

***TEAM RULES, EXPECTATIONS, and CODE OF CONDUCT***

 ***VARSITY & JR. VARSITY LACROSSE***

The Pope High School Athletic Department provides a variety of experiences to aid in the development of favorable habits and attitudes in students to prepare them for adult life. A student who elects to participate in the Pope Ladies Lacrosse Program is voluntarily making a choice to commit to the program. We are continually striving for excellence and want our lacrosse program to reflect this commitment. It is a privilege to participate in lacrosse and this privilege is extended to all, provided that students are willing to assume certain responsibilities. A student must be a credit to oneself, the school and the community. It is expected that all athletes will meet better than minimum standards of conduct and follow all team rules.

 Any student wishing to represent Pope High School in Varsity or Junior Varsity Lacrosse must also meet academic eligibility requirements as defined by the Cobb County School System, the Georgia High School Association and GHS. It is extremely important that each player understands that she is “Student Athlete” and her performance in the classroom is just as critical to his performance on the field.

The following outlines general team rules and expectations for participating in varsity or junior varsity girls’ lacrosse. Please read carefully. As a commitment to the program and agreement to the outlined rules, players and parents will be asked to acknowledge by signing the last page document and returning this form to the head coach. Any violation of the Code of Conduct by student or parent may result in the immediate dismissal from program.

 **I. Academic & General Responsibilities**

 Pope High School follows standards and rules established by both the Cobb County School System and the Georgia High School Association. Any student wishing to represent Pope High School must meet eligibility all requirements as defined by the School. The following regulations apply to all GHS students in grades 9-12 who participate in extracurricular activities.

1. A student must be present in school at least half of the school day (3 periods) to be eligible to participate in an activity/sport for that day. This includes being present at least 3 periods on Friday preceding a Saturday event.

2. Students who are suspended ISS or OSS may not participate in any school activity, including practice, until the day after the suspension ends.

3. All students must be “On Track” for graduation at the beginning of each school year to remain eligible:

4. All students must have an up-to-date completed physical form on file BEFORE they can practice or tryout for a team. Additionally, all students must submit a concussion form to the athletic department before tryouts in order to be eligible to make the team, regardless of whether one was submitted for another sport or not. All physicals are good for one year from the date the physical was conducted.

5. All students must obey training rules at all times, especially the general rules of the non-use of alcohol, tobacco, and unauthorized drugs, as well as all local, state, and federal laws.

6. Non-school teams (i.e., AAU, Club teams) do not take precedence over a GHS team that is in season, including games and practices.

7. Student-athletes and parents are expected at all times to represent Pope High School with dignity, sportsmanship, and class. Severe exhibits of unsportsmanship will result in a period of suspension as determined by the Head Coach and/or the Athletic Director.

8. Student-athletes are expected to treat our facilities, including equipment, with care and respect. Student-athletes will be expected to pay for any damage to our facilities and/or equipment.

 **II. Attendance & Playing Time**

 It is expected that all players will be at each and every practice/team function and on time. Attendance at all practices is mandatory. Unexcused absences and tardiness or leaving practice early will result in impacted playing time. Schedule practice times may vary. Expect to practice every day during the week. Varsity players should expect to practice on some Saturdays. JV may practice on a few Saturdays.

An email or text message must be sent to the coaching staff and a reason why if not attending practice. If you are aware of a date in the future you will not be at practice or a game please email your designated coach with a description of what the date is and why.

Any absence, regardless of the reason, will be deemed “unexcused”. When absences are unavoidable, contact needs to be made directly with the coaching staff well ahead of time; giving the message through another player or third party is unacceptable.

Non-school teams (i.e., AAU, Club teams) do not take precedence over a GHS team that is in season, including games and practices. Pope’s teams MUST take priority.

Players are well aware of their practice days and locations. Appointments or other activities should not be scheduled during these times.

