

For High School & Middle School Coaches:

Must complete the level 1 online USL course

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.