

Team Guidelines for Walton Boys Lacrosse

I. PERSONAL

- Have a vision for the team and the season.
- Be an example of dedication and positive work ethic
- Exhibit positive sportsmanship and character.
- Work to your ability in the classroom.
- Be a positive example in class, in school, and our community and be chemically free.

II. TOWARD YOUR TEAMATES

- Encourage positive practice intensity and enthusiasm.
- Accept all team members and help make Walton Lacrosse a positive experience for all team members, especially underclassmen.

III. TOWARD THE COACHING STAFF

- Be supportive of the coaching staff at Walton High School in all situations.
- Follow the procedures, guidelines, directions, policies, and any instructions by the coaching staff.

IV. TOWARD THE MANAGERS AND Volunteers and Sports Med

- Help the team managers and volunteers understand how important they are.
- Show gratitude and respect towards anyone who is helping our program (volunteers, parents, administration, team managers, and trainers).

V. PRACTICE EXPECTATIONS

- Show up 15 minutes prior to practice drills starting, so you can be padded up, warmed up, and stretched by the start of practice.
- Be positive and enthusiastic, with high intensity throughout all of practice.
- **IF YOU ARE TOO INJURED OR ILL TO PRACTICE THEN YOU ARE TOO INJURED OR ILL TO COMPETE.**
- Anyone who is not in attendance at practice unless excused prior to practice will be suspended game time.
- Players are only excused by an email/text prior to the practice time with a valid reason.

VI. GAME EXPECTATIONS

- Show up ready to play with full equipment at the designated meeting location on time.
- Have a positive energy in the locker room pre-game. No horsing around in the locker rooms.
- Play with your highest level of intensity, focus and concentration, and peak performance.
- Display good sportsmanship during and after the game.
- **RESPECT** the coaches, teammates, officials, opposing team and their coaches, spectators and administration. This is a **NON-NEGOTIABLE** point. Vulgarities, backtalk, disrespect, or arguing will not be tolerated from any Walton Lacrosse player towards any coach, teammate, official, opposing team member or coach, spectator, or administrator.
- Stay after the game for a brief 5 minute post game meeting, and stay until the locker rooms are cleaned out and the field is ready for the next team's use.

VII. Team Philosophy

- We each have to pull our part, and we should be looking to succeed together. While we want all of our individuals in our program to shine, we want to highlight team goals, team accomplishments, team work ethic, team unity, as lacrosse is a team sport.
- Independent of wins and losses, lacrosse is meant to be fun, so let's go have some fun, but we will be working hard.

Walton Lacrosse

- Team Above Self
- Obsess Over Success
- Best In Region
- Humble and Hungry
- CLIMB TO GREATNESS