Becoming a member of the THS Girls Lacrosse team is a privilege. It is also a huge commitment. Each member assumes a certain amount of responsibility when she agrees to become part of the team. The entire coaching staff also accepts the same amount of responsibility. Student-athletes not only represent themselves, they also represent their school, teammates, coaches, and families.

The Team Contract has been established to clarify our team policies and rules. It assures that they are understood by all involved, and guarantees that no player will be treated differently from another. By signing this contract, both parents and student-athletes understand and support all of the following rules, procedures, and expectations. If you do not feel that you will be able to live up to all of these responsibilities and rules, then you should not be a part of OUR SHARED COMMITMENT.

I. We feel that the “TEAM” is made up of three essential groups of people:

The Players
The Parents & Guardians
The Coaches

II. Team Priorities: We also feel that it is essential that each person associated with the team set the following three priorities for the LACROSSE season.

1. School
2. Team
3. Other (family emergencies, illness, injury, etc.)
**THS Lacrosse Team Expectations**

**School**

A. **Grades & Class Attendance:** Student-Athletes are **students first**, then athletes. All must maintain their grades. All students are expected to be on time for school and attend all classes every day. Progress reports and report cards may be monitored by the coaching staff throughout the year. Any student in danger of failing any class at any time must inform Coach Northup herself immediately so that we can begin to correct the problem. Stay on top of your studies. Communicate with all of your teachers to know where you stand.

*Note:* Players with academic problems (or a history of) may be required by the coaching staff to turn in weekly progress reports in an effort to improve academic performance.

B. **Behavior:** Good school behavior is a must. Lacrosse players must lead by example within the school. Any player who is disciplined by teachers and/or school administrators, and as a result are late for or miss practice, will face disciplinary action by the coaching staff. Any behaviors determined by the coaching staff to be detrimental to the team, will be dealt with by the coaches and may face disciplinary action or dismissal from the team. You are expected to do nothing that will embarrass or adversely affect the team. Treat all of your teachers and classmates with respect.

**Lacrosse**

**Attendance & Tardiness:** It is the obligation of each player to attend and be on time for all practices, games, scrimmages, and team meetings. This is also critical to our success. A team schedule is provided for you. Do not be late. Times on the schedule represent start times. You as a team should be warmed-up and ready to go by that start time. All appointments, work schedules, social events, vacation, extracurricular activity, etc. should be planned around the season and **should not interfere** with our schedule. The only reason a player should miss practice is for a legitimate family obligation or illness. Missing practices may directly impact playing time. Missing the practice before a game will result in you sitting out for the game. Missing a game will result in you sitting for the next game.

*Note the following procedures regarding absences:*

A. **Unexpected Absence from Practice:** If you are absent from school, you must notify Coach Northup either by email, knorthup@tauntonschools.org, or on the team Remind App **first thing that morning**. Please leave a message with a
proper explanation (ex: sick today). **It is the responsibility of the player to make certain this step occurs without fail.**

B. **Expected Absence or Tardiness:** If you are going to be absent or late to practice, (ex: extra help in school or doctor’s appointment that cannot be scheduled another time) the coaching staff is to be notified at least a day prior to the absence. Please bring a signed note to practice from the teacher you are staying with. Again, this is the responsibility of the player. In the event of a long-term absence (vacation, trips, drivers ed) players are expected to make up every game and practice they miss before entering back into game play. Understand that long-term absences severely hurt the team and players must earn their spot back upon return.

**Team Respect**

A. **Interaction between teammates:** Each member is equal. No one player is greater than the whole. Skills, strengths, and weakness may be difficult, but all members are part of one unit. No player will be allowed to disrespect or talk in a negative manner about a teammate.

