

Western Springs Recreation Department

Lacrosse League

Player Commitment & Code of Conduct

The Western Springs Recreation Department wants participation in team sports to be fun and expects support from both parents and players to achieve this goal. We provide this lacrosse program so children can be given opportunities to fully achieve their lacrosse potential in an organized and competitive environment. In order to help insure the success of the program we adults must recognize that our actions and words can have a lasting effect upon children, both positive and negative. We need you to join us in being a positive role model.

As a Western Springs Lacrosse player, I understand that the difference between being ordinary and being extra-ordinary is a little extra effort. I understand that wanting to win on game day is worth nothing unless I have the will to prepare before the day of the game. So that I might be the best player and team member that I am capable of becoming, **my parents and I** promise to do the following:

1. I promise to arrange my schedule so that I can come to practice regularly and on time, and to participate in scheduled games and tournaments. If I am going to be late or cannot attend I promise to call my coach personally.
2. I promise to work hard at practice to improve my lacrosse skills and my understanding of the game.
3. I promise that, at practice, I will give my coaches or trainer my full attention. When my coaches or trainer are talking, I will stop talking, keep my ears open, and my eyes on the coaches. I will not distract others during the practice session.
4. I promise that if I have an issue to discuss with my coach I will do it in private at a time the coach and I agree on - - not during a game.
5. I promise to do whatever is asked of me on the lacrosse field, without complaining, for the good of the team.
6. I promise to always encourage, and never to criticize my teammates - - at practice, during a game and at school.
7. I promise to always hustle, and never to quit, until the game is over.
8. I promise to come to each game, on time, well rested, and with a commitment to my coach and team.

There is joy in winning, but pride develops in doing your best whether winning or losing. This pride is known as team spirit, and that will be remembered and cherished more than the team's record.

PLAYER please print name _____

SIGNED: _____ Date: _____

*Please return to your coach at first practice

Western Springs Recreation Department

Lacrosse League

Parent Commitment & Code of Conduct

Parents

1. I understand this program requires a commitment to practices and games that will involve evenings and weekends. The team concept is important and I know the other players and coaches are counting on my child's full participation. The Team Concept is important and one we support.
2. I will guide my child in proper management of time and responsibilities related to school work, family expectations and chores so as to provide minimal, if any, interference with the team's schedule and commitments.
3. I understand participation in my child's school teams, activities, plays, field trips, etc. will not affect their standing in this program.
4. I understand that playing time is at the coaches' discretion.
5. I understand my child's participation in another sports team outside of school would very well conflict with this program and could cause their removal from the team.
6. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game or practice.
7. I will not engage in any kind of unsporting conduct with any official, coach, player or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
8. I will praise my child for competing fairly and trying hard.
9. I will help my child to learn the right lessons from winning and losing, and from individual accomplishments and mistakes.
10. I will encourage my child to communicate with their coach regarding a problem before I contact the coach.
11. I will never question, discuss or confront a coach at a game, and will take time to speak with the coach at an agreed upon time and place. This discussion will take place at least 24 hours after the game or time of situation.
12. I will refrain from coaching my child or other players during games and practices.
13. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol, and I will refrain from their use at all sports events.

As a parent, I pledge my support for my child in meeting this commitment. . Please sign our Parent Code of Conduct to cast your vote for a positive program.

PARENT please print name_____

SIGNED: _____ Date: _____

*Please return to your coach at first practice