

Central Ohio Girls Youth Lacrosse Association

Winter Meeting Minutes

February 12, 2017 4:30-6:30

Worthington Education Center

- I. **Welcome-** Ally Minister began the meeting at 4:30 by thanking coaches for attending and for giving their time and energy to help grow lacrosse in Central Ohio.
- II. **Fall Meeting minutes** were approved. Thank you to Rachael Estepp for doing them.
- III. **Proposed Bylaws-** Ally gave a brief background of the bylaws and how they were modeled after those of the Ohio Schoolgirls Lacrosse Coaches Association. There weren't any questions or suggestions, and coaches voted to approve the bylaws.
- IV. **Executive Board-** Nominations were taken for the officer roles, and the following coaches were elected:
 - President-** Ally Minister
 - Vice President-** Nancy Rothacker
 - Secretary-** Rachael Estepp
 - Treasurer-** Wendy Pinta

The President and Secretary will serve a 2 year term; the VP and Treasurer will serve a 1 year term.
- V. **Standing Committees-** The following coaches were nominated/appointed as committee chairs:
 - Rules-** Windy Pinta
 - Tournaments/Playdays-** Nancy Rothacker, Dave Schwab
 - Coaches Education-** Selene Kelley
 - Officials-** Bice Dolciato (pending approval)

Coaches were asked to consider which committee they'd like to serve on, and to contact the chair of that committee.
- VI. **5th/6th Grade Game Structure-** Bexley, Upper Arlington and Worthington will be playing smaller sided games (and some full field, depending on the opponent) and will provide feedback about this structure to the Association after season.
- VII. **Officials-**
 - a. **Rules:** Deb Welch and Bill Gardiner presented the USL Rules Interpretation and showed a video created by USL about the rules. The Youth Rulebook arrived by mail to all USL members in the latest Lacrosse Magazine, and can also be found online at www.uslacrosse.org
 - b. **Local Modifications:**

The following are local modifications. All other USL rules apply.

1st/2nd

Time: A competition consists of two (2) twenty-minute running time halves, with a five minute halftime.

Timeouts: Each team can take two (2) two-minute timeouts during the game. The clock stops during this timeout.

Two-pass rule: There must be two passes initiated and received on the attack half of the field before a shot can be taken. A “received” pass is one that touches the head of the catcher’s stick.

3rd/4th:

Time: A competition consists of two (2) twenty-minute running time halves, with a five minute halftime.

Timeouts: Each team can take two (2) two-minute timeouts during the game. The clock stops during this timeout.

Two-pass rule: There must be two passes initiated and received on the attack half of the field before a shot can be taken. A “received” pass is one that touches the head of the catcher’s stick.

5th/6th:

Checking: there is no checking

Timeouts: Each team can take two (2) two-minute timeouts during the game. The clock stops during this timeout.

Carded player: when a player must leave the field because of a foul, a substitute will take her place.

Modified pocket: is allowed

- c. **Schedule:** Deb handed out a packet to each program that needs to be completed and mailed back by the March deadline. It includes a template for submitting your 5th/6th game schedule. Games can be played on Sundays, and as a double header with middle schools on Mondays and Wednesdays. Deb can be reached by email at deborahewelch@gmail.com with questions.
- d. **Youth Official Training:** Mike Murphy will be leading a training for youth officials. The information was sent via email to all coaches. Mike can be reached at golfmurph@gmail.com
- e. **Expectations of host team and all coaches:** Coaches, players and spectators are expected to show positive sportsmanship throughout season. Spectators should support players, and not be negative towards or try to instruct players. The host team is responsible for ensuring a safe, positive environment for games.

- f. **Goggles:** must meet ASTM standard 3077. Bill Gardiner sent a link to coaches with USL's list of approved eyewear.

VIII. New Business

- a. **USLacrosse Level 1 Coaches Clinic-** This clinic will be held March 4 from 9am-12pm at Capital University. Registration can be done online at www.uslacrosse.org
- b. **Available Resources for Coaches-** Rachael Estep (Worthington) presented the following resources available for coaches from USL: Age Appropriate Practice Guide, Progression Playbook, and the Mobile Coach App. She shared how Worthington coaches will be using these guides in their practice planning and passed them around for coaches to look through. Feedback was that they would be very useful.
- c. **The Ohio Cup-** Joe Chilovich shared information about this year's Ohio Cup. It will be held June 3 and 4 in New Albany. He can be reached by email at: Joe@ohiocuplax.org For additional information, the tournament website is www.ohiocuplax.org
- d. **The Lax Shop-** Ally gave information about The Lax Shop which is the only lacrosse-specific store in Central Ohio. The director of the store, Adam Stewart, has been involved in all levels of lacrosse for many years and is a great resource for coaches, players and parents as they prepare for season. He can be reached by email adam@thelaxshop.com or phone (614) 940-7113. The Lax Shop retail store will be opening soon, and is located at 1190 East Powell Road, Lewis Center 43035.
- e. **Championship Cup-** Ally shared information about this tournament in Canton on May 13-14. Additional information was sent to coaches via email, and can also be found online at www.oglcchampionships.com
- f. **Central Ohio Chapter of USLacrosse-** The Central Ohio Chapter of USL has a website and would like to add information about what is happening in our youth programs. Please contact chapter president Kelly Jones-Swenson at cocofuslax@gmail.com and check out the website: www.uslacrossechapters.org/ohio

- IX. Adjournment-** Meeting adjourned at 6:00. Coaches were divided up by age levels to schedule games.