



Requesting Training Waiver For High School & Middle School Coaches:

- Must complete the level 1 online USL course (Fundamentals of Coaching boys and/or girls Lacrosse)
- Submit a signed letter from the school district AD stating they are fully certified by NYS to coach LACROSSE
- The letter from the AD must also indicate that not only is the coach certified by NYS to coach lacrosse, but is also currently a lacrosse coach in one of their high schools or middle schools.
- If a coach is not currently active at a high school or middle school or is coaching a sport other than Lacrosse, the board will review the details and advise how to proceed on a case by case basis.
- Upon receiving the above requirements, the board will review the request for waiver. If approved, the PCA and hands-on workshop will be waived and the coach will be granted the PAL lacrosse lifetime training certification.