We understand the need for some players to work, but it is not an excuse to miss practice or games. The schedules are published well ahead of time we only ask a few hours of you per day. You should schedule work hours around practices and games.

Having too much schoolwork is not an excuse for missing practice. Teachers do not assign projects without plenty of notice, and we will not encourage nor suffer players’ procrastination.

Injured players are expected to be at every practice, just as a healthy player would, unless a physician mandates a player miss practice and this is shown via written communication from that physician or the coach has released the player from practice. A note from home will not suffice. Injured players should be on time.

You should have all equipment on and be ready to start practice on time. Late arrival disrupts practice and is unfair to your teammates and coaches. Tardiness will result in lost playing time.

This is a High School sport, not Recreation League. Playing time is EARNED. On varsity, not everyone is guaranteed to play every game. Playing time will vary. If a player has a question about her playing time or any other issue, it is the responsibility of the player to first discuss the issue with the coaches, we encourage all players to discuss with the coaches ways they can improve.

 No discussions about other team members playing time will be accepted.

Coaches will not discuss playing time before or after a game, schedule time with your coach before or after practice.

An unexcused absence from practice or game will result in the player sitting half of the next game. A second offense will result in the player missing a full game. A third offense will result in a disciplinary meeting with coaching staff, player and parent to discuss the player’s future and role in the program.

Players are excused from practice/games for a documented illness, religious holiday, or school sanctioned event.

**III. Player Conduct**

Alcohol, tobacco or drug use at any time or place will not be tolerated and is grounds for disciplinary action up to dismissal from the team. Any player using illegal drugs, dangerous intoxicants or performance enhancing drugs may be expelled from the team on her first offense.

At games you are expected to show the highest standard of sportsmanship. Neither opponents nor officials will be taunted or harassed in any way. No one other than a coach should say anything to the referees during a game. “Trash talking” to opponents on or off the field will not be tolerated.

You are expected to support sportsmanship in lacrosse both on and off the field. Please remind supporters to show respect at our lacrosse games as well. Abusive language, disobeying coaches, theft, dishonesty, bad mouthing teammates, unsafe behavior and fighting (on or off the field) are not acceptable at any time and will be disciplined and/or possible removal from the program. Roughhousing and goofing off disrupt practice and such behavior will be disciplined (removal from practice – if a player is asked to leave practice, it counts as an unexcused practice).

Any student who quits a sport cannot tryout for another sport until that sport has completed its season.

Hazing will not be tolerated in any program regardless of the person’s willingness to participate.

Fighting is not a part of lacrosse and will not be tolerated. In addition to serving a GHSA mandated two game suspension, any player ejected from a game for fighting (or dangerous conduct) will be subject to team disciplinary action.

Officials don’t always get things right, we know this. At no point it is OK to yell at, argue with, insult, talk back to, mutter under your breath regarding, or swear toward the officials. If the officials do not penalize you for that behavior, the coaches will by taking away playing time.

At the end of every game, we drop our sticks and shake hands with the players and coaches of the other team regardless of the game’s outcome. (Unless directed otherwise by the coaching staff).

**IV. Parent Conduct**

 Nothing would be possible without your support; we completely understand and appreciate that. Please volunteer for a committee. For each parent that does not volunteer, there is another parent who has to make up for the lost manpower.

This is High School Lacrosse. Playing time is not guaranteed and will not be equal among players. We will, or course, do our best to ensure that everyone plays every game. That is our goal every game, but it does not always happen. There may be freshmen starting varsity over seniors. There may be juniors on JV. One person might play an entire game while another does not get any playing time during the game. It is our job as the coaching staff of a varsity school sport to put on the field the most competitive team possible.

We ask that you follow the 24 hour rule when contacting the staff, meaning that you wait 24 hours after the ‘moment in question’ so there is time to allow the emotion to diffuse. Any playing time questions will not be entertained until the player has asked the question to the coach and met with them first. We encourage players to ask question as to how they need to improve.

