



Code of Conduct

Vortex Elite players and families are expected to have a high level of commitment to the game of lacrosse and to their teammates and coaches. The following are specific responsibilities expected to be fulfilled by each player:

Trustworthiness

Be worthy of trust in what you do.

- **Act with Integrity** – Live up to high ideals of ethics and do what's right even when it's unpopular or personally costly.
- **Act with Honesty** – Live and compete honorably, don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- **Act with Reliability** – Fulfill commitments; do what I say I will do; be on time to practices and games.
- **Act with Loyalty** – Be loyal to the team and teammates; put the team above personal glory.

Respect

Treat all people with respect all the time and require the same of other players.

- **Respect yourself** – Live and play with class, be a good sport, be gracious in victory and accept defeat with dignity, give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post game rituals.

- **Respect Others** – Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect Officials** – Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.
- **Respect your Coaches and teammates** – Respect the time and effort that your teammates and coaches are putting in--make coming to practice a priority, arrive on time, and come with a positive attitude, ready to learn and contribute, and respect your coaches and their decisions.

Personal Responsibility

Take ownership of your yourself

- **Be a great student** - Commit to being a student first before lacrosse. Get the best education you can by putting your schoolwork first.
- **Be a Role Model** – Participation in sports is a privilege, not a right. You are expected to represent Vortex, coaches, and teammates with honor, on and off the field. Exhibit good character and conduct yourself as a positive role model to your peers and especially to younger players.
- **Be in control of your actions** – Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- **Be healthy** – Choose a healthy lifestyle; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

Sportsmanship

Honor the game and your last name

- **Play by the Rules** – Play hard but play within the rules. Maintain a thorough knowledge of and abide by all applicable game and competition rules. Take responsibility for your actions during a game and accept consequences appropriately.
- **Play by the Spirit of Rules** – Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

BULLYING AND HAZING POLICY

Vortex Elite is committed to providing a safe and healthy environment for athletes. Bullying, hazing and sexual harassment behavior have no place on the team or team culture, and is strictly forbidden as it goes against our Code of Conduct. Each player is mandated to read, understand and sign our Vortex Bullying and Hazing Policy.

PRACTICE ATTENDANCE POLICY (Travel Teams MS & HS)

1. Practice attendance is crucial to success as a team. If you can't make a practice, notify your coach no later than a week prior. Communicate with your coach. Absences will be excused for the following reasons: school related reason (tutor session, athletic or academic), a family emergency, or if you missed or were excused from school for being sick. Unexcused absences may result in:

- a) On field discipline at practice
- b) Loss of playing time in games/tournaments

2. Players need to text or call their coach if they will be late to practice. MS and HS players are expected to call or text for themselves (be accountable for yourself) and not rely on a teammate or parent to communicate for them.

PRACTICE & GAME EXPECTATIONS

1. Arrive to practice on time (about 15 minutes before so enough time to get your gear on and are ready to play at the scheduled start time) with your equipment including stick, mouthguard, goggles, practice pinnie, cleats, sunscreen, and water.

2. Arrive at games on time (about 45 minutes before so enough time to get your gear on and are ready to play at the scheduled start time) with your equipment including stick, mouthguard, goggles, practice pinnie, cleats, sunscreen, and water.

3. Players are expected to partner pass as soon as they have their gear on, and while they are waiting for others to be ready.

4. Leave the field cleaner than the way you found it. Clean up after yourself. Throw out trash, pick up any equipment including goals and balls, and keep the sideline orderly with bags lined up neatly.

PLAYER | COACH RELATIONSHIP

Coaches are here to help make you the best player possible, so we will not tolerate talking back to any/all coaches. This also includes bad mouthing coaches to other players and/or coaches.

As a player, you have the right to understand what expectations are placed on you by your coaches. This begins with clear communication from the coach.

Communication player should expect from the coach:

- Philosophy of the coach and the Vortex program.
- Expectations the coach has for players and the team.
- On-field direction and areas to improve their game as well as the team.

Communication coaches expect from players:

- Notification of any schedule conflicts well in advance.
- Any specific player concerns or needs the coach needs to be aware about that could impact field play or behavior.
- Asking for ways to improve their game

Procedures for resolving issues and escalation a conflict or issue:

1. Players should contact their Coach as the first point of contact to discuss and attempt to resolve.
2. If the issue is not resolved, the parent/guardian should contact the Coach to discuss and attempt to resolve. If resolution is not found, parent/guardian and coach should each contact Club Director or Manager.
3. Club Director/Manager will collect relevant information from both POV and perform due diligence. If necessary, the Club Director/Manager will meet with all Parties to attempt to resolve.
4. If resolution is not found, the Club Director/Manager may bring the issue to the Board of Directors for decisions. The Board of Directors may utilize a Parental Advisory Board or other external resources to resolve issues.

PARENT-GUARDIAN | COACH RELATIONSHIP

As a parent, you have the right to understand what expectations are placed on your daughter. This begins with clear communication from the coach of your daughter's program.

Communication parent/guardian should expect from the coach:

- Philosophy of the coach.
- Expectations the coach has for players and the team.
- Team rules in addition to the Code of Conduct.

Communication coaches expect from parents/guardians and student-athletes:

- Notification of any schedule conflicts well in advance.
- Specific concern in regard to a coach's philosophy and/or expectations.
- Any specific player concerns or needs the coach needs to be aware about that could impact field play or behavior

Please DO NOT attempt to confront a coach immediately before or after a game to discuss the game or provide feedback (unless it is an emergency situation). These can be emotional times for both the parent and the coach and meetings of this nature do not promote resolution. Parents should wait 24 hrs (cooling off period) after a game to approach a coach regarding any issues stemming from a game.

Appropriate concerns to discuss with coaches:

- The treatment of your daughter, mentally and physically.
- Ways to help your daughter improve.
- Concerns about your daughter's behavior.

Issues not appropriate to discuss with coaches:

- Playing time
- Team strategy

- Play calling
- Other student-athletes

Communication Chain of Command:

1. Head and/or Assistant Coach
2. Club Director
3. Club Board of Director member

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