

Mountain Range Boys Lacrosse

Code of Conduct and Participation

The following code for player conduct and participation is designed to present players and their families with important information regarding the upcoming season. The expectations and consequences contained herein are deemed crucial by the staff to the maintenance of a successful program at the high school level. Many of the rules are standard conduct guidelines dictated by the athletic code, applicable to all sports, and some are expectations of this program.

It is the hope of our coaching staff that parents make themselves familiar with this code of conduct. We believe that parents play the most important role in their son as athlete and as a person. Parent support of the code and the program is of paramount importance for the success of Lacrosse in the district. The following code of conduct is designed to encourage young student-athletes to be a credit to themselves, their families, the school, and the game of Lacrosse

School Responsibilities

Academics

Players are expected to cooperate with their teachers and do what is expected of them in the classroom. The general rule is *studies come first*. It should be the primary goal of every player on the team to receive a high school diploma in four years or less. There is a simple formula for getting acceptable grades in your classes:

1. Go to class everyday and sit near the front
2. Take good notes and participate, asking and answering questions
3. Build a good rapport with your teacher and see them after class when necessary
4. Turn in all assignments complete and on time
5. Don't be surprised by a grade report - keep on top of it.

Behavioral/discipline problems in the classroom will not be tolerated by the staff.

Eligibility and School Rules:

Teachers report grades each week to determine eligibility. If a player is failing two courses, that student may not participate in games for the week he is ineligible, per CHSAA rules. (He may practice.) This program maintains a higher standard, however. *If a player has one failing grade, he may not participate in games until he is no longer failing and he must practice.* Those players who are failing one class will be required to do a weekly progress report. This gives them the opportunity to become eligible as soon as possible. Failure to complete a progress report will extend the ineligibility period. Players will be allowed to go through this process once. Players may need remediation which could mean missing practice, which would mean missing games and could lead to dismissal from the team.

- All players may be asked to circulate progress reports from time to time
- Players that fail one or more courses during 3rd quarter will be ineligible for the 4th quarter and will be dismissed from the team.

Rational: Players will not be allowed to exhibit less than their best effort on the Lacrosse field or in the classroom. Ineligible players waste their own time, the staff's time and the team's time. *Lacrosse is a privilege to be enjoyed after the educational responsibilities have been met.*

Classroom Attendance:

- If a player is absent from school for a half-day or more, he will not be allowed to practice or play in games unless there is a written permission and explanation from a parent/guardian. This does not apply to absences due to school related activities or pre-arranged absences.
- Three (3) unexcused absences - will result in a one game suspension and a meeting with parents because the next unexcused absences will be dismissal from the team.
- *Ditching will not be tolerated!*

Practice Responsibilities

Practice Attendance:

- A player must have nine (9) full practices before participating in any scrimmage or game.
- Attendance at every practice is mandatory. **It is the player's responsibility to notify the coach, personally, in advance of any absence.** (We understand that there may be a family emergency with no prior notice - the player will need a written excuse from a parent/guardian.)
- Practice the day before a game is especially important. An excused absence the day before a game will result in a player not starting and playing a limited role in that next game.
- The first unexcused absence will result in a suspension from the next game.
- The second unexcused absence will result in a suspension from the team, until there is a meeting with the parents/guardians and the coach, to discuss the future of the player in the program.
- A player late to practice will take part in fundamentals work after practice.
- A player leaving practice early is generally not acceptable. Coaches will use their discretion if a player must leave a few minutes early but this should be not happen often.
- **The Lacrosse team will practice every weekday and all Saturdays from the first allowed day of practice to the end of the season. The Lacrosse team will practice during Spring Vacation and any other school release days.**

Practice Gear/ Player Appearance

- Players will have equipment checked out to them and they are responsible for keeping it in very good condition.
- Players are responsible for making sure that are properly equipped and attired for every practice and game.
- No altering of any of the equipment or attire will be acceptable.

- Players are not to wear any jewelry during games or practices.
- Jerseys are to be tucked in and shorts need to be up on the player's hips enough that they do not impede running or movement in anyway.

Representing Mountain Range Lacrosse:

- When traveling or representing MR Lacrosse wear nice clothes (no holes, etc.)
- Tuck your shirt tail in.
- Hair and facial hair should be neat and trimmed.
- Hats are worn correctly (not backwards) and cannot be worn inside.
- Follow the district guidelines on safe (not gang related) attire.

