

PLAYER/COACH CONTRACT

Player's Name: _____

c Varsity c JV

I, _____, want to play Lacrosse for the Tesoro Lacrosse program. In exchange for the privilege of being on the team, I promise to do the following:

ACADEMICS WILL BE FIRST. Your grades and class work come before lacrosse. Do your homework when you should. Directly after school is best. Our practices will be late so there is more than enough time to get your work done.

DO NOT WAIT UNTIL "THE DAY BEFORE" TO DO YOUR HOMEWORK OR STUDYING, and school will rarely interfere with your Lacrosse. You never wait the day before a game to start working out.

NO EXCEPTIONS

- Bullying, hazing, and put downs of any sort will not be tolerated and will result in loss of playing time. 2nd offense, will be removal from the team.
- The use of ANY smoking device will result in removal from the team. Please do not start bad habits in high school.
- NO excuse policy with alcohol. 1st offense you will be removed from the team.
- ATTENDANCE. BE ON TIME FOR ALL PRACTICES. Be properly dressed in team shorts and lacrosse penny, no jewelry, wrist bands, head bands etc. We know that circumstances will arise when you must miss a practice, (illness, etc.). When this occurs, the player is to inform their coach in advance when possible.
- BEING GROUNDED BY YOUR PARENTS WILL BE TREATED AS AN UNEXCUSED ABSENCE.
- *****Unexcused absences will result in extra conditioning, player losing playing time and/or being dismissed from the team if missing becomes a constant problem. *****
- ATTITUDE. Our goal is to field a team of players that consistently demand more of themselves, Be coachable, hustle, and display mental toughness.
- All bags must be lined up straight at all away games.
- We do not leave a facility until all our trash is picked up. Tournaments, scrimmages, league games, etc.
- WE WILL WORK HARD - Work hard to develop good habits by practicing with good form and appropriate effort (Game effort) during all practices. The habits we develop in practice are the habits that will determine how we play in the games. Please try your best to make ALL practices. Commitment is #1 to winning CIF.
- Respect teammates, referees, opponents, and coaches. Behavior that "puts other players and coaches down" is not tolerated. THIS ALSO INCLUDES IN THE CLASSROOM. DO THE RIGHT THING, BE "RESPECTFUL AT ALL TIMES".
- Come to the coaches first if you have a problem related to the team. Complaining and excuses will not help the direction of the team if you voice your concerns to third parties. If the issue does not get resolved, please reach out to the board directly for further guidance.
- WE NEVER SAY A WORD TO THE REF. IF YOU GET A TECHNICAL FOUL, THE FOUL WILL RESULT IN BENCHING UNTIL THE COACHING STAFF FEELS IT IS OKAY TO GO BACK IN. TECHNICAL FOULS MAY RESULT IN LOSS OF PLAYING TIME, BENCHING, EXTRA CONDITIONING, AND LOSS OF MINUTES THE FOLLOWING CONTEST. JUDGMENT IS TO BE DETERMINED BY THE HEAD COACH.
- Zero tolerance for **Fighting** or **Retaliation** of any kind, or **leaving the bench** during such named events if violation of such will incur a minimum of a 3 game suspension.
- GAME DAY APPEARANCE, especially when attending team functions, a nice TEAM collar polo and khakis.

PARENTS

As a parent of the above-named player, I promise to do the following:

- Influence my child to abide by the contract they have signed.
- If your child is having problems, such as poor academics or bad attitude, etc. Please contact Coach Cameron immediately. Hopefully we can assist you. If in preseason you foresee these problems as possible reasons to pull him off the team as the seasons goes, you may consider not allowing them to play on the team at all. Mid-season removal is detrimental to our team concept.
- Be an example of good sportsmanship at games by making only positive comments about the players, keeping criticism of the officiating to a minimum of volume and frequency, and treating fans of our opponents with respect.
- Be patient with coaches who are not giving your child the playing time you feel he deserves. We are 100% fair and want all players to play. Growing the bench is key for successful teams.
- Leave coaching to the coaches.
- Inform other family members of these rules.
- If an issue presents itself, set up a meeting with the VP of program and head coach so we can professionally handle the issue after the 48 hour period.

COACHES

We, the coaches, promise to do the following:

- Treat each player as if we would want our child to be treated.
- Attempt to play each player in every game. In close games, the time may be less (even no playing time) and in blowouts, the starters will probably play less than the substitutes.
- Be examples of good sportsmanship and character.
- Teach your child the skills to become the best player they can be.
- Discuss anything with parents or players, except your child's playing time. (PLAYING TIME IS NOT UP FOR DISCUSSION.)
- Prepare all players for college/adulthood.

I understand that if I make this team, I will agree to abide by these expectations described on this sheet. I promise to return uniforms to Tesoro High School after the season is over.

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_____ Player Signature

My child has shared with me these expectations, and I agree to give him all possible help to meet them successfully.

_____ Parent Signature