

HYL PLAYER/PARENT/COACH COVENANT

Welcome to Muddawgs Lacrosse!

We will be together all spring, and during the general mayhem of spring lacrosse, we want to be sure that everyone is on the same page regarding expectations for the season. Just as coaches will hold your child to high account, we expect you should hold your coaches to high account as well.

In preparation for a great season for all involved in our program, we ask that you carefully review the below and return the back page (signed by you and your child) to your child's coach within the first week of practices. Your signature indicates:

- That you agree to this covenant.
- Have watched the 'Heads Up 'online concussion video (found at cdc.gov).
- We also ask that you note any known absences in advance of the season on this form.

As part of a **team**, each player has a responsibility to act in a way that brings positive recognition to the program. We now represent something bigger than ourselves. We agree to the following:

General Team Rules

1. The Golden Rule: Treat others the way you would like to be treated. "CHARACTER COUNTS". This is not limited to the field. This includes the classroom, at home and out in the community.
2. School Assignments come FIRST. If a student needs to miss a practice or a game because of school, we will always allow it. Please communicate with your coach in these instances.
3. Talk optimistically about your teammates and the program. Winning is a habit that starts with a positive attitude.
4. Your team's Head Coach, Assistant Coaches, Team Moms, and all other support staff are essential to the success of the team. "Never believe you're better than anyone else, but remember that you're just as good as everybody else."
5. Show respect for: all coaches at all levels, our team, our opponents and the referees.

Practice Guidelines:

COMPETE! COMPETE!! COMPETE!!! Every drill, every repetition is your chance to become better. We expect maximum effort.

1. Practice attendance is required. Practice time should be viewed as the MOST important time period of the week in preparation for a game. Practices will be planned out well in advance. We will have no more than 4 practices a week early in the season, and only 3 a week once daylight savings comes.
2. Be on time. Give yourself time to get your gear on, play catch, use the restroom, etc. We plan on starting on time, and expect you to be ready.
3. *Be prepared to become a well-conditioned athlete.* Lacrosse is a fast paced sport that requires endurance and good conditioning of the legs, which comes from running. While it may not be the most enjoyable part of practice, it is necessary so that you can perform at your best come game time.
4. Your practice uniform and attire should meet the game requirements of the CWLL. Jewelry, wristbands, earrings are not allowed on the practice field. Everyone should have their required game equipment, including a mouthpiece and cup, every practice and game.
5. We do not play catch without at least a helmet, mouthpiece, cup, and gloves.
6. Ask questions! If you do not understand a drill, a play, a term, or anything else, make sure you find out what is going on before the end of practice.
7. HUSTLE ALL THE TIME!!! We want to make practices so intense that the games seem easy. Sprint to all huddles. Remember it is what you do in practice that gets you time in the games.
8. Be positive and energetic. Think about the importance of being both a team player and a team builder. Compete in every drill at full enthusiasm.
9. All players are equally important to the success of the team. The person who plays the entire game is no more important than the player who hustles in practice, but gets less game time. All teammates are needed. Working hard in practice can be fun, and that hard work will lead to wins on the field. Together, we succeed.
10. COACHES DO NOT GIVE OUT PLAYING TIME... PLAYERS EARN IT!

Game/Bench Guidelines:

1. When a player is subbed out of the game, the bench will always cheer for its teammates.
2. When on the sidelines, pay attention to the game so you know what to expect if you go into the game. You actually have an advantage when you are standing on the sidelines because you can see what the opposition is trying to do and what mistakes are being made.
3. Players who are on the bench are to be loudly cheering their teammates; relaying info on the field from the coach.
4. Hustle to the bench during all timeouts. Timeouts are short enough without having to wait for a player to walk to the bench.
5. Shake the hands of the referees before the game and shake the hands of the opposing team's coaches and players after the game. We only say "good game" or other

encouraging words to opponents and coaches. Any poor sportsmanship displayed while shaking hands will have consequences.

6. When we travel, it is imperative that everyone is on time with their gear complete.

Team Policies/Discipline:

Participation in extracurricular activities for Hermiston Youth Lacrosse is a privilege. Although it is the desire of the program that all players will be perfect on the field and in the classroom, inevitably situations arise that require attention from the coaching staff.

