



## Code of Conduct

Please review with your parent/guardian, sign and return this form to your coach by the first practice.

Athlete's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

During our lacrosse season, we will work hard on learning the skills and rules involved with the game of lacrosse. We also hope each one of you will enjoy yourself and have fun with your teammates, coaches, opposing teams, parents/guardians and everyone else who is involved in our lacrosse community. However, being an "athlete" means more than knowing the rules of a game or enjoying a sport. Just as important will be your understanding and growth as a positive and respectful member of your team and community.

We want you to review, understand and agree to the expectations below so we can all have the same goals as both athletes and members of our lacrosse community.

### Be Prepared.

**Try your hardest to be on time for all practices and games with all equipment in good shape and being ready to play. When players miss a lot of practice time, it can potentially create unsafe situations for other teammates if players do not know their positions or have not practiced enough to learn the skills.**

### Respect.

**You must have respect for yourself and others including officials. Never criticize teammates. Listen and cooperate when your coach or an official is speaking. Inappropriate behavior is not acceptable and your coach can and will let you know if you are acting inappropriately.**

### Hands off.

**Unless participating in skills, drills or games, you must understand that you are not allowed to put your hands or equipment on other players. Lacrosse sticks and balls can hurt. You are responsible for your own equipment and making sure that you keep it away from people when you are not playing.**

### Play Hard and Focus.

**Work your hardest in practices and in games. If we practice hard, we play hard and grow as athletes.**



## CUMBERLAND YOUTH LACROSSE COACHES MANUAL

### Play Fair.

**Be a good sport and play fair. Represent yourself, your team, and your community well and in a way you are proud of.**

### We Win or Lose as a Team.

**One person does not make a team. It is through the efforts and support of each team member and each position, that we will achieve our goals.**

### How We Act When We Play is More Important than Whether We Win.

**Some games we will win and some games we will not. Losing is as much a part of a game as winning. You will always be a winner if you can learn to lose graciously and with respect for the other team.**

### Housekeeping.

**You will be expected to participate in the “Finishing Drill” at the end of each practice and game to clean up and retrieve lost balls!**



## **CUMBERLAND YOUTH LACROSSE COACHES MANUAL**

### **Parent & Player Expectations**

**Please treat officials and coaches with respect.**

**All of our coaches are volunteering their time and knowledge of the sport to help your children learn the game and develop the skills necessary to play. Please show them your appreciation by being respectful, patient and courteous.**

**Profanity and unsportsmanlike conduct will not be tolerated.**

**Use of Tobacco & Alcohol are not allowed at any practice or game.**

**If a player has a diagnosis or disorder that may affect their ability to participate in practices or games; this information should be provided to the coach in advance. We want to make sure that the coaches understand the**

**player needs for safety reasons.**

**Parents are expected to drop off players for practices. Parents may observe practice, but should remain in an area that does not interfere with practice and keeps you and those with you safely and securely away from the play. Players will come to you when they are done.**

**I have read and understand that I am expected to follow the above Code of Conduct. I understand that if I violate any of these expectations that I could sit out for a practice/game or if warranted, a longer period of time. I understand that if my parents or I need to address an issue with the coach, that I/we will approach the coach in a respectful manner. If we do not feel our issue was addressed or resolved, we can bring the issue(s) up to the Director or President of the Program. The coach will consult with the**

**Director or President when necessary.**

**Athlete: \_\_\_\_\_ Date: \_\_\_\_\_**

**Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_**