



## **NORTHERN STARS LACROSSE CODE OF CONDUCT AND EXPECTATIONS**

Any infraction or misconduct by a Northern Stars Lacrosse team member will result in one or more of the following:

1. Meeting and discussion with player, parent and coach
2. Loss of playing time at tournament or future practices/games
3. Termination of membership WITHOUT team/tournament fee refund
4. Illegal activity may be reported to proper authorities

Northern Stars Lacrosse Team Members are expected to:

1. Drive SAFELY with an adult to and from games and tournaments, unless given written permission by parents.
2. Arrive ON TIME at designated meeting spot.
3. Come PREPARED with waiver forms, fees, playing equipment, jersey.
4. Demonstrate healthy nutrition, hydration and rest before and after games.
5. Not bring or use tobacco, drugs or alcohol before, during or after playing.
6. Stay with an adult on overnight trips, unless given written permission.
7. Follow team schedule for all activities, including: warm-up/cool-down, eating, social activities, team meetings and curfew.
8. Not ride with anyone EXCEPT designated team drivers.
9. Not go into any rooms EXCEPT designated team rooms on overnight trips.
10. Play fairly according to the US Lacrosse rules and regulations.
11. Be sportsmanlike and respectful to all players, at all times.
12. Be respectful of additional team rules/expectations set forth by your coaches.

### **PARENT/GUARDIAN**

**I hereby state that my daughter is in good normal health and has my permission to participate in all Northern Stars Lacrosse practice, tournament and travel activities. I have reviewed and agree with the schedule of activities and team code of conduct/expectations. I understand that athletic activities involve certain risks and exposure to personal injury. In addition, I authorize Northern Stars Lacrosse coaches to act for her in the event of injury or sickness. A registration requires that a parent/guardian sign below to agree that in case of injury while participating with the Northern Stars Lacrosse Team, they release Northern Stars Lacrosse, Inc., its coaches, rented facilities and officials from any and all claims, demands and liability.**

Date \_\_\_\_\_ Signed \_\_\_\_\_

Print Name of person Signing \_\_\_\_\_

Home phone: \_\_\_\_\_ Cell/Work phone: \_\_\_\_\_

Medical Injuries/Allergies/Concerns: \_\_\_\_\_

Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_

US Lacrosse Number: \_\_\_\_\_

### **PLAYER**

**I have reviewed and agree to abide by the Code of Conduct/Expectations for the Northern Stars Lacrosse Team.**

\_\_\_\_\_  
Player's Signature

\_\_\_\_\_  
Date

## PLAYER, PARENT AND COACH EXPECTATIONS

### Player

- ◆ come well-rested, well-nourished; eat breakfast before early games
- ◆ begin stretching and hydrating 2 days before competition
- ◆ notify coaches of all injuries or illnesses; follow directions of your physician and trainer
- ◆ stay committed to all events; notify coach of absence at least 2 days before event
- ◆ be ON TIME and prepared with stick, mouthguard, ball, jersey, water and No jewelry
- ◆ stand next to coach during games (no sitting or straying)
- ◆ cheer loudly for team, positive comments only, cheer for subs coming in and out
- ◆ do not question or comment about officiating in a disrespectful way
- ◆ do not question coaching except during a respectful and private conversation with coach
- ◆ do not call out fouls during the games
- ◆ do not have conversations with our fans during the game
- ◆ play with style, respect and in control, JOG BACK to center after goals
- ◆ play with mouthguards ALL THE WAY IN
- ◆ do not chat with players from the other team during the game. wait until afterwards
- ◆ play to the whistle. do not expect a call just because you are fouled.
- ◆ jog into your coaches when called no matter where you are on the field
- ◆ look directly at your coaches, respond to her and thank her for her suggestions
- ◆ ask questions to find out how you can improve or to clarify info
- ◆ do not chat in lines while waiting your turn during drills, watch others to learn

### Parent

- ◆ bring your daughter to practices and games well-rested, well-nourished
- ◆ encourage your daughter to contact her coaches when she has a question or concern. we love parents but we want to teach our players how to communicate with coaches.
- ◆ help your daughter be on time
- ◆ stand in the fan section at games, wear NSL colors
- ◆ cheer loudly for team, positive comments only
- ◆ do not question or comment about officiating, coaches will not tolerate inappropriate, disrespectful or rude comments about calls. It is negative and a bad example.
- ◆ do not question or comment about coaching unless in private conversation with coach
- ◆ do not call out fouls during the games
- ◆ do not talk to your daughter during the game, she should be focused on her team
- ◆ turn in fees, waivers on-time

### Coaches

- ◆ be on time to practices and games
- ◆ be prepared to teach, organize and direct activities
- ◆ give a proper warm-up to all players
- ◆ teach new skills and help develop fundamentals
- ◆ communicate strengths and weaknesses to players
- ◆ be positive, challenging and encouraging
- ◆ be sportsmanlike and respectful to other coaches, players and officials
- ◆ do not use inappropriate or disrespectful language when talking to coaches, officials, players or parents
- ◆ remind players and parents of expectations and provide consequences when expectations are not met