**Team Code of Conduct**

The following team rules have been developed as a guideline for all Sussex Tech Lacrosse players to follow and adhere. These guidelines will set the foundation for a successful and respected Lacrosse program. While it may be difficult at times to follow these rules, it is important to remember: “As a Sussex Tech Lacrosse player, you not only represent yourself, but also your school, your parents, the Sussex Tech athletic program, the Sussex Tech Lacrosse program, and your community.” Your performance and success will not only be measured by wins and losses, but also by your conduct in the classroom, in the community, and in the locker room. After careful consideration, the following rules and guidelines have been selected to best exemplify respectable appearance, attitude, and actions of a Sussex Tech Lacrosse student athlete.

**ON THE FIELD**

* + Report to games, practices, team meetings, and meetings with coaches **on time**. If you are going to be late or absent to anything, notify a coach prior for approval.
  + You must have permission from a coach to leave any team or individual session.
  + Approved uniform will be worn for practices and games. Shoes and uniforms will be kept neat and clean.
  + We will not vocalize, comment, or gesture in any way to opponents, fans, each other, or Referees.
  + We will not use vulgar and/or abusive language on or off the field.
  + We will not throw helmets, sticks, gloves, or any equipment in disgust. Face adversity unemotionally. Failure to follow this rule will result in immediate removal from that game and subsequent penalties.
  + Players and coaches understand they will share in the upkeep, preparation, and improvement of the field after any practice or game.
  + The proper use of, storage of, and care of equipment and supplies will be the responsibility of players and coaches.
  + We will always maintain a clean locker room.
  + Report all injuries to a coach and update the coach on any restrictions you receive from a doctor/trainer.
  + ALWAYS display proper hustle and discipline.
  + Be positive and respectful when talking about your team, your teammates, your coaches, and your school.
  + Respect all orders from school employees, including teachers, campus supervisors, other coaches, administrators, etc.

**OFF THE FIELD**

* You are expected to strive for excellence in the classroom and always be in good standing academically.
* You are required to submit Student Athlete Academic Progress reports periodically throughout the season.
* Show respect to your teachers, administrators, and fellow students at all times.
* Notify your teachers ahead of time if you will need to miss class for a game and always leave class at the approved time for a game.
* If you need to miss practices for academic purposes, discuss with coach ahead of time. Every effort should be made to handle these situations before school, after practice, etc.
* If you are a discipline problem to a teacher, administrator, or any other school employee, then the coach will be involved, and you will be dealt with accordingly.
* Remember that as an athlete you are highly visible and need to conduct yourself so as to earn respect from others at all times. This is important not only for our program but for you as an individual and your future. **Failure to follow these rules could result in extra work after practice, loss of playing time, or dismissal from the team.**

**Team Code of Conduct**

**SPORTSMANSHIP**

All players in the program are expected to conduct themselves in a mature, disciplined, and professional manner. It is important to remember the significance and responsibility of participating as a member of the Sussex Tech Lacrosse program. Every time you step onto the field, you not only represent yourself, but also your school, your parents, the Sussex Tech athletic program, the Sussex Tech Lacrosse program, and your community.

**ACT APPROPRIATELY**

**MEDIA GUIDELINES**

* Players must gain approval from the head coach prior to any interview or making comments to a media representative.
* Be positive about all comments during an interview regarding our lacrosse team, coaching staff, opponents, and officials.
* Players should not make any comments that will embarrass Sussex Tech, the lacrosse program, and/or their families.

**PRACTICE ATTENDANCE POLICY**

Practice is imperative for success. Players are expected to be at every practice; however, some legitimate reasons exist for missing practice. **SATURDAY PRACTICES ARE NOT OPTIONAL**. Players are requested to talk to employers prior to the start of the season to discuss time off needed for practice and/or games.! Absences are placed into 2 categories: Excused and Unexcused.

**Excused Absences:**

1. Medical reasons with Doctor’s Note
2. Court appearance with a subpoena
3. Religion
4. Death in the family
5. Techademic Coaching
6. Head coach may grant an excused absence for extenuating circumstances agreed on before the missed practice.

**Unexcused Absences –** includes other absences not defined above. Including unnecessary social events (such as prom) –if you miss 2 practices in a row in season prior to a game – you will sit the whole game.

* 1st unexcused absence = extra duty period – in season -miss one quarter.
* 2nd unexcused absence = extra duty period – sit out for the half
* 3rd unexcused absence = extra duty period and sit out three quarters of the game.
* 4th unexcused absence = dismissal from the team

**Game attendance policy**

* If you miss a game, you will sit out the entire next game.
* Work based learning students must arrive to the school at the time of dismissal for that game.
* All students MUST RIDE THE BUS TO GAMES UNLESS PREVIOUSLY DISCUSSED WITH COACHING STAFF and must have visible parent permission.
* Students wanting to leave with parents after the game, parents must be present and visible.

**Player/Parent Agreement**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and my parents, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read all the rules I am required to follow as a Sussex Tech Lacrosse player. I agree to adhere to all the rules stated in the Team Code of Conduct and acknowledge by signing this agreement that my parents and I understand the consequences of not following the rules.

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| --- | --- |
| Player’s Signature: |  |
| Player’s Name: |  |
|  |
|  |
| Parent’s Signature: |  |

Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_