

# Team Policies and Procedures

1. A **positive attitude and belief in oneself on the part of each No-Excuse player is essential to your team's success.**
2. It is expected that each No-Excuse player will work hard, respect her teammates and coaches as well as be a positive influence on her teammates.
3. Each No-Excuse player is expected to communicate in a positive, respectful, and honest manner at all times.
4. **ATTENDANCE:** a player can only improve and be an asset to her team if she attends as many practices and tournaments as possible; we understand that family summer schedules as well as other camp opportunities prohibit some of our players from making every practice and/or tournament; our rule is simple, if you're in Memphis please be at practice; if you're going to miss a practice or be late to a practice the player (not the parent) is to send an email ([david@no-excuselacrosse.com](mailto:david@no-excuselacrosse.com)) letting us know why she is missing or will be late;

**Fall is a very difficult time and accordingly we simply encourage the girls to be there whenever they do not have a conflict with school sports; communication is key if they're unable to attend; the summer practices should follow the above rules**

5. A No-Excuse player should communicate any injury to her coach. If the player has seen a health care provider and has missed a practice or a game she must have medical clearance to play. If, at any time, the team is practicing or playing, and a player feels she needs to come off the field, she is required to communicate that immediately to a coach.

## 6. PUNCTUALITY:

6.1 Being on time for practice means being there 20 minutes early, stretching, and passing so that practice can commence exactly at the time it is scheduled. Appearing at practice when it is scheduled to begin is being late.

6.2 Being on time for tournament games is to be there when the Coach tells you to be there. That time generally 1 hour prior to the first game and 45 minutes prior on subsequent games.

7. Each No-Excuse player and her parents will always exhibit good sportsmanship and conduct both on and off the field. Verbal or other communication aimed at the referee or other team is strictly prohibited. Under no circumstance is a player to instigate a physical or verbal confrontation or to retaliate in either way as well. Actions on the part of a player's parents will subject the player to being put on the bench. Positive encouragement is always welcome.

8. Each No-Excuse player shall constantly strive to be a role model representing this Program. This is especially important when visiting colleges, meeting college coaches, and when playing in any tournament.

9. Each No-Excuse player shall play without limitations, run every inch of the field, every second of the practice/game and realize every play, involves every player. Leave nothing on the field.

10. Each No-Excuse player must communicate directly with her coaches, not through parents.

11. Each No-Excuse player will strive to keep her priorities in order: Academics, Sports, Conditioning, Stick Skills, and other matters.

12. Each No-Excuse player is a teammate 1<sup>st</sup>, friend 2<sup>nd</sup>.

13. Body language can be much stronger than verbal statements. Each No-Excuse player will strive not to express a negative attitude about personal play or a teammate's play or a coach's comments or directions.

14. Eye contact is mandatory any time coaches are speaking to a No-Excuse player and vice versa. Respect is to be shown and attention is to be paid.

15. The No-Excuse player's team will follow a 24-hour rule when it comes to handling issues.

If a No-Excuse player has a problem with something a teammate or coach has said or done, the player has 24 hours to be upset, then deal with the problem. In this 24-hour period, the player has 2 choices: a) deal with the problem and discuss it with whomever it pertains, then let go of the issue. b) get over it, then let go of it. Whatever the case, at the end of the 24-hour time period, the player will no longer be allowed to dwell on it or complain about it.

16. If a No-Excuse player has a disagreement with or negative feeling about a teammate, discuss the matter with the teammate either individually or with the teammate and a Coach. Otherwise, let the matter go.

17. Each No-Excuse player commits to doing 15 minutes of interval training plus 15 minutes of wall-ball, or stick-skill work every day.

18. Each No-Excuse player commits to a healthy lifestyle. You are expected to maintain an appropriate diet for the level of activity. This includes what you eat before and after practice and what you eat the night before a tournament and throughout the day of the tournament.

19. We define a teammate as someone who incorporates these qualities: positive, responsible, trustworthy, perseverance, listens, communicates on and off the field, respect for: herself, teammates, and coaches, accountable, strong work ethic, committed to herself and team, and determined. All of us will strive to integrate these traits within ourselves. We ask that other teammates encourage these traits within us, and we ask for others to point it out when we don't exhibit these qualities.

20. Each No-Excuse player is committed to herself and this team. We will hold each other and ourselves accountable for the level of play we are determined to maintain throughout our career in lacrosse. We are committed to being teammates for life. We will encourage each other and push each other in the most respectful of manners.

21. To foster a place of trust within this team we promise to respect each other. We will not talk behind each other's backs and we will honor the 24-hour rule. We will not hide from the commitment we have made to each other, and we will not discuss anyone's personal struggles with anyone outside of the team unless you fear for their safety. If that is the case you will bring it to the coach's attention so we can discuss with parents.

22. We are committed to making our weaknesses our strengths, and in order to do that we promise to work on our weaknesses outside of practice.

**Player's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_