

SHAMROCKS LACROSSE CODE OF CONDUCT

HONOR THE GAME

Lacrosse should be fun for players, parents and coaches. Cape Fear Shamrocks believes that players should develop skills and a love for the game of lacrosse while also learning the value of sportsmanship and respect for others. Our philosophy of a positive experience at a competitive level of play is the foundation for overall success. All players should strive to improve their knowledge of the game. The Cape Fear Shamrocks expect players and parents to adhere to our code of conduct at all times.

PLAYER CONTRACT

Players “HONOR THE GAME” of lacrosse.

- 1. Display good sportsmanship at all times on and off the field. Set a positive example.**
- 2. Give 100% effort at each practice and game. Effort and attitude are the only two things that you as a player have total control over.**
- 3. Support and encourage your teammates. Players should understand that lacrosse is a team game, and they should strive to be “team players.”**
- 4. Know the rules of the game of lacrosse and abide by them.**
- 5. Wear the required equipment at all games and practices. Keep your equipment well maintained and within regulations.**
- 6. Don't be afraid to make a mistake; that's part of the learning process.**
- 7. Be modest in victory and gracious in defeat. Always keep it classy.**
- 8. Obscene language or gestures will not be tolerated. Talking back or displaying rude or inappropriate gestures or behavior to parents, coaches, or referees will not be tolerated.**
- 9. Be prompt and on time for games and practices. We know things come up from time to time. Communicate with your coach.**

PARENT CONTRACT

Parents- Cape Fear Shamrocks firmly believes that young athletes learn valuable lessons by watching the behaviors and attitudes of adults. "HONOR THE GAME" of lacrosse. Teach and practice good sportsmanship at all times. You are a role model, and more importantly their life coach!

1. Know the rules of the game of lacrosse.
2. Respect the game of lacrosse. Respect the officials. Respect the coaches, who give their time for the benefit of the athletes.
3. Do not coach your child or anyone else's child. Let players play and coaches coach, and support both positively.
4. Emphasize the fun of the game and being part of a team, putting forth effort at all times, not wins and losses. Six words every player loves to hear "I love to watch you play"
5. Do not EVER criticize any players regardless of the circumstance or team they are on.
6. Encourage good sportsmanship by demonstrating positive support for all players, coaches, fans and officials at games and practices.
7. Make it a point to greet parents from opposing teams. A little kindness goes a long way.
8. Place the well being of your player and the other players before any desire to win.
9. Agree to allow the coaches to instruct your child during game and practices and do not interfere by offering additional instruction during those times.
10. Recognize that coaches are willing to discuss your child and/or coaching philosophies, but agree that discussions will only take place at the appropriate time and never during a game or practice in the presence of any players or other parents/guardians.
11. Follow the "24 Hour Rule"; if you have a complaint resulting from a game (or practice) situation, speak with the coach on the following day.

12. If there is a serious problem, notify the Cape Fear Shamrock Director or Team's Coach.

13. Read and understand the Cape Fear Shamrocks playing time policy.

Any conduct, including abusive language and/ or gestures, hitting, racially insensitive remarks, damage to property or belongings, or any other conduct that reflects poorly on yourself or the Cape Fear Shamrocks is deemed to be unacceptable and will not be tolerated. This rule applies to all players, parents, coaches, siblings and guests at all times when in or around games or practices as a member of Cape Fear Shamrocks. During a tournament or game when you are away, you represent the town of Wilmington and The Cape Fear Lacrosse Association. Any conduct such as destruction of property, consumption of drugs or alcohol, shoplifting, or any other such activity will not be tolerated. This rule applies for the entire time one is away for a game or tournament. The Director and/or Head Coach of The Cape Fear Shamrocks will deal with unacceptable conduct at his/her sole discretion, imposing warnings, suspension or expulsion, as he or she deems appropriate. ANY SUSPENSION OR EXPULSION BASED ON VIOLATIONS OF THE CODE OF CONDUCT WILL NOT BE ACCOMPANIED BY A TUITION REFUND.

Players Name _____

Player Signature _____

Parent/Guardian Signature _____

Date _____