

# CODE OF CONDUCT

## COACHES

PLA believes that athletic competition should be fun, but is a significant part of the educational process in team building, leadership and conduct. We recognize that some players may be looking to include this with their academic achievements for college applications. We believe that those who coach student-athletes, first and foremost, have a duty to assure that our lacrosse programs promote important life skills and the development of good character. We believe that the essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Characterism"). Furthermore, we believe the highest potential of sports is achieved with these values, and are committed to the ideal of pursuing victory with honor. Finally, we believe that sincere and good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well-being of our student-athletes. This Code of Conduct applies to all coaches for PLA:

I understand that in my position as a coach, I must act in accordance with the following code:

### TRUSTWORTHINESS

1. Trustworthiness — be worthy of trust in all I do and teach student-athletes the importance of integrity, honesty, reliability and loyalty.

Integrity — model high ideals of ethics and sportsmanship, and always pursue victory with honor; teach, advocate and model the importance of honor and good character by doing the right thing even when it's unpopular or personally costly.

Honesty —don't lie, cheat, steal or engage in or permit dishonest or unsportsmanlike conduct.

Reliability —fulfill commitments; I will do what I say I will do; be on time.

Loyalty —be loyal to my team; put the team above personal glory.

2. Primacy of Educational Goals — Assure objectives are not compromised to achieve sports performance goals; always place the academic, emotional, physical and moral well-being of athletes above personal desires and pressures to win.

## RESPECT

5. Respect — treat all people with respect all the time and require the same of student-athletes.
6. Class — be a good sport, teach and model class, be gracious in victory and accept defeat with dignity; encourage student athletes to give fallen opponents a hand, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
7. Taunting — don't engage in or allow trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
8. Respect Officials — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.
9. Respect Parents — treat the parents of student-athletes with respect; be clear about your expectations, goals and policies and maintain open lines of communication.
10. Profanity — don't engage in or permit profanity or obscene gestures during practices, sporting events, on team buses, or any other situation where the behavior could reflect badly on the school or the sports program.
11. Positive Coaching — use positive coaching methods to make the experience enjoyable, increase self-esteem and foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse, and conduct that is demeaning to student-athletes or others.
12. Effort and Teamwork — encourage student athletes to pursue victory with honor, to think and play as a team, to do their best and continually improve through personal effort and discipline. Discourage selfishness and put less emphasis on the final outcome of the contest than upon effort, improvement, teamwork, and winning with character.
13. Professional Relationships — maintain appropriate, professional relationships with student-athletes and respect proper coach-student boundaries. Sexual or romantic contact with students is strictly forbidden as is verbal or physical conduct of a sexual nature directed toward or in view of student athletes.

## RESPONSIBILITY

14. Life Skills — always strive to enhance the physical, mental, social and moral development of student-athletes and teach them positive life skills that will help them become well-rounded, successful and socially responsible people.

15. Advocate Education — advocate the importance of education beyond basic athletic eligibility standards
16. Advocate Honor — prominently discuss the importance of character, ethics and sportsmanship, vigorously advocate the concept of pursuing victory with honor in all communications.
17. Role Modeling — be a worthy role model. Always be mindful of the high visibility and great influence I have as a coach and consistently conduct myself in private and coaching situations in a manner that exemplifies all I want my student-athletes to be.
19. Personal Conduct —refrain from profanity, disrespectful conduct, and the use of alcohol or tobacco in front of student athletes, excluding special events such as fundraisers where it would be acceptable. However, limited consumption would be expected.
20. Competence — strive to improve coaching competence and acquire increasing proficiency in coaching principles and current strategies, character-building techniques, and first-aid and safety.
21. Knowledge of Rules — maintain a thorough knowledge of current game and competition rules, and assure that my student athletes know and understand the rules.
22. Positive Environment — strive to provide a challenging, safe, enjoyable, and successful experience for the athletes by maintaining a sports environment that is physically and emotionally safe.
23. Safety and Health — be informed about basic first aid principals and the physical capacities and limitations of the age group coached.
24. Unhealthy Substances — educate student-athletes about the dangers and prohibit the use of unhealthy and illegal substances including alcohol, tobacco and recreational or performance-enhancing drugs.
25. Physician’s Advice —seek and follow the advice of a physician when determining whether an injured student-athlete is ready to play.
26. Privilege to Compete — assure that student-athletes understand that participation in sports programs is a privilege not a right, and that they are expected to represent their team and teammates with honor, on and off the field. Require student-athletes to consistently exhibit good character and conduct themselves as positive role models.

28. Self-Control —control my ego and emotions; avoid displays of anger and frustration; don't retaliate.

29. Integrity of the Game — protect the integrity of the game. Play the game according to the rules.

30. Enforcing Rule — enforce this Code of Conduct consistently during related activities and venues, even when the consequences are high.

31. Protect Athletes — put the well-being of student-athletes above other considerations, and take appropriate steps to protect them from inappropriate conduct.

#### FAIRNESS

34. Fair and Open — be fair in competitive situations, selecting a team, disciplinary issues and all other matters; and be open-minded and willing to listen and learn.

#### CARING

35. Safe Competition — put safety and health considerations above the desire to win; never permit student-athletes to intentionally injure any player or engage in reckless behavior that might cause injury to themselves or others.

36. Caring Environment — consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

#### CITIZENSHIP

37. Honor the Spirit of Rules — observe and require student-athletes to observe the spirit and the letter of all rules including the rules of the game and those relating to eligibility, recruitment, transfers, practices and other provisions regulating interscholastic competition.

38. Improper Gamesmanship — promote sportsmanship over gamesmanship; don't cheat. Resist temptations to gain competitive advantage through strategies or techniques (such as devious rule violations, alteration of equipment or the field of play or tactics designed primarily to induce injury or fear of injury) that violate the rules, disrespect the highest traditions of the sport or change the nature of competition by practices that negate or diminish the impact of the core athletic skills that define the sport.

39. Provide a letter of expectation to the guardians/participants that will be followed throughout the season.

40. Do not engage in arguments direct concerns to the grievance process

I have read and understand the requirements of this Code of Conduct. I will act in accordance with this code. I understand that board officials as well as league and section officials will and should expect that I will follow this code.

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Coach Signature

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Date