



## **SOUTHRIDGE LACROSSE CLUB**

14845 SW Murray Scholls Dr., Ste 110, PMB #213, Beaverton, OR 97007 ♦ [www.southridgelacrosse.org](http://www.southridgelacrosse.org)

# **CODE OF CONDUCT AGREEMENT - COACH, PLAYER AND PARENT**

## **INTRODUCTION**

Over the years we have enjoyed many successes with our Lacrosse program. We have learned one key ingredient of success is clear, consistent communication between the Club, its Teams and Coaches, Players and Parents. This agreement is one way of explaining in detail, our expectations of you as a member of the South ridge lacrosse Club. It will help identify some potential problem areas and at the same time answer questions about the Club's decision making process. As you have committed to become a member of the Southridge Lacrosse Club, please take the time to read the following pages carefully.

## **THE CLUB AND THE TEAM**

Members of the Southridge Lacrosse Club agree to put their Team ahead of the individual Player. When decisions are made regarding conflicts between the Team and an individual Player, the Team will come first. If conflicts arise between the Team and a Player or Parent, the Coaches will be responsible to make decisions for the good of the Team. Some Team decisions will be made by a majority vote of the Coaches. These decisions will be made after gathering all relevant information and consultation with those involved. The Coaches' decision will be objective and will be based on their best evaluation of the facts. The decisions of the Coaches will be final and without appeal. Players and Parents must agree to abide with the decision.

## **PLAYER EVALUATION AND SELECTION AND TEAM ASSIGNMENT**

Player performance will be evaluated by observing the Player under the pressures of pre-season tryouts, practices, scrimmages, and games. Only the Coaches will confer in matters of Player evaluation and selection. For the purpose of this document, the term "tryout" means that period of time during which the Coaches evaluate and assess a Player in those areas we deem important to the Club's and Teams' success.

There are many terminologies used to categorize and describe Lacrosse abilities. Present and new Team members will be evaluated in five areas.

### **Five Areas of Evaluation**

- 1) Overall contribution to the team objectives (cohesion, spirit, organization)
- 2) Mental dimensions (character, discipline, leadership, work ethic)
- 3) Physical dimensions (endurance, strength, and speed)
- 4) Technical competence (skills)
- 5) Tactical awareness (situational, plays)

Priority will be given to the first Three Areas (Contribution, Mental and Physical) because they are the foundation upon which the remaining areas achieve highest productivity in the game of competitive Lacrosse.

If you have any questions about the meaning of these terms, please ask the Coaches. The Coaches will base their decisions on the Five Areas of Evaluation and they are responsible to make decisions for the good of the Club and Team. Politics, friendships, personal relationships, and financial contribution to the Club or Team will not enter into these decisions.

In return for your commitment to the Club, the Club will honor its commitment to you. No Player will be cut from the Team during a Lacrosse season unless it is for disciplinary reasons or failure to fulfill your financial obligations.

### **Coaches' Agreement**

The Coaches for the Southridge Lacrosse Club are instructed to conduct themselves first as teachers and second as lacrosse Coaches. Nothing positive will come of the Club's efforts if our Players develop to become world-class Players who do not know how to conduct themselves as successful human beings. In this regard you can expect the Coaches to conduct themselves as positive role models and display appropriate behavior. Our Coaches recognize they are dealing in an important way with young people and cannot overlook the impact they have on Players' lives,

Coaches are responsible for conduct of the Team on and off the field when the Team is together and part of a Club event. We insist our Players be polite, well behaved, and respectful. Players and Parents can expect honesty, communication, consistency, and reliability from the Coaches.

The Club and the Coaches do guarantee to give Players the tools and skills to enable them to become as good as their ability, desire, commitment, and effort take them.

The Coaches are responsible to create an environment where you can play quality, competitive Lacrosse. The Lacrosse we play will be taken very seriously. We recognize there are things more important in life than lacrosse. In terms of priority, family and school work come first. However, if the Coaches see you are not willing to put your Lacrosse above other recreational activities during the season, it may affect your playing time and/or your status with the Club. As a member of the Team we expect you to commit to the sport of lacrosse and your Team as your first recreational activity and priority during the lacrosse season.

