



REQUIRED DOCUMENT
This document must be signed and returned before a student athlete can participate.

Trabuco Hills HS Boys Lacrosse Code of Conduct and Team Guidelines

NAME OF PLAYER

Saddleback Valley Unified School District:

Athletes are observed in many areas of school and community life. An athlete must always remember they no longer represent just themselves, but represent their team and school. Therefore, it is important that an athlete's attitude and behavior, both at school and in the community, be above reproach so it will bring credit and honor to their team and school.

Player Conduct and Behavior

- Be prepared mentally, physically, and emotionally for every practice and game.
- 100% effort in practices and games is expected.
- Each player should listen, learn, and have a desire to improve through consistent effort and understand how their progress helps meet team goals.
- Inappropriate behavior or language will not be tolerated at team events.
- Hazing of teammates, fighting, pranks and/or horse play is not tolerated. Use of alcohol or illegal substances at any time is forbidden. Violators will be punished, per school district policy, with possible dismissal from the team.
- Student athletes are required to travel with the team to/from all games. The bus trip and game are school events. Unteamlike or unsportsmanlike behavior on the bus and at a game will not be tolerated.
- Players must be respectful to all referees, coaches, teachers, bus drivers, fans, spectators, parents, students, - and especially fellow teammates.

Dress Code

- Bring appropriate equipment to all practices and games, per US lacrosse rules and coach's instructions. i.e. helmet, shoulder pads, elbow pads, mouthpiece, gloves, stick, cleats.
- Sticks cannot be carried on Campus. Sticks can be stored in Coach Stern's room (829).
- Wear appropriate clothing to all team events, as per coach's instructions. i.e. uniform, socks, practice shooter, shorts, game day polo, etc.
- Uniforms must be worn according to team guidelines. Game day dress code, as dictated by the head coach, is mandatory.
- Game uniform is school property and must be returned at season's completion. Like a lost textbook, financial penalties may be assessed for unreturned team gear.

Academics/Teamwork

Coaches are mindful of demands on student-athletes. But remember, a CIF sport such as lacrosse is just like any class and requires similar dedication.

- Lacrosse is your Period 7 class beginning with the first day of the second semester. Coaches will take attendance. You will get a grade.
- Attendance at all lacrosse practices and games is required. If you are going to be late or absent, you must notify the coach before the practice or game. Excessive absences could result in dismissal from the team (see Attendance policy)
- Be prompt to all practices and games. Be ready - with equipment on - at the scheduled start time. (see Attendance policy)
- Injured athletes are expected to attend practice, but will only participate in appropriate activities.
- Ill athletes should notify the coach via email of their condition, but should not attend practice if they are contagious.
- Student-athletes must travel to and from away games with the team. The bus ride and game are school events. If special circumstances dictate, personal travel arrangements must be made prior to the day of the game with the coach and the Athletic Department.
- Do your best in the classroom. Player eligibility includes a minimum of a 2.0 GPA.

SVUSD: Participation in athletics is a privilege and not a right; as such, the privilege may be revoked if the athlete does not abide by the athletic code and follow school and district policies. Any conduct (known to have occurred during or after school hours) by an athlete which brings discredit to himself/herself, the team, or the school is not acceptable, and may be grounds for suspension of athletic privileges.

I acknowledge that I have received a copy of the Trabuco Hills Boys Lacrosse Team Guidelines and agree to abide by the program rules established by this document.

Player Signature

Date