### A close up of text on a black background  Description automatically generatedCode of Conduct

### Player's Responsibilities:

All players 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:

**Attendance:**
Players should attend all training sessions, unless specifically excused.  Players should give notice of conflicts as much ahead of time as possible. Players and parents should understand that playing time and starting positions will be based on participation and attendance. Each player should be available to play **each** field position anytime during a game, as a starter or substitute. If a player is not comfortable playing a position they must understand it will limit available positions they are able to sub in for.

An **Attendance Record** will be kept. For **unexcused** absences, play time during the game may be reduced per Coach’s recommendation.

**Behavior:**
All players should conduct proper behavior at practices and games by:

* Treating teammates, coaches and parents with respect.
* Be courteous to referees and other game officials.
* **Never** use foul language.
* Always shaking hands with opposing players and refs after a game.
* Never arguing with or respond to provocation of opposing players, coaches, and parents.

**Practice:**
All players should be properly dressed and ready to warm up prior to each practice at least 15 minutes before start time. It is important for players to take personal responsibility and ownership at practices. For players at the U14 level and above, it is the responsibility of the player to inform their coach they will be missing a game or practice.

**Equipment:**
All players should bring their stick, mouth guard, goggles, cleats and practice penny plus a filled water bottle to all practices.

**Parents' Responsibilities:**

Parents can play a positive role in their daughter’s lacrosse development through their attitudes and support. Specifically, they have the following roles and responsibilities:

**Payment:**

Registration fees and payments must be received by Vortex one week prior to first game. Please be reminded that we cannot provide refunds due to our team costs.

**Communication:**

Communication is extremely important. For players at the U12 level and below, it is the responsibility of the parent to inform the coach if they will be missing a game or practice.

**Transportation:**
Be a reliable chauffeur to your player (and friends).  Get them to practice on time. Encourage players to take responsibility for arranging rides and calling if they are going to be late or absent. Please have your player(s) at the field 15 minutes prior to the official start time of practice.

**Teacher:**
Be inspirational. Teach your daughter to take responsibility for her game and to avoid making excuses if things do not go her way.  Encourage her to talk directly to the coaches about team and individual concerns.

**Nutritionist:**
Be vigilant about meals, hydration, rest (especially the night before a game) and use nutrition principals to improve the player’s diet.

**Supervise:**
Ensure that players behave properly at practice and the tournament.

**Cheerleader:**
Support your daughter and her teammates in a positive way by:

* Using positive language, encouraging her and her team.
* Not shouting out technical or tactical messages. These comments will confuse the player and may conflict with the coach’s game plan.
* Not complaining on every call.
* Not mistreating or threatening officials.
* Not responding to provocation from the opposing team.

**Motivator:**
Be a positive force in your daughter’s development by:

* Encouraging your daughter to work hard.
* Helping her battle through adversity by encouraging her to “stick with it”.
* Helping her to recognize things worth having are worth working hard for!

**Coaches' Responsibilities:**

Coaches have the most one-on-one contact with each lacrosse player.  Their prime responsibility is the continued development of each and every player.  They accomplish this in the following ways:

**Teaching:**

* Teach the technical skills of lacrosse.
* Develop and teach tactical moves appropriate to different game situations and player’s ability.
* Provide fitness training to improve muscular flexibility, strength, endurance, power, and speed.
* Provide opportunity for each player to learn and play each field position.

**Discipline:**

* Instill good work habits.
* Set proper standards of discipline and sportsmanship.
* Be fair and consistent in the application of team standards.

**Motivation:**

* Motivate and challenge players to consistently give their best.
* Encourage creativity in the players while teaching them when to use that creativity.
* Encourage self-reliance by allowing players to make their own decisions on the field.

**Communication:**

* Foster open lines of communications with players and parents.
* Provide player evaluations.

**Signatures**

Parent: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Player: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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