

# Volunteer Opportunity: Coach, Try Lacrosse

**How to Apply:** Email [president@richmondlacrosse.com](mailto:president@richmondlacrosse.com) with your qualifications.

## Pay

\$20 - \$35 per hour

## Program Overview

The “Lacrosse in Schools / Try Lacrosse” program is designed to introduce K–Grade 7 students to Canada’s national summer sport — lacrosse — through fun, inclusive, and educational gym-class sessions. Each school receives two complementary three-hour sessions during their gym periods; sessions are run by RLA-provided coaches, who bring all necessary equipment and promotional materials.

Participants learn the heritage and origins of lacrosse, including the Indigenous roots of the game, as well as fundamental lacrosse skills. Class sizes can be up to 45 students per pair of coaches.

The goal is to foster interest in lacrosse among young children, building excitement for the sport and potentially guiding them into RLA’s box or field lacrosse divisions.

## What We Offer

- Opportunity to make a meaningful difference by introducing lacrosse to children who may never have encountered the sport before — building the next generation of players in Richmond.
- A chance to be part of a community-oriented club with a mission to develop lacrosse skills, respect, teamwork, and sporting ethics among youth.

## Key Responsibilities

- Deliver 1-2 hour lacrosse sessions as part of school or other programming.
- Present age-appropriate lacrosse content: include the history and cultural roots of the sport, basic skill instruction (scooping, catching, passing), and simple game play.
- Emphasize team-building, fun, inclusion, and sportsmanship — aligning with RLA’s values of respect for the sport, respect for others, and fair play.
- Manage and supervise groups of up to ~45 students (per two coaches), ensuring safety and engagement throughout the session
- Provide suggested equipment (sticks, balls) and handle distribution/collection (as equipment is supplied by RLA).

- Work collaboratively with the RLA board and school staff to ensure smooth delivery.
- Encourage interest and transition into subsequent RLA programs (box lacrosse, field lacrosse, summer skills) by informing students/parents about registration opportunities.

## Requirements & Qualifications

- Experience coaching children or working in youth sports (ideally ages ~5–12).
- Strong knowledge of lacrosse fundamentals — including basic stick skills, catching, passing, scooping, and an understanding of both field and box lacrosse rules and characteristics.
- Excellent communication and interpersonal skills, able to engage young children and maintain a safe, inclusive, fun environment.
- Ability to manage larger groups (up to ~45 students per two coaches) and maintain structure during gym-class sessions.
- Commitment to RLA values of sportsmanship, respect, teamwork, and fair play.
- Must be available to deliver sessions during school hours (gym class times), with flexibility to schedule across different schools.
- Familiarity or willingness to learn about the cultural/historical background of lacrosse (including Indigenous origins), to support the educational component of the program.
- Able to commute to sites across Richmond.
- Satisfactory criminal record check (for employees 18+) or character reference check (for employees under 18).