Game Responsibilities

Bus Rides to and from Games:

- Buses will leave promptly at the scheduled time. Plan on being at the bus with your bag, your equipment, sticks and anything else you think you might need Ten (10) minutes before the scheduled time of departure.
- If a player misses the bus that player will not play in the game that day/night.
- All players are expected to take the bus to the game and to return on the bus from the game. (If there is a family emergency a player may leave with his parent, only)
- Talk quietly on the bus and no music should be heard
- Clean up after yourself, take all trash off the bus
- Drinks must be in container with lid or caps, so that drink can't spill

Field Conduct

- There will be a zero tolerance policy with respect to fighting on or off the field. Suspension or dismissal is a very real consequence for this type of behavior.
- **No player will speak to a referee before, during or after the game.** (Exception, the designated captains.) Failure of this policy will result in a benching for the rest of that game and maybe the next.
- Throwing equipment, cursing, or otherwise throwing a tantrum will result in a benching for the rest of that game and maybe the next.
- All conditions of the District Athletic Code will be strictly enforced, including but not limited to the use of drugs, alcohol, and tobacco. **We have a zero tolerance for the abuse of this policy and dismissal from the team is a real possibility.**
- We would appreciate the parents exhibiting the same restraint asked of the players, so that they have a model to follow.

Questions for the Coach and Cooperation

- **The Players are to never question the coaching decisions during practice or a game.**
- If there are any question that players or parents want answered the Head coach and any other coach involved will be glad to set up a meeting and talk with you. It is better for all involved to discuss things in private.
- **Coaches cannot and will not discuss the game and decisions made during it immediately after the game. Please call and make an appointment.**

- **The team concept will prevail in all situations. No one is above the team. All coaching decisions will be based on what is best for the team.** Any player that will not adhere to this code or listen to and cooperate with the coaching staff will be facing dismissal. The coaches reserve the right to dismiss any player that disrupts the positive growth of the Lacrosse program.
- Before any dismissal from the team there will be a meeting with the player, his parents, the Head coach and an administrator. (The player may not practice while waiting for this meeting.)

Lettering A player will letter if one of the following is completed:

- The player has played one half (1/2) of the varsity quarters of the season.
- The player was a participant in a post season playoff game
- The player has completed four (4) years of playing Lacrosse for Mountain Range

Final Thoughts on the Code of Conduct

The Disclaimer: It never fails that a situation will arise, that is not addressed explicitly in this code of conduct. Please understand that coaches may be required to make disciplinary decisions that are not specifically covered in the guidelines.

It is our sincere hope that players enjoy the season and develop a love for the game of Lacrosse. Our objectives include teaching young men about Lacrosse, life, and respect for themselves and others, as well as, how to win with class and lose with grace. It is a difficult job to be a student-athlete, and the coaching staff wants every player and their parents to know that we are proud of them and the choices they are making. Student-athletes represent the team, the school, their families, the coaches, and the entire community with their behavior and appearance, both on and off the field. The guidelines in this code of conduct are designed to ensure that Mountain Range Lacrosse is something every stakeholder can be proud of.

Mustangs Lacrosse Creed

I will be a successful Mountain Range Lacrosse player - a player who wants to win. If I am that kind of player, I will consistently demonstrate hustle, desire, aggressiveness, and a total commitment to the task at hand. I will make the Mountain Range Lacrosse team a winner. I know to be this kind of player, I will have to be strong in the following characteristics:

- I know precisely what I want and where I am going. Nothing will stand in my way. I am determined to achieve the things that I (and the team) have set out to achieve.
- I think positively about any job or problem because I know that this is crucial to success.
- I am aggressive and assertive, not a follower or onlooker. I want the ball.

- I think of the welfare of others at least as much as I think of my own. I am genuinely happy when my teammates do well. My focus, first and foremost, is on the success and welfare of the team. I will not engage in behavior that jeopardizes the success and welfare of the team. I attempt to get to know my teammates; cliques and status are not meaningful to me.
- I am confident in myself. I believe that I can accomplish the jobs that I undertake. I am not without normal fears and apprehensions, but I know how to handle them and make them work FOR me rather than AGAINST me.
- People can trust me. I am a man of my word; what I say I will do, I do. People can count on me when things get tough; ESPECIALLY when things get tough.
- I constantly look to improve. I take advice seriously, knowing that I do not know even close to all there is to know. I agree with the maxim of the ancient Roman philosopher Epictetus: *“It is impossible for a man to learn what he thinks he already knows.”*
- I know that, while you shouldn’t judge a book by its cover, people will do just that. So I give them a good cover to look at. I realize my appearance, and my demeanor, reflect on my coach, my team, my school, and myself. I will always look sharp and act with class.
- In the final analysis, I know that what kind of player I become, and what kind of team our team becomes, are direct products of our collective work ethic. I will outwork the competition, not just in games but also in practice and in the classroom, and I will inspire my teammates to do the same. Then we will know success.

THIS FORM IS DUE TO THE MOUNTAIN RANGE HEAD COACH BEFORE THE PLAYER MAY ATTEND PRACTICE 2/22/07.

Please sign below, which will indicate you have read and agree with the Code of Conduct. If you have any questions feel free to call Mountain Range High School and a Lacrosse coach will return your call as soon as possible. Please return this page to Coach Tatton. The coaching staff thanks you.

Please Print:

Name of athlete _____ Date _____

Athlete's signature _____

Parent's signature _____

This form must be turned in and signed before the player may participate in practice 2/22/07.