

Teamwork  
Dedication  
Desire



The PV Girls Lacrosse Team is comprised of individuals, each playing an important role in the success of the team. As coaches, it is important to us that our athletes know what is expected of them. Always make sure your actions display your pride. Pride will result in team unity and discipline.

#### Player Conduct

1. All individuals representing PV Girls Lacrosse will be polite, respectful, and adhere to the sportsmanship rules.
2. You represent Passaic Valley High School both on and off the field. Make sure the image you reflect is a **POSITIVE** one.
3. Be gracious in victory. We win or lose as a team. Be supportive of your teammates and don't be critical of them or your opponents.
4. No profanity is to be used on the practice field, competitions or whenever you are representing Passaic Valley Lacrosse.
5. **NEVER question a coach's decision.** Respect and follow directions from your captains. If you have a concern, speak with your captains first.
6. The use of drugs, alcohol and tobacco are strictly **PROHIBITED** in any way, shape, or form.

#### Communication

1. The coaches and captains are available for any of your concerns about yourself or the team.
2. Only constructive criticisms come from coaches, captains, and teammates - **DON'T TAKE IT PERSONALLY!**
3. Players are expected to help one another out with suggestions regarding their play.
4. **Parents/guardians are NEVER to question a coach's decision about athlete's playing time.**
5. Parents/guardians are encouraged to cheer positively at games and never to make negative comments to players, coaches and officials at games.

#### Practice Days

1. Players should be on time for all practices. If it is necessary to miss practice, notify your coach prior to practice through e-mail or a written letter from parent/guardian.
2. **If you miss a practice, you are subject to not play or lose playing time in the following game that week. 5 un-excused absences from practice will result in dismissal from the team. Dedication to practice is the key to success!**
3. Give 110% at practices. Always try your hardest. Only positive comments/constructive criticism are allowed, negative comments or actions have no place at practice/games.
4. Protective equipment -Mouth guards, goggles, and the appropriate footwear are mandatory.

5. Please jog when switching between practice activities. Jog over and back to get water during practice.
6. Practice/game locations, whether home or away, will be left litter free following our use. The bus will also be cleaned out after each trip.
7. Do not be afraid to ask questions, it will make you a better player if you understand what you are doing. Ask your **CAPTAINS!**
8. Practice times and location are subject to change. **Please be flexible.**
9. Players need to be ready for practice outside, inside, weight room, etc. Please have the appropriate attire at all times. **SCRIMMAGE VESTS!**
10. Injured players will attend all practices/games unless discussed with appropriate medical/training staff. Players may serve as manager for the day or observe practice.
11. All players are responsible for checking the equipment list every week.

### **Travel/Game Days**

1. NEVER question an official's decision - that is the role of the coaches and captains (when permitted).
2. Even though there is an equipment list, everyone is responsible for equipment on game days. **Make sure Ball bag, water, ice and Med kit are on bus.**
3. You will remain with the team from the point of departure to arrival back at PV. You may leave from an away game with a hand written note from parent/guardian with phone number and signature is given the day before.
4. The bus pulls out at departure time. Arrive prior to departure time, with sufficient time to load equipment and board the bus.
5. Stealing or "taking of souvenirs" from other schools is strictly prohibited.
6. Players on the sidelines should get involved in the game and be ready to play at any time. Also you should notice key opponents, and give encouragement to teammates.
7. Appropriate wear is to be worn to and from competitions.
8. All visible undergarments worn under the kilt must be a solid color.
9. All visible undergarments worn under the top must be the same predominant color as the top. **(Home - white, Away black)**
10. At the beginning of each half you will run onto the field to your position. You are to run in at half time and timeouts for the team talk. When the games are finished, we will shake hands with the opponents and gather as a team with the coaches. Good sportsmanship is a must!

### **Athletic Training**

1. Prevent injury - see the trainers early.
2. Arrive early if you need to get taped or have special needs to assure your promptness to practice. Being in the training room is not an excuse for being late.
3. Injury or illness occurring outside of practice should be reported to the coach or trainer immediately.
4. Injury does not excuse you from attending practice - unless cleared by the coaching and/or training staff.
5. It is up to the player to get ice before and/or after practice as needed.

### **Penalties**

**Violations of policies and the direction of the coaching staff may subject the athlete to any of the following:**

- a. **Loss of playing time in a game**
- b. **Game suspension**
- c. **Severe warning/suspension from the team**
- d. **Dismissal from the team**



I, \_\_\_\_\_ **Print Name of Athlete here**

have read the policies and procedures and accept the responsibility of being a member of the Passaic Valley Girls Lacrosse Team. I agree to abide by the policies and procedures established. I fully understand that failure to comply with the rules/regulations as stated may result in a possible suspension/dismissal from the team at the discretion of the coaching staff.

\_\_\_\_\_ **Signature of Athlete**

I, \_\_\_\_\_ **Print Name of Parent/guardian here**

have read the policies and procedures and accept the responsibility of being a parent/guardian of a PV athlete. I agree to abide by the policies and procedures established. I fully understand that failure to comply with the rules/regulations as stated may result in a possible suspension/dismissal of the athlete from the team at the discretion of the coaching staff.

\_\_\_\_\_ **Signature of Parent/guardian**