

2018 Checklist for GNLL Coaches (online option)

The GNLL requires annual training for all coaches; this training is not intended to teach you how to coach lacrosse players, but is instead focused on rules, league policies, and related issues that you need to know to promote player safety, reduce your liability, and help the league to run smoothly. This guide contains instructions for all GNLL high school and youth coaches who intend to complete their coach training requirements by completing online training. If you prefer to attend classroom training, there is a separate training guide explaining the steps for that option.

You must have all of your requirements completed at least 7 days prior to your first game.

Step 1: Join US Lacrosse or make sure your membership has been renewed

Join or renew your membership at www.uslacrosse.org/membership.aspx and specify that you want to be a boys lacrosse coach. This site will allow you to check to see if you have renewed already and will allow you to renew if you haven't. Your expiration date must be June 30, 2018, or later. **You must complete this step prior to attending classroom coach training** for insurance reasons.

Step 2: Register for GNLL online training

Go to <http://laxtraining.activemoodle.com/amember/signup/gnll> and register for online training using the access code "2018GNLL"

Step 3: Read the NFHS Rule Book

If you don't already have a 2018 NFHS Boys Lacrosse rulebook, you can acquire a paper or e-book version from <https://www.nfhs.org/activities-sports/lacrosse-boys/> (this is strongly recommended for all coaches; no one is going to check this, but if you don't know the rules it will make it tougher on you as a coach).

Step 4: Download key documents

Please download and look over the following documents:

Minnesota Youth Rules 2018 (all youth coaches) <https://tinyurl.com/YouthRules1-31-18>

Youth Rules Summary Sheet (all youth coaches) <https://tinyurl.com/YouthSummary2018>

Key NFHS Rule Changes for 2018 (all HS and youth coaches) <https://tinyurl.com/NFHS2018>

Conduct Issues (all youth coaches; most guidelines apply to HS) <https://tinyurl.com/Conduct2018>

These documents will be helpful with your open book/open notes online quizzes. **Note:** These links may break if documents are updated. The most recent version of these documents can always be found at <http://www.umloa.org/documents/>

Step 5: Complete online concussion training

By Minnesota state law, anyone coaching youth athletes must complete concussion training and renew it at least every 3 years. If you have previously completed the MSHSL online concussion training, check <http://mshsl.org/mshsl/lowerlevelreport.asp> to ensure that your expiration date is June 30, 2018, or later (and renew it if your expiration date is before 6/30/18). If your name does not appear in that report, by state law you must complete the concussion training <http://mshsl.org/mshsl/showConcussion.asp> prior to working with youth athletes.

□ **Step 6: Submit a screen shot of your name on the state concussion registry**

As proof of completion for your concussion training, submit a screen shot showing your completion and expiration date to:

1. your lacrosse association's coaching supervisor
2. the GNLL Director at info@greatnnortherlacrosse.com
3. The GNLL coach training manager at laxtrainingmanager@gmail.com

□ **Step 7: Complete required online training material**

Complete the online training courses that are required for your level of coaching:

NFHS Rules Changes (all high school and youth coaches):
<http://laxtraining.activemoodle.com/course/view.php?id=67>

Minnesota Youth Rules 8U–14U (required for all youth coaches):
<http://laxtraining.activemoodle.com/course/view.php?id=70>

GNLL Online Coach Training (all high school and youth coaches):
<http://laxtraining.activemoodle.com/course/view.php?id=64>

There are online quizzes you must complete in these courses; you need at least 80% on each quiz to pass.

□ **Step 8: Look over optional online training material**

Take a look at the optional online training material:

Optional Material for All Coaches 2018:
<http://laxtraining.activemoodle.com/course/view.php?id=72>

Timer and Scorer Information 2018:
<http://laxtraining.activemoodle.com/course/view.php?id=75>

□ **Step 9: Check grade book to ensure you have completed your requirements**

The online grade book is posted at <https://tinyurl.com/2018Coaches>. Check to make sure you are marked as complete by going to that page and clicking the "classroom" tab. If you don't show as completed within 7 days of completing all requirements, email laxtrainingmanager@gmail.com with the subject line "Coach training completion" and with the body text including your first and last name, your association, and the levels of play for which you believe you have completed coach training; you will be notified if you have any requirements outstanding.

□ **Step 10: Complete the GNLL coaches registration**

In this step you will complete the liability waiver and code of conduct, and you will attach yourself to the team you will be coaching by going to the GNLL Coach Registration Page at <http://assn.la/Reg/?r=2:168818>. You must complete this step to be able to view, verify, and email your roster.
