***VENICE INDIANS BOYS LACROSSE***

Commitment Contract

Undoubtedly, it is a privilege to represent your school as a lacrosse athlete on and off the field. As such, your position on the team requires commitment to the team, to school and to the community. With this in mind, there are certain expectations the coaching staff has for you.

**ESSENTIAL ELEMENTS OF THE "COMMITMENT CONTRACT" SHOULD BE FOLLOWED**

* Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field, and during practices and games.
* The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed in the highest regard.
* The safety and welfare of the players are of primary importance.
* Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
* Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.
* Grievances or misunderstandings between coaches, officials or any other parties involved with the sport should be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
* Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.
* Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
* Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc., have been established to encourage and maximize participation, fair play and to promote safety.

**STUDENT ATHLETES (PLAYERS) HAVE THE RESPONSIBILITY TO**

1. Consistently display high personal standards and project a favorable image of our sport and team.
2. Uphold the rules of the game, spirit of such rules, and encourage other athletes to do the same.
3. Treat teammates, opponents and officials with due respect both in victory and defeat. Refrain from public criticism of other teammates, opponents, coaches or officials. Encourage other athletes to do the same.
4. Take care of personal belongings. Any equipment issued by our program is to be returned in good condition. Uniforms and equipment not returned in good condition will need to be replaced at the expense of the player.

**STUDENT ATHLETE (PLAYER) DAY-TO-DAY OPERATIONAL PLAN**

In order to achieve our individual and team goals, the coaching staff will strive to hold each player and the team as a whole accountable.

1. Players are expected to be prepared and on time for all practices and games. Practices are scheduled for Monday-Friday, 3:00 – 5:00 p.m., but are subject to change as necessary. If players know they will miss, be late, or need to leave early from practice, they are to notify the head coach as far in advance as possible.
2. Games and practices will likely be scheduled during the second half of Spring Break. If a family decides to travel during Spring Break, one’s position as a starter, or one’s roll on the team before Spring Break could be compromised as a result of his absence from practice/games.
3. Excused absences include missing school due to illness (players cannot attend practice or games if they have missed school that day), doctor appointments (please try to schedule around games and practices), academic responsibilities (a note from teacher required. Having “a lot of homework or a project due” is not a valid excuse. Time management is a critical element to one’s academic success), and any absence deemed excused by the head coach.
4. Players will bring a mouth guard, stick, cleats, protective equipment, and uniform (practice or game) to all practices or games. School issued team helmets will be provided for the season.
5. Players shall not congregate inside of the locker room, weight room, or any area inside of any school building unless directly supervised by a coach.
6. A **MASTER** combination lock is expected to be utilized in the locker room to help secure valuables while players are out on the field.
7. Any consumption or distribution of drugs not prescribed by a doctor and/or alcohol will be cause for dismissal from the team.
8. Negative behaviors/infractions off-campus will have consequences.
9. Any hazing or initiation activities will be cause for dismissal from the team.
10. Any vulgarity, profanity or intimidation directed toward fellow players, opponents, coaches or officials will be cause for disciplinary action.
11. Vandalism, theft, or unacceptable behavior on fields, busses, restaurants, etc. will be cause for disciplinary action.
12. Any action or behavior that would bring discredit to this program will be cause for disciplinary action.

**ROSTER ASSIGNMENT AND PLAYING TIME**

The coaching staff will make all determinations on JV and Varsity roster assignments. There will be migration between the two divisions. The JV team is primarily a lacrosse athlete development team. Players selected for the JV team have been identified as having the potential for developing into a Varsity level player. Our goal is to schedule between 4-6 “true JV” level games.

Playing time is earned and is based on daily performance in practices. Game rosters will be fluid throughout the season. The Varsity team will travel between 18-26 players to away games. An unexcused absence from practice the day before a game, will result in consequences including but not limited to loss of starting position, limited playing time, or other consequences as determined by the coaching staff.

**PROGRESSIVE DISCIPLINE**

If disciplinary issues arise, the first occurrence may be a warning, the second may be suspension from the team, and the third may be dismissal from the team.

**COMMUNICATION PROTOCOL COACHES EXPECT FROM PARENTS**

In an attempt to make this season a positive experience for all, the lines of communication between parents, players and coaches are important. While coaches are open to comments and suggestions, the ultimate decisions about athlete development, and team matters will rest with the coaching staff. Parental support for your son is a key to the success of our program. Please keep the following in mind:

1. Concerns are to be expressed directly to the coach.
2. Be positive in the stands – cheer for our team, don’t jeer opponents.
3. Scheduling conflicts should be communicated in advance.
4. Illness or injury should be reported in a timely manner.
5. Some issues will be left to the discretion of the coaching staff and will not be discussed with parents; including but not limited to: Playing time, team strategy, other players.
6. If there are concerns that arise during a game, there will be a 24-hour “no contact” period before contacting the coaching staff. Upon contacting the coaching staff, an appointment will be made, and meeting held in the school’s Athletic Director’s office.

**PLEASE READ, SIGN AND RETURN THIS SHEET (PLAYER AND ONE PARENT PLEASE COMPLETE PAGE 3) NO LATER THAN WEDNESDAY, FEBRUARY 3rd.**

(Please keep pages 1 & 2 of the Commitment Contract for your reference)

I have read and understand the statements in the Commitment Contract and agree to conduct myself in a manner that honors this agreement.

DATE \_\_\_\_\_\_\_\_\_\_\_

PLAYER NAME (please print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLAYER CELL NUMBER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT NAME (please print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT CELL NUMBER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLAYER SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_