

# Lancer Ladies Lacrosse Club

## Club Philosophy & Participation Rules Handbook

### **PHILOSOPHY:**

Participation in the Lancer Ladies Lacrosse Club (LLLC) is a privilege for young athletes. Athletic participation can be an important part of a player's growth and development. It is important that players, coaches and parents work together to support this philosophy and to abide by the regulations contained in this document to achieve the goals of self-improvement, sportsmanship, honesty and pride.

### **PURPOSE OF THE HANDBOOK:**

The purpose of this handbook is to assist athletes that participate in the lacrosse program to learn and understand what is expected of them. The handbook serves as a reference to answer questions about expectations of all participants. After reading this handbook, please sign the bottom of the second page as well as the attached player agreement form. After signing, return the attached form to your team manager.

### **OBJECTIVES OF THE LANCER LADIES LACROSSE CLUB:**

1. To provide opportunities for participation in the lacrosse program that promotes growth, develops leadership and responsibility, and provides personal development.
2. To promote good health – both mental and physical – that allows student athletes to perform to the best of their abilities.
3. To teach new skills and provide opportunities for student athletes to set goals and work toward success.
4. To teach self-discipline, loyalty and respect for the rules.
5. To provide opportunities for players to represent their schools and community.

### **RESPONSIBILITIES OF LLLC PLAYERS:**

1. Represent LLLC with pride, honor, and integrity.
2. Be a credit to yourself, your family, your team and your community.
3. Follow the LLLC code of conduct on a year-round basis.
4. Follow the rules of competition and the rules established by you coaches.
5. \*\*Display respect to those in authority, including officials, coaches and parents.
6. \*\*Display a strong spirit of cooperation and good sportsmanship.

## GENERAL RULES OF THE LANCER LADIES LACROSSE CLUB

1. Eligibility: LLLC – while not strictly governed by the Madison Metropolitan School District and/or its athletic participation guidelines LLLC strongly supports academic achievement and a call to strive for excellence. However, to have access to school facilities for meetings, practices and other team functions, LLLC supports the MMSD athletic participation guidelines and will adhere to the following eligibility requirements.
  - a. Any player who is on or off the field of play and engages in any of the following offenses that are deemed detrimental to the sport of lacrosse or the LLLC will be suspended for one game on the first offense. A second offense will result in dismissal from the team. Offenses of this policy include: underage use of alcohol, tobacco, any use of illegal drugs, other criminal activity, and use of obscene language to spectators or other members of the general public while in uniform.
  - b. Any player who is on or off the field and engages in any other following offenses that are deemed detrimental to the sport of lacrosse or the LLLC will be suspended for one-half game on the first offense. A second offense will result in a two-game suspension. A third offense will result in dismissal from the team. Offenses of this policy include unsportsmanlike conduct to a teammate, opponent or spectator by swearing, taunting, or fighting.
2. Injuries: players must report all injuries to coaches.
3. Attendance: prompt attendance at all LLLC activities is required unless previously excused by the coach. This means that each player should be dressed and ready to play at the assigned time for both practices and games.
4. Equipment: All LLLC players will take responsibility for personal as well as team equipment. All players will wear all required and approved lacrosse equipment for practice as well as games. All players will help pack up equipment and pick up trash at the end of each practice and game.
5. Effort: All LLLC players will provide their best effort no matter what their role is in order to support the team.
6. Coaches: All LLLC players will show respect and pay attention to each of their coaches by listening and trying to understand what they are trying to teach.
7. Officials: All LLLC players will show respect for game officials and will not argue about calls made in the enforcement of the rules. Captains and Assistant Captains should be the only players that address an official when questioning a call made during the course of play.
8. Opponents: All LLLC players will show respect to their opponents and will refrain from swearing, taunting and other unsportsmanlike behavior before, during and after games.
9. Teammates: Be supportive of all players on the team regardless of demonstrated skill. Support and help young players, as they are the future of the team.
10. Transportation: Any licensed LLLC player must have the expressed permission of a parent or guardian of any teammate if they are going to be driving them as a passenger to any practice or a game.
11. Team: \*\*There is no “I” in team, therefore all LLLC players will practice and play as a team – win or lose.

**PLAYER ACKNOWLEDGMENT:**

I have read the "Team Philosophy and Participation Rules Handbook" and I will abide by the rules and regulations as described to the best of my abilities:

Player's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PARENT ACKNOWLEDGMENT:**

I have read the "Team Philosophy and Participation Rules Handbook" with my child and I will continuously encourage them to abide by the rules and regulations as described to the best of their ability:

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_