

JEWEL HEAD COACH

JOB DESCRIPTION



POSITION SUMMARY **ONLY NON-PARENT COACHES CAN APPLY**

The U19 JEWL Head Coach will be expected to create an enjoyable learning, competitive and developmental atmosphere while preparing the athletes with an end goal of winning Provincials. In addition, this coach will be expected to prepare these athletes to get to the next level [i.e. Team Ontario, Team Canada, American College/University, Ontario University Athletics (OUA)]. Much attention should be put on physical and psychological development, including skill development, team strategy, fitness, goal setting, visualization and overall mental toughness. All LBK coaches are expected to seek lacrosse and coaching educational opportunities.

LBK EXPECTS ALL MEMBERS TO BE FULLY KNOWLEDGEABLE OF THE LBK MISSION STATEMENT, GUIDELINES & PHILOSOPHIES, AND CODE OF CONDUCT.

IT IS OUR EXPECTATION THAT YOUR LBK REP TEAM WILL BE YOUR TOP PRIORITY. THIS MEANS THAT YOUR LBK REP TEAM TAKES PRECEDENCE OVER ALL OTHER TEAMS.

TEAM COMMITMENTS

SEASON SCHEDULE

- Adhere to practice dates, times, and durations as set out by the association including additional partner sessions (i.e. approved strength/conditioning and team building partners)
 - Mondays, Tuesdays & Thursdays | 2 hours
- Ontario Women's Field Lacrosse (OWFL) Season:
 - Start Date – mid May 2026 (date TBD)
 - End Date – mid to late July (date TBD)
 - Game Days – Predominately mid-week games
- International Travel:
 - A minimum of 1 USA tournament weekend
- Attend JEWL Knights Cup 2025 (date TBD)

BENCH STAFF

- 1 Head Coach or 2 Co-Coach
- Maximum of 2 Assistant Coaches
- 1 Team Manager
- 1 Trainer



RESPONSIBILITIES

COMMUNICATION

- Utilize the LBK Commitment Form (in player tryout form) and hold all athletes accountable to their disclosed dates. No dual athlete should be missing practices or games for their other team
- Establish a respectable level of communication with athletes with appropriate coach/player boundaries
- During the LBK parent/player meeting, communicate coaching philosophy to all players and parents
- Be prepared to address player/parent concerns as needed and follow LBK Code of Conduct Guidelines
- Leave communication regarding organizational/administrative items to the team manager
- Develop a good working relationship with the LBK Rep Director and assistants
- Ensure that the LBK Rep Director and/or assistants are aware of any concerns or issues arising with team/players/parents

TEAM CULTURE

- It is important to keep in mind coaches get more out of athletes when they are having fun and enjoying themselves – a healthy team culture is the cornerstone to a great team!
- Foster a strong team atmosphere/culture and building a connection between all players
- Create a focused and hardworking group of athletes
- Assist players development of mental toughness
- Work on team goal setting, encourage and assist with individual player goal setting
- Encourage and assist when needed individual player goal setting
- Organize and oversee team bonding events with the team manager

PRE-SEASON

- Develop a skeleton outline of a seasonal plan (including tryouts)
- Meet with Assistant Coach(es) to discuss team goals and review expectations
- Attend LBK coaches meeting (date TBD)
- Establish a working relationship with the strength & conditioning trainer

TRYOUTS

- Familiarize yourself with list of players prior to tryouts
- Formalize your tryout plans well in advance
- Utilize an evaluation tool to rate players equitably. This evaluation tool must be submitted to the LBK Tryout Committee for review pre and post tryouts.
- Work with the LBK Tryout Committee & Rep Director in putting together an unbiased selection committee



TRYOUTS (CONTINUED)

- As a Head Coach, you are expected to observe and evaluate players during tryouts. The LBK Tryout Committee will assist in providing unbiased support staff to relieve you from running the drills.
- Inform selected players they must complete a 7 minute mile run
- Work with selection committee on evaluating players
- Have notes on all players so, if asked for feedback from player/parent, you are able to provide thorough information on their performance
- Once tryouts are completed, meet with bench staff to discuss team goals and review expectations

TECHNICAL

- Have a formalized practice plan in writing for each practice and share with your bench staff
- Conduct meaningful and effective practices and utilize assistant coaches
- Continue to develop individual player fitness and fundamental lacrosse skills
- Introduce and stress the importance of athletes having a high level of fitness
 - Player must complete the 7 minute mile run
 - Incorporate conditioning into practice
 - Hold athletes accountable of working on fitness outside of practice and wall ball
- Create engaging drills and activities to challenge the U19 JEWEL athletes
- Educate technical and tactical skills along with systems relative to U19 JEWEL athletes
- Work with U15 Elite Head Coach to help ease the transition of U15 Elite players to U19
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QUALIFICATIONS

- Have a significant level of understanding and knowledge of women's field lacrosse
- NCCP Women's Field Lacrosse Competitive Introduction
- Criminal Reference Check

COACHING ASSOCIATION OF CANADA MODULES

- NCCP Making Headway Concussion Module
- NCCP Make Ethical Decisions
- NCCP Coach Initiation in Sport
- NCCP Emergency Action Plan
- Safe Sport Training
- Mental Health in Sport

U19 JEWEL HEAD COACH COMPENSATION

- Non-Parent Head Coach – Paid position up to \$2000
- ONLY NON-PARENT COACHES CAN APPLY