



# GBHS Girls' Lacrosse CODE OF CONDUCT

## I. GOALS

The goal of the Granite Bay High School girls' lacrosse team is to provide players with a positive and fun experience that builds character and success. We are looking for players who are committed to the principles of hard work, dedication, good sportsmanship, character and teamwork. We believe that by following these principles, we can achieve a high level of success and become one of the premier lacrosse programs on the West Coast.

## II. GUIDING PRINCIPLES

We want to be able to compete successfully at the highest level. The following are characteristics that we believe are important to building a successful team and program:

1. Attitude: players are expected to maintain a positive attitude towards teammates, coaches, officials, and opposing team players, both at practices and games. Players should have the desire to compete both physically and mentally at a high level, on and off the field.
2. Character and Sportsmanship: Players should represent Granite Bay High School and the sport of lacrosse in a positive manner, on and off the field. Players are expected to show respect for their teammates, coaches, referees, fans and opponents. Fighting, swearing, rude behavior, and inappropriate remarks/jokes regarding other players, officials, coaches, parents, and/or spectators regarding gender, age, race, age, religion, sexual preference, or skills will not be tolerated.
3. Commitment: Players must be committed to learning the game, practicing and developing their skills, and maintaining a high level of physical conditioning, both on their own and through the training program provided by the coach. This means working to:
  - a. improve speed, strength and endurance;
  - b. improve stick skills, including catching, throwing, picking up ground balls, cradling, and shooting with both hands;
  - c. have good position on the field, both offensively and defensively,
  - c. improve in any area specified by the coach.
4. Teamwork: Lacrosse is a team sport, and requires that all players commit and adhere to the goals of the team. This is accomplished through being present, physically and mentally, at practices and games, and supporting fellow teammates to be the

best they can be on and off the field. Players are expected to attend all practices and games, be on time and ready to go.

### III. RULES OF CONDUCT

Players are required to follow the policies and principles established by the Roseville Joint Union High School District, including those in the Athletic Handbook. Players are held to the following additional rules of conduct, as established by the coaches. Coaches reserve the right to discipline, suspend, or remove any player from a practice, game or the team if any rules are violated:

- A. Attendance: Players must attend all practices and games, arriving on time (as designated by the head coach) and prepared to play. As a general rule, it is recommended that players arrive 15 minutes before the beginning of practices and one hour before the beginning of games. Players with an unexcused tardy may be either prohibited from participating in that practice or game, or required to do extra conditioning.
- B. Effort: Players are expected to demonstrate 100% effort, 100% of the time, in both practice and games.
- C. Absences: Players must give the head coach at least 24-hours notice of any absence (except in emergency situations or in cases of illness), either in person or by phone (or email should the coach be unreachable in person or by phone). The player must state a reason for the absence, and will not be considered excused until it is confirmed by the coach either verbally or in writing.
  - 1. Excused absences include illness (you must have also missed school that day), injury (when confirmed by a doctor's note), and family emergencies. Vacations, shopping, and college trips are generally not considered a permissible reason to miss games or practices. Players are responsible for knowing when games and practices are scheduled, and should take the initiative to ensure they are reachable by a valid email and/or text number. Academic and school-related absences will be evaluated on a case-by-case basis, with the understanding that students are responsible for getting their homework and studying done outside of practice. Players will only be allowed up to three (3) absences due to academic reasons.
  - 2. Unexcused absences will result in loss of playing time, up to a one-game suspension, in the head coach's discretion.
- D. Required Gear: Players must wear all required and approved equipment and uniforms at both games and practices. This includes proper and approved headwear (eye cages for field players, helmets for goalies) and mouth guards.
- E. Academics: As required by the Athletic Handbook, players must keep up with schoolwork and maintain good grades. Players should manage their time to get their schoolwork done prior to practice and games.

- F. Safety: Players are expected to conduct themselves in a safe and reasonable manner. Players may not engage in unnecessary physical contact or dangerous play that may cause injury. Players will not be allowed to practice or play when doing so may endanger their health or the health of others. Players are required to notify coaches of any medical or other conditions that would impair or affect their ability to practice or play.
- G. Coaches: Players must be quiet and attentive when coaches are speaking and follow the directions of their coaches.
- H. Drug Use: As stated in the Athletic Handbook, please be reminded that the girls' lacrosse program and coaches have zero tolerance for players that smoke, use illegal drugs or alcohol, or engage in any illegal activity.

**IV. IMPORTANCE OF COOPERATION**

It has been said that a team is only as good as its worst player. It is essential that players understand they are an important part of the team, and their role/position on the team is essential to the overall success of the team. Everyone matters!

We have read the foregoing rules, and agree to abide by the Code of Conduct.

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Signature of Player

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Print Player Name

\_\_\_\_\_  
Print Parent/Guardian Name