coaches continue in the fall:

- August 23rd
- September 13th & 27th
- October TBD



Program to develop
new players

#SBChallenge



Spring Break Challenge:
~70% participation



175+ wall warriors since 2017

We need your help to promote these events with your kids and increase participation!



Girls Program Overview

Jason Stitcher



Girls Program - Fall 2020 Plan

Girls Training Program

Cambridge Youth Lacrosse is excited to announce a new fall training program to provide girls an opportunity to develop their skills together under the instruction of our Cambridge select and HS coaches. We believe there is great benefit in having our girls play together consistently across seasons – to develop the bonds and teamwork that lead to success as they grow.

Schedule:

- Training days: skill-level appropriate, high energy drills
- Starts Wednesdays from Sept 2nd
- 10 weeks – 2-hour sessions
- Run by Omonilax



Concussion Awareness

Diana Ward

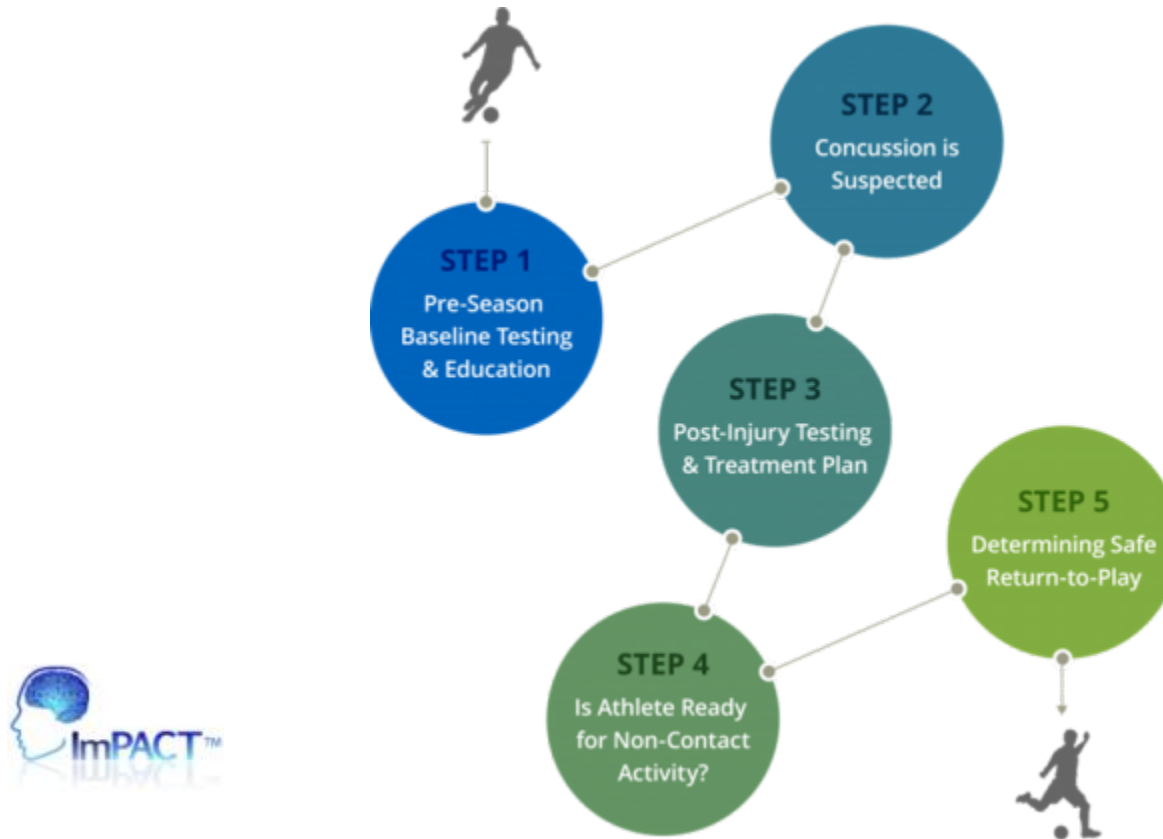




- **The What/Why of ImPACT?**
 - **ImPact is neuro cognitive testing. It measures multiple aspects of cognitive functioning** (Attention span, Working memory, Sustained and selective attention time, Response variability, Non-verbal problem solving, & Reaction time)
 - **Concussion often results in measurable changes in brain function.** These changes are often not visible to the naked eye. **ImPACT measures subtle changes in cognitive functioning** that cannot be accurately measure by relying on the athlete to report symptoms. Athletes are notorious for hiding concussive symptoms such as headache, dizziness and difficulties in thinking. **Recent research has suggested that athletes at all levels of sport routinely hide their symptoms so they can continue to play.** Most experts agree that **relying on athletes to report** their own symptoms this is a **dangerous practice.**
 - ImPACT has been scientifically validated through over 15 years of university-based research. In fact, **ImPACT is the most researched concussion management tool available.** The **information available through ImPACT can be valuable in assisting** parents, teachers and other professionals **in making decisions about the athlete's academic needs during the recovery process.** ImPACT is particularly important in helping to determine whether academic accommodations are needed after injury.



- The ImPACT Concussion Management Model





Spirit Wear/Uniforms

Angie Stitcher





Communication

Marilee Hamilton





Communication Resources

www.cambridgeyouthlax.com - #1 source of Program information...new website launched last Spring!



Practice and Game Schedules, Primary Form of Communication During Season



@CambridgeYL



/cambridgeyouthlax

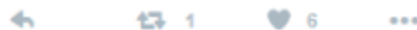


If you were following us on Twitter, this is the kind of info you would see!



Cambridge Youth LAX @CambridgeYL · Jan 16

Another great turnout tonight for Boys Skills Clinic #2. including Coach D and several HS players #aiatt





Closing Remarks





THANK YOU to everyone who makes CYL such a success!

- Coaches/Assistant coaches
- CHS lacrosse coaches and players
- Team Managers
- The Board
- Parents

Our future success depends on the people here today!