Do not expect the Coaches to praise everything you do well. After a time there are things the Coaches will come to expect from every Player. There are times when the Coaches will say very little, and times they may yell out instructions. There are times they will be critical of Players, and other times they will be generous with praise. Players and Parents are expected to take constructive criticism along with praise for a job well done, and be able to deal with both.

The Coaches will be available to provide instruction in Lacrosse for approximately two and a half hours per day, five days per week, during the season, excluding game days, and planned days off. During the later part of the season instruction hours may increase due to tournament play (sometimes Saturday and Sunday) and State and National Championship preparations. The Coaches will attend practices and will coach at games. In situations where conflicts do occur, and *they* will, the Head Coach will designate a Coach to cover that particular practice or game. There will be times when the Team is asked to be in charge of themselves. Coaches will choose Team Captains to facilitate Team goals and at times run sections of the practices. This will allow the Players to develop leadership, maturity, and responsibility. It is important for Players and Parents to understand that coaching lacrosse is often overrated. Once Players reach a certain level of skill, maturity, and experience, they become more important to the Team's success than the Coach.

As Coaches:

- We will prepare meaningful practices that start and end on time, for the most part.
- We will work to develop the skills of all Players.
- We will inform the Players of what to expect in terms of playing time and starting for each game. Playing time will be based on performance.
- We will give every participant a chance to play and learn the skills; however no Player is guaranteed equal playing time.
- We will periodically give each Player a formal assessment of performance level and progress.
- We will communicate, as necessary, with Opposing teams, league and tournament officials.
- We will continue to attend licensing and other clinics to improve our coaching skills.

- We will remind Players that winning a game or trophy is not the only measure of success.
- We will encourage Players and offer constructive criticism.
- We will instruct Players to follow both the letter and the spirit of the rules.
- We will teach Players that officials are an important part of the game, that they should be respected at all times, as should their decisions,
- We will encourage Players to be good sports and to respect their fellow teammates and players, coaches and parents of other teams.
- We will remember that our actions speak louder than our words.
- We will provide quality instruction.

## Board of Directors' Agreement

The Club's BOD:

- Will notify Players and Parents of practice and game schedules as soon as they are available.
- Will organize parent volunteers for supportive activities including snacks, travel arrangements, team parties.
- Will manage the team's business, such as uniforms, equipment, paperwork, etc.
- Will act as team treasurer.
- Will have periodic Board meetings open to all.
- Will serve as a liaison between the Coaches, Players and Parents, as necessary.
- Will serve as mediator and, will, in conjunction with coaches, make discipline decisions, up to and including dismissal from the team.

## Player's Agreement

As a member of the Southridge Lacrosse Club, you are responsible for your own performance and conduct. Honesty, communication, and reliability will be expected at all times. The Club asks that you care about yourself and the sport of lacrosse. This requires that you maintain a healthy lifestyle and a healthy Team attitude. Any use of drugs, alcohol, or cigarettes is not acceptable to the Club and may result in temporary suspension or even removal from the Club. In addition, our Club will insist you maintain a positive Team attitude and a personal sense of sportsmanship and fair play.

As a Player:

- I will abide by the rules of the Southridge Lacrosse Club and Southridge High School.
- I will treat my Coaches, teammates, referees and opponents with respect and expect to be treated with respect.
- I will arrive at practices and games at the appointed time ready to participate. This includes having all necessary and required equipment.
- I will contact the Coach if I am going to be late or miss a practice or a game.
- I will talk to the Coaches at times other than during games or practices if I feel I am being treated unfairly.
- At a game, I will play to the best of my ability the position the Coaches assign.
- I will inform the Coach if I am not a 100% of physical capacity for any game or practice. If I am injured and miss a practice or a game as a result, I will obtain a doctor's medical release before I can return to practice or play.
- I understand that it IS my responsibility to check my email for Team updates and schedule changes.
- I understand that my Team participation is dependent on my Academic success and that **a failure (F) in any class and/or GPA lower than 2.0 during the trimester preceding or during the regular season is just cause for my suspension from the team, until such time as my grades improve and I obtain a release to resume practice and play from the School.**
- I understand that disciplinary actions by Southridge High School, including suspension and expulsion are just cause for my immediate suspension from the Team for a period of time to be determined by School Officials. The Coaches may choose to install additional sanctions beyond the suspension period installed by the School, up to and including permanent and indefinite suspension from the Team.