1. Missing Practice (Unexcused=no notification provided to coach)
 - a) 1st Offense - Player will be benched the next game during the following weekend's tournament/ Extra running determined by coach.
 - b) 2nd Offense - Player benched 2 games / Extra running determined by coach.
 - c) 3rd Offense - Player/parent/coach meeting, possibly resulting in player dismissed from team for remainder of the season without refund.
2. Any act of unsportsmanlike conduct during a tournament, including, but not limited to: throwing sticks in frustration, talking back to referees, coaches or players, taunting directed at either sideline (parents or opponents), or anything else that reflects poorly on the spirit of competition or HYL.
 - a) 1st Offense - Minimum: Player benched rest of the game / Extra running determined by coach / or at Maximum: Player benched 2 games.
 - b) 2nd Offense - Minimum: Player benched 2 games / Extra running determined by coach / or at Maximum: Player dismissed from team for remainder of the season.

Parents:

1. Support HYL as best you can, however you can. Hearing you cheer the Muddawgs on with every ounce of your being is what we want.
2. Parents are expected to support the coaching staff. Do not speak poorly about the coaching staff. This will only cause dissension on the sideline and mess up team chemistry. If you have a problem with a coach please speak with them directly at a time that is appropriate and that does not interfere with coaching time. If you cannot come to a resolution, we do have a Grievance Procedure in place, as well as Parent Liaison(s) to assist you. Forms and additional information about this procedure, as well as contact information for the HYL Club Liaison(s) can be found on the Club's website: *Hermistonlax.com*.
3. Be on time to drop off and pick your child up from practices and games. The coaching staff will try to be respectful of your time and we expect the same in return.
4. Playing time – At the core of sportsmanship is having an “it's not about me” attitude. Demanding playing time is the opposite of this. That being said, our Club is about connecting kids with the sport of Lacrosse and every attempt to expose kids to game play will be made. We do however, play in competitive tournaments and expect that it is

understood that for those tournaments that are highly competitive, play time will vary at the discretion of the coach.

5. During game time: ***Coaches Coach, Players Play, Parents Cheer***. Cheering and coaching are two distinctly different things. Your comments and cheering should be respectful, positive and encouraging to all HYL players and parents. As a parent of an HYL player, you too represent the Club.

Coaches:

1. Will facilitate a healthy learning environment, teaching fundamentals of the game, as well as character and sportsmanship.
2. Will behave in the manner in which we expect our players to behave. There is no better way to teach than by example. It is also the best way to hold others accountable. We can expect a lot from our players if we behave in a professional manner ourselves. Players should be able to look up to their coach and emulate their behaviors, particularly when things aren't going Hermiston's way.
3. Will focus on and emphasize the positives. Coaches will be consistent and treat all of the players equally. In order for the team to improve, we need to focus on improving every player.
4. Shall not talk about players to other players or parents. It is unprofessional and disrespectful.
5. Will support the mission of HYL in their decision making regarding playtime and other team related issues: (include mission)
6. Communicate with players, encouraging them as they mature and develop skills to be their own advocate. If a parent would like to discuss playing time, they may do so by setting up a meeting to speak with the head coach. All other coaches should refer parents to the head coach to discuss playing time.
7. Communicate with parents regarding any issues that are disruptive to the team.
8. Will attend clinics and attain requisite certifications required by USA Lacrosse.

Please sign and return Acknowledgment Form to your player's coach

Retain this Covenant, it is for you and your HYL player

HYL PLAYER / PARENT / COACH COVENANT
Acknowledgment Form

*WE HAVE READ AND UNDERSTAND THE RESPONSIBILITIES OF THE PLAYERS,
PARENTS & COACHES INVOLVED IN HERMISTON YOUTH LACROSSE.*

Player Grade _____

Player name (please print) _____

Player Signature _____ **Date** _____

(Player agrees to follow the rules set forth in this contract, and has watched the online concussion video at cdc.gov)

Parent Signature _____ **Date** _____

(Parent agrees to follow the rules and procedures set forth in this contract, and has watched the online concussion video at cdc.gov)

I also understand that Hermiston Youth Lacrosse is providing my player a uniform to use throughout the season. I also understand that I am solely responsible for returning the full uniform (with acceptable wear) to Hermiston Youth Lacrosse *no later than one week after the last game of the season*. Hermiston Youth Lacrosse will expect to be reimbursed for the uniform should it not come back in a clean, reasonable condition.

Coach Signature _____ **Date** _____ (Coach agrees to follow the rules and procedures set forth in this contract, and will adhere to the concussion protocols set up in the online video at cdc.gov)