

ALOHA HIGH SCHOOL LACROSSE PLAYER CONTRACT

For our team to be as successful, we must grow as a team. The coaches here at Aloha are dedicated to instilling character, discipline, and work ethic in our players. If we do not have these characteristics we cannot succeed as a lacrosse team. It is up to you to make the commitment to your teammates and coaches. Your commitment and passion will help develop our team unity and potential. We, as a team, need to have a structure and rules that will set the expectations for our team. These rules are clear and complete because it is important for you, as **student athletes**, to understand what is expected of **you**. Breaking team rules will result in appropriate actions and consequences at the coaches' discretion. Read the following team rules. You and your guardian need to acknowledge that you have read and understand the team rules by signing the agreement form at the end of the rules.

1. **RESPECT**: You will **ALWAYS** show respect. This involves your coaches, teachers, parents, teammates, other teams, fans, and anyone in our community. You must always exemplify quality character in all situations. You will **NEVER** back talk to a coach. This behavior will not be tolerated under any circumstance. If you disagree with a coach's decision, their play calls or any other aspect of their duties you are not free to voice your opinion with other players during a game or practice. See the coach after practice and discuss your concerns in an appropriate and respectful manner. Insubordination will not be tolerated and will lead to suspension or dismissal.

2. **SPORTSMANSHIP**: We will display good sportsmanship win or lose, before, during or after the game. We will play as a team and grow as a team. Winning or losing does not define who we are, it is how we react to winning or losing that defines us. Never discourage others, try to encourage and lift them up. We are here together as a team. You have an obligation to help each other. We are only as strong as our weakest link.

3. **ATTENDANCE**: By joining this team, you all have made a commitment to helping us grow and unite as **ONE TEAM**. That cannot happen if we are not there every day. Absences hurt our team and we will hold every player accountable to their commitment. The only reasons to miss a game or practice are religious affiliation activities, death of immediate family, or personal illness/appointments with documentation. If you miss a game for any other reason the coaching staff will evaluate the situation and possible suspensions or dismissal from the team can occur. Miss one practice you will not be eligible to play in first quarter of the next game. Missing two practices will not allow you to play in the first half. Missing 3 practices will not allow you to play in the next game, you will still be required to be there and dressed down for the game and on the sideline with the team, being very supportive of the team and not distracting the team. All absences are unexcused if the coach is not contacted by the player before you are missing an event. Doctor appointments and illness with documentation (proof you went to the appointment or were sick) are excused absences, but you will be missing very important instruction and may not start or play in the next game. I know that many appointments may not be within your control but try not to schedule appointments during lacrosse practices or games.

4. **TARDINESS:** Be on time for everything. If you are late for a practice, film study, scrimmage, or a game there will be appropriate consequences resulting from your decisions. Being late frequently and disrupting the team will lead to suspensions and or dismissal. If you are late for one practice during the week you will not be eligible to start your game that week. Late for two or more events will lead to the possibility of not being eligible to play your next game. Tutoring, school work or traffic are not valid excuses for being late to practice. We expect you as players to manage your time in order to be a part of the team, do your schoolwork so you will be on time for practice.

5. **ELIGIBILITY:** If a player is ruled ineligible, be it by the school or his parents, he will not be allowed to continue. I ask that lacrosse players sit in the front of all classes whenever possible. If you are not going to give an effort in the classroom, then you won't be given the privilege to display your effort on the field. You are here to get an education first. We play student athletes not simply athletes. Part of being a student athlete requires you to manage your time and your school workload to allow you to fulfill the commitment to the team. If you are having trouble with a subject please get tutoring and tell a coach, we want to know what is challenging you outside of lacrosse and will help you in any ways possible. It is ultimately your responsibility to keep your grades up, but asking for help before it's too late can make all the difference. We have helped our team in the past and will continue to help always.

6. **EQUIPMENT:** You are required to keep your equipment clean and in working condition. Any lost equipment will be the responsibility of the player to find or replace. All players are required to wear the following during practices and games: shoulder pads, arm pads, gloves, a mouth piece and helmet. A cup is strongly recommended and a legal, properly working stick is required. There will be **NO** exceptions to this. Any player whose does not wear all of the required equipment will not be able to participate in the practice or game. Continuous violations will lead to further discipline or dismissal.

7. **UNIFORMS:** Uniforms are expensive, and you will get only one set. Each player will be issued a Home and Away jersey and shorts (reversible), along with a game day shooter shirt. All uniforms need to be taken home and washed after games. We should never find a game uniform on the ground or left behind. If found, the uniform will be taken, and the player will have to earn the uniform back before they can play in the next game. Game day colors will be told to you the practice prior to the game. **In general, we wear light to home games and dark to away games.**

8. **PRACTICES:** Practices are very important to our team's success. It is important that all players make all practices during the season. Practices will run from 6:00PM to 8:00PM during the week. **The head coach will announce Saturday practices and holiday practices.** At practice, **anytime a player steps on the field they are required to wear their helmet** (this includes shooting or playing catch before practice starts) for their own safety.

9. **ILLEGAL ACTIVITY:** There will be no tolerance for alcohol or drugs. Any occurrence of these poor decisions will be met with an immediate suspension from team activities and possible dismissal depending on the circumstances. We want you to make informed decisions and stay away from things and people who will only bring you and our team down. These rules may not cover all situations. If a situation occurs that is not covered in these rules above, the coaching staff will consult with the Athletic Director and reference the student and athletic handbook when making a decision on appropriate action or punishment. If you choose to break rules there will be consequences to your decisions and actions. We will hold you accountable. **Not everyone can play Lacrosse; it is a privilege not a right.** For us to become true champions we must act like it in all aspects of the game.

Any questions or concerns please contact our Head coach Richard Rosales at:

alohawarriorlax@gmail.com or (503)839-2081

Player Name (Print Please): _____

Parent Name (Print Please): _____

Grade (circle): FR SO JR SR

Team Rules Signoff Form

Student Athlete: I have read the Aloha High School Lacrosse Program Team Rules and understand that I must obey our rules to maintain my status as a player on our team. I agree to follow these Rules that have been provided to me with this signoff sheet. I accept that corrective action will be imposed on me for breaking these rules. I understand that corrective action could include suspension or dismissal from the team. Student Athlete Signature: _____

Parent or Guardian: I have read the team rules and understand my student athlete's obligations and responsibilities that he must fulfill to remain a member of our team. I acknowledge that the head coach has the right to dismiss or suspend student athletes that violate the team rules as stated above. Parent or Guardian Signature: _____