I am making the following promises to my Coaches and to my other teammates as a part of my participation on the Southridge Lacrosse Team, I promise:

- To always be a good-sport.
- To play fair and be a good winner as well as a good loser, to win with grace and lose with dignity. I understand that my Club, and my league will be judged by my behavior.
- To treat my teammates as I wish to be treated. I will not abuse or ridicule other Players, officials, coaches or spectators. I will control my play and discipline myself. I will not play wildly and jeopardize my safety or that of other Players. I will hold my temper and control my anger. I will play clean, fair and will use my skill and talent.
- To know the Game and Team Rules, and to do my best to follow them.
- To work hard at practice, and to follow the instructions of my Coaches.
- To understand and agree that the dues that I pay do not guarantee me playing time in games. The dues I pay only guarantee me practice time and that only a small portion of my dues covers game expense. I must earn playing time in games based upon my attendance at practice and the above mentioned areas of evaluation.
- To be the best lacrosse Player I can be.
- To do my lacrosse homework assignments so that I can improve my skills and become a better lacrosse Player and improve as a Team Player.
- To call my Coach if I cannot make a practice or attend a game.
- Coach promptly if I have any questions, comments or problems about anything relating to the team.
- To always play by the rules and play fairly at all times.
- To never argue with an official. When a call is disputed, I will let the Coach or Team Captain handle it.
- To remember that I am playing because I enjoy lacrosse. Winning is fun, but so are many other things about the sport.
- To work at achieving my personal best and to not get discouraged if it is not the best.
- To show appreciation for good plays and performances, even by my opponents.
- I promise to study hard and not sacrifice my schoolwork while playing lacrosse.
- To keep my priorities in order ... Family, Academics, and then Lacrosse.

## **Parent Agreement**

Parental support and involvement in the Club are essential. If your Player makes a quality commitment to The Southridge Lacrosse Club, your commitment is also necessary and Parents must see that Players attend all Team functions (practices, meetings, games, etc.). There will be times conflict cannot be avoided and other, more important events occur. The Club requires your communication, planning, and understanding so we can minimize conflicts. It is the Club's responsibility to present a periodic schedule to allow time for your planning, but, at times, short notices will occur. When Parents or Players have an unavoidable conflict, the Club expects timely communication to see if the Club or Team can make any necessary adjustments. The Coaches will make final decisions on scheduling and adjustments after careful consideration of your needs and those of the Club or Team.

There will be no coaching by Parents. No matter how good your intentions are we insist there be no shouting instructions directly to Players or yelling or complaining to Officials during games. Such direct instructions may be interpreted as directives and, as such, are not desirable. It is important Players not be distracted at practices or during games, and that Players are given only one set of instructions by one voice before, during, and after practices and games. Your vocal support and positive encouragement are welcome after a good play.

For this reason, the Club insists the Coaches be the only voice at all games and practices. Parents and friends are asked to stay off the designated practice and game fields. No one other than those listed on the official game roster may sit on or near the Team bench before and during games. Please respect the space and privacy necessary for the Coach and Team to carry out their game responsibilities. Any negative Parent involvement that impacts a Team during practice or game may result in a request by the Team Coach for that Parent to leave the playing field.

The Southridge Lacrosse Club believes in and teaches Players the benefit of having Mental Power to guide their intense focus on the game of lacrosse. We will instruct your Player to ignore adverse conditions such as bad referees, name calling, foul language, rough play, cheating, poor weather, negative behavior by Parents or opponents, etc. We expect our Parents to have this same Mental Power.