



North Okanagan Minor Lacrosse Association

Parent Policy and Procedure Hand Book

As we gear up for another season of Lacrosse, we would like to remind parents of a few policies and procedures to ensure our players have the best possible experience amongst their peers and coaching team. These policies are designed to lend assistance to our NOMLA members as a means to assist with the positive outcome of the game, team camaraderie, and coaching conditions. We request that you kindly review these policies before the start of each season in order to be familiarized with these policies.

We understand that there may, at times, be situations that arise that will require Executive involvement but we are requesting that each guardian/parent be supportive of your child and their desire to play lacrosse and set a good example. We all strive to be the best but it is the life lessons that we, as parents, teach our children that will have far reaching implications. According to Hilary Friedman, "it's not just how you react when you win; almost more important is how you react when you suffer a defeat. Adults can, and should, model good sportsmanship for their children" by allowing the coaches to coach, and the manager to manage. We realize there are times that the Executive will need to get involved so we wish to create a safe haven in which to do this.

If we can all follow these few simple rules, our children will not only want to continue with their further development of the sport and game, but they may also be excited to have us, as parents, in the standing cheering them on. To ensure this, the Executive has approved the implementation of a volunteer position (Parent Advocate) for each division who will oversee all concerns and issues. Parents are asked to avoid confrontation with the coach/team manager and take all concerns to the Advocate.

We thank you all for understanding and committing to these few rules and policies. In the end, we are here for our kids. Let's enjoy the game and cheer on our North Okanagan Legends.

Your NOMLA Executive – see below

1. **Do Not Yell at the players on the floor/field:** not only this disruptive for those around you but our players truly cannot hear you. We are asking everyone to respect the game and respect our players
2. **Any form of abuse of officials will not be tolerated!** **If you engage in abuse of officials, you will be asked to leave.** Many of these refs are mere children themselves. We are not only developing great lacrosse players but we are also developing great referees.
3. **Allow your coaches to coach.** We all understand that we have a vested interest in our children. We also understand that our children, from time to time, require an advocate to protect them. Unless there is physical, verbal or mental abuse, we would kindly ask that you bring these issues to your designate parent advocate to be sorted out. Arguing with the coach(es) does not help to solve the problem. It tends to aggravate the situation and, in most cases, upset the player. Unless your child has specifically listed a grievance, we would encourage you to enjoy the game to which your child is playing.
4. **Refrain from obscene language, yelling, banging on the glass or any behavior that is deemed unnecessary.** Again, it disrupts the flow of the game and will, in most cases, make the situation worse.
5. **Agree to the Fair Play Code of Conduct:** our Association is here to develop future lacrosse players by providing equal skill and play opportunity. We understand that there will be players that are well advanced against their peers but all players have paid to play. Equal play time is essential to building well rounded and developed players and teams. You are only as good as your weakest player. Let's all encourage these players by being fair and honest to the game.
6. **Volunteers are essential – please volunteer your time within your team.**
7. **If there is an issue that requires involvement – you are asked to approach your Parent Advocate** (each Division will have a pre-determined executive member that will handle this duty). The Parent Advocate will assess the situation and, if necessary, attend a game or practice to determine level of issue. If issue has been determined, only the Parent Advocate will be able to approach the Coach or Team Manager. The 24 hour policy is still in effect, so please do not assume that the issue will be handled right then and there. It is important to assess and devise a plan to handle the situation. We are trying to diffuse any further issues between parents and coaches. If the issue continues, then the parent advocate will take the issue to the Coaching Co-ordinator.

8. Please bring your child **on time** to both practices and games. If you are not able to make it, it is important that your Team Manager/Coach is made aware. Floor times are expensive and we only receive “x” amount of time for day – so respect the coaches time and the time of the other players.
9. Please be advised that NOMLA has the right to take, edit, publish, distribute, and make use of any and all pictures or video taken of NOMLA players to be used in and/or for legally promotional materials for NOMLA. If you would prefer to NOT have your player’s picture used in our promotional material or social media platforms please contact our Media Executive, Trisha Mclean media@nomla.ca and your Team Manager asap.

Parent Advocates 2026

Box Lacrosse

U17 – Chelsey Mann nomla.secretary@gmail.com

U15 – Caitlin Schlaak nomla.secretary@gmail.com

U13 – Cathy Isles nomla.tournament@gmail.com

U11 – Travis Mann nomla.coachcoordinator@gmail.com

U9 – Darcy Rhodes directoratlarge.nomla@gmail.com

U7 – Stephanie Minchenko nomla.websitecoordinator@gmail.com

Female – Stacia Strohm – stacia.m.strohm@outlook.com