

PIN OAK GIRLS LACROSSE PLAYER'S CODE OF CONDUCT

This Player's Code of Conduct is an understanding between the players of the Pin Oak Girls' Lacrosse team and the Charger coaching staff. All players are expected to understand and commit to the code of conduct, and abide by its rules, as follows:

I am a Pin Oak Girls' Lacrosse player. Because I enjoy the privilege of playing lacrosse with Pin Oak Girls' Lacrosse, I agree that I will represent the Pin Oak Girls' Lacrosse team, my school, my coaches, my parents, and the sport of lacrosse with pride, respect, and good sportsmanship at all times and in all situations. In doing so, I pledge the following:

- I am a student first. I will do my best to study, do my homework, and turn in all assignments in a timely manner. I will do my best at school at all times. I understand that failure to maintain my grades may affect my ability to play lacrosse for Pin Oak.
- I am an athlete, and will do my best to keep myself physically fit. I will eat and sleep well during the lacrosse season so I can be at my best for myself and my teammates.
- I will respect my coaches, teammates, the parents, referees, and opposing players, coaches, and parents at all times.
- I will follow all team rules on and off the field, at practice, games, and tournaments.
- I will keep a good attitude at all times, win or lose, whether I am playing or supporting my team from the sidelines.
- I will be a team player. I will fulfill my role on the team to the best of my ability, and understand that my role is decided by the coaches.
- I will commit to my team and my coaches. I will not quit. If I am having problems, I will talk to my coach.
- I will come to practice prepared to play. I will have my stick, mouth guard, goggles, water bottle, cleats, pinnie, and any other equipment in good condition and show up ready to play. During practice and games, my cell phone stays in my bag.
- I will hustle at all times and set a good example for my teammates.
- If I am late to practice or a game, I will hustle onto the field or sideline and get ready to play as quickly as possible. I will complete any laps or warm-ups assigned to me without grumbling.
- I will work hard to improve mentally and physically as a player. I will listen to my coaches and work hard at improving my mental and physical lacrosse skills.
- I understand that being a good lacrosse player requires working on skills outside of practice. I commit to doing the "homework" my coaches assign.

Player's Commitment:

I have read, understand, and commit to the above Player's Code of Conduct:

PLAYER NAME

DATE

PARENT ACKNOWLEDGMENT

DATE

PIN OAK GIRLS LACROSSE PARENT CODE OF CONDUCT

The purpose of the Pin Oak Girls' Lacrosse team is to play lacrosse to the best of each player's ability with integrity, honor, sportsmanship, and fun as its guiding principles. Our core values emphasize hard work, positive behavior, discipline, team commitment, sportsmanship, and respect for others including opponents, parents, coaches, and officials.

As a club, we consider ourselves a success if we accomplish these goals, regardless of the results of any particular game or season. Your role as the parent of a player is just as important to their lacrosse experience and the success of this team as much as any coach or official. With that in mind, we ask that each parent commit to observing the following Parent Code of Conduct:

1. Support your child by being interested in their team, by setting a good example, and emphasizing their positive accomplishments. Be generous with praise, and applaud every effort, regardless of the outcome.
2. Make sure your player understands that being a part of the team means you RSVP timely in GameChanger and attend every practice/game, arrive on time and give your best effort. If a player cannot attend a practice or game, it is the player's responsibility to mark themselves "not attending" in GameChanger.
3. Be a positive role model by showing respect for everyone involved in the game: players, opponents, parents, coaches, and referees. Do not use foul language, yell at or criticize officials, or speak badly of others. Let the coaches handle any disagreements as to rules or other issues with refs, other parents, or players on the field.
4. Let your coaches coach both practices and games. Do not bother coaches during practices or games, and do not shout instructions to players from the sidelines. Let them make mistakes, and let the coaches provide the feedback.
5. If your player is having difficulties with some issue or the game, have the player discuss it with the coach. If that does not resolve the issue, discuss it with your player and then approach a board member who can help make sure the issue is addressed.
6. Appreciate that your coaches are volunteers who have real jobs and yet choose to spend a great deal of their free time teaching your player the game. Thank them and praise them. Reach out to a board member with any unresolved issues.
7. Learn the player's code of conduct.
8. Learn the rules of the game.
9. Get involved with your club. VOLUNTEER! Get to know the members of your board, and ask questions.
10. Sit back and enjoy the game. Lacrosse is fun!