B. **Interaction between players and coaches:** All coaches are to be addressed as “Coach”. When a coach is talking, no other player or coach should be talking at the same time. When we take the field or enter a meeting all conversations outside of LAX will cease. If there are any concerns or issue that come up during a game or practice. There will be a 24 hour rule before addressing the issue with a coach. **No complaint emails will be accepted or acknowledge.**

C. **Cellphones and Music Devices:** Are prohibited from begin used during any of our practices, meetings, or games. They are a distraction to our goal. At the conclusion of practices, meetings, or games players will be granted permission to use their phones.

**Note:** if you do not want to concentrate on lacrosse while you are at practice, you are wasting your time, your teammate’s time, and your coaches’ time

**Sportsmanship**

The league has stressed good sportsmanship by the players, coaches, and fans. There will be zero tolerance for taunting, baiting, or other. Play hard and pride yourself in outclassing teams.

**Alcohol, Drugs, & Tobacco**

The MIAA, THS, and this lacrosse program will not tolerate the use of any of these banned substances. Taunton Athletic Department and School policies will
be followed in the event that any player is caught using any of these banned substances.

**Equipment & Facilities**

A. You will be issued a locker at the start of the season. You may have a locker partner. Note that **no cleats are to be worn in the building**. Locker rooms are to be left better than how we found it. It is the responsibility of all members of the team to make sure they are cleaned after every use.

B. Equipment: You will be supplied with appropriate uniforms. The team also supplies certain pieces of equipment. Team policy is that all members of the team utilize team issued equipment. Any player requesting to use any non-issued piece of equipment must first have a coach inspect and sign off. Each player must treat her equipment/uniform with respect. All players are financially obligated to return all equipment and uniforms as directed at the conclusion of the season. Not that all undergarments must be of uniform color.

**Disciplinary Actions**

The following are the disciplinary procedures in the event that a Team Contract is violated. Note: at **any time** if any Team Expectation is broken, the Head Coach reserves the right to dismiss the player from the team.

Each infraction, depending on the severity or in the event of multiple infractions, will increase disciplinary action.

- An explanation
- An apology to the team & coaching staff (maybe opponent)
- Dismissal from practice or game (benched)
- Game suspension
- Dismissal from team

**End of Practice or Game day Responsibilities**

A. **Injuries:** It is the responsibility of each player to report to the coaching staff any injury no matter how slight it may appear to be. Players that are injured are REQUIRED to attend all practices, meeting, games, etc. even if they are physically unable to participate.

B. **Playing Time:** Issues involving playing time will be addressed by the coaches with the player only. Players, not parents, should ask to speak with coaches about playing time.

C. **Game Day Attire:** Proper dress is required. Captains will choose specific game day attire.
Communications

A. Personal Problems: We all get them. Please communicate these with the coaching staff. Each player is looked at far beyond the game of lacrosse. We regard each member as an important person as well as a member of the team.

B. Lines of Communications and Chain of Command: Members of the team should adhere to the proper “Chain of Commands”. Captains of the team are the leaders. They serve as the primary resource for the players. Parents should encourage their daughters to communicate with the captains and coaches directly. Parents should also feel free to contact the coach in cases where their daughter may be having a difficult time (academics, problems at home, family commitment, etc.). If parental involvement on matters regarding team activities or player-coach interactions is required, discussions should be initiated at the parent-coach level. If a resolution cannot be found or agreed upon at that level, then consultation with the appropriate school officials should be requested utilizing proper “Chain of Command” procedures.

Players leaving the team

Players who cannot maintain the Team Contract will be required to leave the team. Players who decide to leave the team for personal reasons may leave at any time with the consent of the coaching staff. Individuals are expected to report their decision themselves directly to the coaching staff.

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Student Name:_____________________________________________

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Student Signature:__________________________________________  Date:___________________

I understand and agree to the expectations for my child. I will communicate with my child to ensure that they are fulfilling their obligations as set forth by the Team Contract.

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Parent Name:________________________________________________

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Parent Signature:____________________________________________  Date:___________________

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Parent Email:__________________________________________________