

2012 Summit Country Day Girls Lacrosse Team Rules & Expectations

All players who are members of the Summit Country Day lacrosse team understand that playing lacrosse requires tremendous commitment and dedication to the game and their team. Likewise, parents make great commitment and sacrifice for their daughters to play. *Playing for Summit is a privilege, not a right.* As Summit athletes and parents, we understand and agree to the following rules and expectations:

Player Responsibilities:

1. School comes first. You are expected to keep up with your school work.
2. The drug policy for this team: if you have anything to do with any drugs including tobacco and alcohol, you will turn your uniform in. There are no exceptions.
3. You are responsible for your uniform and equipment. You must have all required equipment every day at practice and every game.
4. All players will treat officials and opponents with dignity and respect
5. All players, regardless of ability and/or playing time, are equal members of the team and will treat each other with acceptance, respect and friendship. Everyone works as a team.
6. While close friendships are natural on teams, all players must assume the responsibility to ensure all teammates are accepted and included, both on and off the field.
7. All players will provide maximum effort in training sessions and games. Be cooperative and attentive at every practice.
8. Attendance at all practices and games is mandatory
 - o While injured players may be unable to play, they are still expected to arrive to practice and games on time, listen to instructions, and encourage teammates.
 - o Missing practice the day before a game **will result in that player not playing in the following day's game, but is expected to attend and support the team.**
9. In rare situations, players may be excused from games and/or practices. When this occurs, *players* are responsible for informing the coach *with a note from the parents* at the earliest possible time. The only exceptions are as follows:
 - o In emergency situations when prior contact is not possible, the coach will be contacted at the earliest possible time following the game or practice.
10. Players are to be on time for games and practices. Tardiness may affect playing time in games as will practice time, effort and attitude.
11. Players are expected to treat their coaches with honesty, dignity and respect at all times. They are to abide by coaching decisions and rules. Players accept the fact that coaches have responsibility for directing, correcting and guiding players in all Summit activities.
12. Players are expected to **directly** seek understanding and resolution when questions or problems arise with coaches and/or teammates.
13. Players will conduct their personal lives in a matter that brings honor to themselves and the team. This includes school performance, self-respect, healthy behaviors and social responsibility.

Parent Responsibility:

1. Parents will treat players, coaches and officials with respect and dignity.
2. All comments by parents and their guests from the sidelines will be encouraging and/or complimentary. Parents and guests will refrain from making comments about players' mistakes or errors.
3. Parents will refrain from making derogatory comments to officials at any time.
4. Coaching at practices and games is to be done only by coaches. Parents agree to refrain from coaching or directing their child or other players during all game and practice activities. If a parent wants to direct and/or coach his/her child, this is to be done after practices and games away from the facility of play.
5. Parents will support (and assist, if necessary) their children to meet their responsibilities as outlined in this document.
6. Parents will support coaches and encourage their athlete to do the same.

**Please refer to the Summit Country Day student-athlete handbook online:
<http://www2.summitcde.org/athletics/documents/SHandbookforWeb.pdf>**