



**Girl's Lacrosse Club of Frisco
ATHLETE CODE OF CONDUCT**

1. Have a willingness to learn and develop their potential.
2. Refrain from using obscene or demeaning language and gestures with other players, coaches or officials. No "trash" talking.
3. Abstain from the use of alcohol, tobacco or any other illegal substance.
4. Understand that harassment and bullying of any kind is unacceptable and will not be tolerated.
5. Respect coaches and officials. Listen and follow the directions of the coaches at all times during practices and games. Do not complain verbally or through gestures, looks or otherwise, about any officials' calls, comments or penalty while on or off the field, during or after a game.
6. Play hard and aggressive but do not attempt to injure an opponent; if you knock someone down, when play is over, offer your hand to help her up. Do not retaliate against other players.
7. Leave field/facilities used in better condition than when arrived
8. Be gracious in defeat and humble in victory.
9. Accept the responsibility for your own actions.
10. Follow all the league and association rules and regulations.



**Girl's Lacrosse Club of Frisco
ATHLETE AGREEMENT**

- I will respect other players, coaches, fans and officials through cooperation, fair play and use of appropriate language.
- I will display good sportsmanship and respect toward my teammates and coaches by participating in all practice sessions and games unless excused, demonstrating cooperation and fairness in play using appropriate language.
- I will refrain from drugs, alcohol and tobacco.
- I will represent GLCOF in a manner consistent with its concepts and good sportsmanship.
- I understand that inappropriate behavior and / or poor sportsmanship may result in not being able to participate with my team for a period of time.

I have read this agreement and the Student Code of Conduct and agree to abide by them.

Student Athlete Signature

Date