*SJHS BOYS LACROSSE 2020 TEAM RULES AND PLAYER EXPECTATIONS*

1. **The coaches are in charge of the team**. When addressed make eye contact and listen. Captains will be given a chance to speak when appropriate. This especially important during game situations (time outs, halftime, etc.). Always be respectful of towards your teammates, coaches, game officials, opponents, and school officials. Be a champion on the game field, at practice, in the classroom, and in the community. Remember that your actions as an individual will now reflect upon our group as a whole.
2. **Schedule work and other engagements around our practice and games**. No practice = No play. The coaching staff realizes that there are sometimes extenuating circumstances, however, organization and planning on your part will eliminate 99% of scheduling conflicts. You were told of practice and game times & dates at the beginning of the season, therefore it is assumed that you have made scheduling arrangements and you will be at all practices and games. For your specific practice times, dates, and locations please reference your team calendar.
3. **Practices are a mandatory event and are not optional**. Do not think you will remain a part of the team for long if you cannot regularly attend practice. You must arrange *prompt* transportation after practices and games.
4. **PWCS spring break is from 4/3 to 4/12 and we will not have any practices or games.** We will not be holding organized practice during most of spring break. Our only practice will be on Saturday, 4/11 in order to prepare for our next game on 4/14.
5. **The uniforms, helmets, and equipment bags are not yours**! They are property of the SJHS lacrosse. You will be issued your game jersey and shorts prior to each game. You will turn your game jerseys and shorts over to a manager or coach after each game *before you go home*. Helmets must be turned in or purchased at the end of the season. Equipment bags must be turned in at the end of the season. If you plan on playing organized lacrosse outside of our season, the helmet and equipment bag may be temporary loaned to you but you will be financially responsible for them.

* All uniform jerseys and shorts are numbered. Any player whose jersey or shorts go missing will be financially responsible for replacing them.

1. **Be on time for practices, meetings, lifts, and pre-game walkthroughs**. Coaches and / or Captains will begin practice on time. If you are going to be late, you MUST tell a coach or captain ahead of time and you MUST have a valid excuse.
2. **On game day, you must attend at least 50% of the school day, dressed in the attire designated by the team** (ie, game day polo, shooter shirt, shirt & tie, etc..).
3. **Come to school each day ready to work**. You are student athletes and you are held to a higher standard than others at this school. **You are held to higher standard because you enjoy the privilege of playing a sport**.
4. **Come to practice each day ready to work**. This means having all of your equipment and appropriate clothing to practice outside, practice indoors, or be on the blacktop. Be prepared for any situation. We have a limited amount of time together each week and we need to maximize it. Pay attention during practice, know your responsibilities, do what is asked of you, and be ready to play in any situation. The coaching staff and your teammates DEMAND 100% of your effort and attention during practice!
5. **Never criticize or berate teammates**. Be positive and remember that you are in this together! Coaches will do any necessary critical analysis and we will do it because we care about you as a person and as a player.
6. **Sportsman-like conduct is a must during all practice and game situations**. Do your best to exercise self control and be a gentleman on and off the field. Taunting, yelling at the opponent or the officials, foul language, excessive celebrations, or any other type of non-sportsman like behavior will not be tolerated by the coaching staff.
7. **All players are subject to the PWC code of behavior and academic standards**. Failure to meet these will result in immediate suspension and/or dismissal from the team.
8. **It is a player’s responsibility to turn in their club contract and money BEFORE the first game**. Players will not be permitted to participate in regular season game until their contracts AND money are submitted to the club president. These dues pay for team uniforms, helmets, supplies, and player practice packs.
9. **All players are subject to the PWCS substance abuse policy**. Any violation will result in immediate disciplinary action by the coaching staff and possible dismissal from the team. We have a **ZERO TOLERANCE POLICY** for alcohol, tobacco, drugs, and other controlled substances. This is especially important and the coaches will monitor this very closely as we approach the prom, spring break, and graduation.

I, the undersigned, have read, understand, and agree to follow the rules set forth by the SJHS boys lacrosse coaching staff. Furthermore, I realize that failure to follow any of these guidelines may result in my dismissal form the SJHS boys lacrosse team.

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**Player** Name (Print) **Player** Signature

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*Parent* Signature *Parent* Contact # / E-mail Address

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Sean McMahon - Head Varsity Boys Lacrosse Coach

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Kevin Turner - SJHS Activities Director