



Central Cal Elite Lacrosse Code of Conduct – Player

1. Practice good sportsmanship at all times.
2. Work towards being the best athlete and person possible and have a positive attitude. Encourage teammates to do the same.
3. Use appropriate language at all times.
4. Treat all adults (especially officials and referees) and teammates with respect.
5. Attend practices and tournaments. Illness and school activities are legitimate reasons to miss a practice. It is the responsibility of the player to contact the coach regarding his possible absence in a timely manner. Please notify the coach as soon as you know you cannot attend a practice because coaches plan practices according to who is going to be in attendance.
6. Be on time to practice, departures to tournaments and to tournament sites.
7. Get permission from the coach to leave the playing site at a tournament.
8. Keep personal possessions (cooler, equipment bag) clean and orderly at all practice and tournament venues. Pick up after yourself and throw away trash. Remind your teammates to do the same.
9. Each coach will tell players when to arrive at the field for tournament competitions. It is the responsibility of the player to be ready to go with the proper uniform, protective gear, mouth guard, cleats, water, etc. If a player needs taping, he needs to arrive at the site earlier and allow time for this to occur.
10. Players should not leave the immediate field area after a game until the team has met and the coach has excused everyone.
11. Obey the coach's curfew and rules when participating in an overnight trip.
12. Possession and, or use of tobacco, alcohol, drugs, or weapons of any kind (any dangerous substance or item) is strictly prohibited. Any violation of this rule at any and all functions that the Central Cal Elite or any team participates, or any person or persons engages in club activity or event, is ground for immediate expulsion from the club.
13. Take problems, questions and concerns about lacrosse directly to the head coach. If necessary, follow the Central Cal Elite Grievance Policy that is outlined in this handbook.
14. Breaches of the Central Cal Elite and/or the US Lacrosse Player Code of Conduct may result in consequences ranging from parent contact or conferences, additional physical fitness activities to make up for lost practice time, loss of playing time, suspension from Central Cal Elite, or expulsion from the Central Cal Elite.