



- ❖ **Be on time for everything**
 - Consequences may result for tardy
 - If you need taping...get it done early
- ❖ **Practices and Games are excused for sickness, family illness, emergency and grade based school functions**
 - You must call and talk to one of the coaches! Leave a voice message if no pick up
 - **TEXTING IS NOT YOUR PRIMARY METHOD OF CONTACT**
 - In all situations regarding late or missing- Send a text notice to **ALL** coaches, captains & your squad leader
 - Unexcused absences will not be tolerated!
 - An unexcused absence for a practice will result in a 'Level 3' consequence for the next scheduled game
 - An unexcused absence for a game will result in a 'Level 5' consequence for the next scheduled game
 - **No PINNIE...NO PRACTICE** Always bring your green/white pinnie to practice
- ❖ **Texting Policy**
 - Texts and GM's sent from a student athlete to our male coaches must be copied to at least one of our female coaches.
 - Do not text or GM coaches after 9:00 PM and before 6:00 AM unless it is an emergency!
- ❖ **Discipline**
 - Across the board; if a player talks back, gripes, doesn't hustle, disrupts practice or otherwise is not giving 100%- 100% of the time...consequences will be levied
 - Level 1 occurrence =stern warning "NAME, here's your warning"
 - Level 2 occurrence=immediate burpees for 3 min
 - Level 3 occurrence= If you are a starter then you lose the next game start. Nonstarters will see decreased playing time.
 - Level 4 occurrence= benched for half game followed by conference with coaching staff. *(Parent(s)/guardian(s) is welcome to attend)*
 - Level 5 occurrence= benched for a game followed by conference with coaching staff. *(Parent(s)/guardian(s) is welcome to attend)*
 - The RESET of these 5 consequences is based on your attitude and performance
 - Make positive steps and earn your way back.
- ❖ **When the whistle blows...everyone stops and listens**
- ❖ **No leaving the field w/o permission**
- ❖ **When you are not participating in a drill/scrimmage...you are standing and paying attention!**
- ❖ **When a coach is speaking...your eyes are focused on the coach & your ears are open to hearing**
- ❖ **Don't criticize a team-mate & respect everyone associated with our program**
 - Coaches, assistants, bus drivers, custodians, competitors, officials, etc.
- ❖ **Always do everything 100%, 100% of the time!**
- ❖ **Accept and embrace your role within our team**
 - Starters and 2nds...all have a place. Maximum contribution...maximum team results
 - Coaches will help define your role. We appreciate and need every role played
 - 'Nails' & 'Glue' Awards. *Two 'Bull Oak' boards can't stay together without nails and glue!*
- ❖ **Game Policy**
 - MHS GLax players support each other by attending the opposite squads games.
 - All players shall follow the dress code guidelines established by the MHS School Board when traveling, during contests and practices. Clothing shall be modest and respectable identifying Mason school and team logos, names and colors. Sports related gear such as uniforms, sweat pants, jackets, etc are acceptable.
 - Items identifying commercial and private entities not related to Mason High School may not be worn.
- ❖ **Cell Phone use on trips**
 - Focus on the tasks at hand either before or after the game. Communicate with your team mates verbally, not texting.
 - Don't abuse the cell phone privilege that has been entrusted to you.
- ❖ **Music-**
 - Any music associated with the team, including but not limited to, pre-game, locker room, bus travel and practice shall be controlled by the Seniors. If a Senior is not present then the next level upperclassmen shall have the responsibility of music.
 - Music shall be clean with ZERO offensive lyrics, swear words and/or objectionable content
 - If a song happens to have both a clean and dirty version, it is best not to use the song at all
 - Any violation of the music guidelines, within the sphere of our influence, may result in ALL music being shut down for the remainder of the season!
- ❖ **Coaching Staff- 'The Door Is Always Open'**
 - You have a concern, problem or issue, (about anything)...talk it out with the captains then contact your coaching staff.
- ❖ **Lacrosse is a team game**
 - Your actions, positive or negative, reflect on our team, our program, our school and yourself
 - Make the right choices on the field, in the classroom and outside of school
- ❖ **Abide by existing Mason Athletic/Academic Policy**
- ❖ **Coaching Staff and your team mates, expect you to be chemical free (No smoking, No drugs, No alcohol, No vaping)**
- ❖ **Strive For Excellence:** "What am I doing today to achieve excellence"? Make the coaching staff 'Catch you being good'!
- ❖ **Be better today, then you were yesterday!**