

## Memorial Girls Lacrosse Club

### Practice / Game Guidelines

Practice/Game start time	Please be ready to take the field 5 minutes before practice start time
Goggle & Mouth Piece	Wear goggles and mouth guard at all times unless directed by coaches Mouth guard must be colored for Refs to see
Shoes	Wear cleats or tennis shoes with good traction
Hydration	Bring water - small water jug would be ideal
Jewelry	No jewelry allowed during practice or games
Personal Items	Please keep all personal items organized and in one location
Focus	Listen to the coach's instructions and be ready to execute
Safety	Do not endanger teammates or other players with reckless play
Player positions	Be prepared to play every position on the field
Respect	Show respect to facility, coaches, and fellow players
Cleanup	Help the coaches pick up equipment and trash after practice and games Leave facility cleaner than found
Absent / Late	Players, please inform coach by email if you are not be able to make a game or practice – If you are running late to a game please call or text the Coach
Cell phones	Do not use during games or practice
Cold weather	Please be prepared for cold weather – Undergarments, Head band, Athletic gloves, etc.
Practice	Practice at home on stick skills