If a player has a question about playing time, she should see her coach and ask the coach what needs to be done to increase playing time (not a text). If those needs are addressed and there is still a question of playing time, he should see the head coach and ask him If that is still not sufficient, a player and parent together can address the coaches before or after (not during) practice.

At games you are expected to show the highest standard of sportsmanship. Neither opponents, players, coaches nor officials will be taunted or harassed in any way. No one other than a coach should say anything to the referees during a game. Bad mouthing opponents, players, coaching staff or program on or off the field will not be tolerated. This includes slander via social media. Such behaviors may result in the immediate dismissal of your player from the program.

**V. Dress Code**

During practice and games all players are expected to be in proper, uniform, athletic attire and be properly equipped (cleats are mandatory for all players). This includes TEAM ISSUED reversible pinnies for practice. On game days, all team members will dress as stipulated by the captains and coaches.

**VI. Equipment / Uniforms**

 All team equipment signed out to a player will be returned at the end of the season in good condition and CLEAN. The date and time will be announced. Failure to return equipment will result in loss of deposit at a minimum.

**VII. Travel**

 Transportation to/from games will be provided by CCDS buses (as available). Any deviation from this must be arranged with the coaches well before game day and will only be allowed on an emergency, as-needed basis. Students are not allowed to drive themselves to or from away games.

**VIII. Code of Conduct**

 The Code of Conduct is designed to establish high expectations and standards for all students participating in GHSA sanctioned athletic activities. All students, parents, and coaches understand that the top priority is academic achievement.

The Code of Conduct establishes high expectations regarding behavior and consistent consequences when violations occur. The Code of Conduct goes into effect on the first day a student joins a CCSD high school athletic team. The Code remains in effect for the entire calendar year, including time when school is not in session. An offense occurring in the sport’s off season will result in a consequence to be served the beginning of the following season.

The offenses and consequences listed below are in addition to (not in lieu of) any school or criminal consequences associated with the student misconduct. All consequences listed in this Code of Conduct are minimum standards.

The coach has the discretion to set consequences over and above the minimum standards.

**XIII. Code of Conduct Consequences**

 For the following violations, the coaching staff must have valid evidence and/or verification of the violation as defined in the following:

1. Self-admitted involvement by the student

2. Witnessed student involvement by the coach or any staff member

3. Parent admission of their student’s involvement in tobacco, alcohol or other drugs

4. Verified by official police report given to the school

5. Evidence of violations through investigation by school officials

6. Documented evidence via social media outlets

If the offense occurs at school or on school property (at any time), off school grounds, at a school-sponsored activity, function, or event or en route to and from school, the student will be subject to the actions described in the Student Conduct Behavior Code (Policy CCSD) and the following consequences for extracurricular activities.

 Violations include:

Tobacco (any type) & Alcohol, Other Drugs (Possession and/or Use)/Misdemeanor Criminal Law Violations, Hazing, Unexcused Absences/Tardies

 **Consequences:** In addition to any applicable school penalty, additional consequences for Pope Ladies Lacrosse include possible suspension from athletic extracurricular competition as determined by coaching staff to be appropriate from single game suspension up to dismissal from team, beginning with the first violation



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 **Acceptance of Team Policies**

*Please sign, date, and return to the coach ASAP*.

I have read and understood the Pope High School Ladies Lacrosse Varsity/Junior Varsity Team Rules and Expectations and agree to abide by the policies as put forth within it. I understand that I am a part of a team and will conduct myself as such. I understand that any violation of the Code of Conduct may result in immediate dismissal from the program.

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 I have reviewed the Pope High School Ladies Lacrosse Varsity/Junior Varsity Team Rules and Expectations with my student and understand the policies as put forth within it. I will support the coaches and my student as well as the team throughout the season. I understand that any violation of the Code of Conduct may result in immediate dismissal from the program.

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Parent Name – print Parent Name Signature