

Kamiakin Lacrosse Club

Code of Conduct

Player-Parent-Coach Agreement

Kamiakin Lacrosse expects all players, parents, and coaches to foster a positive reputation for our club, our school, our community, and the tribes that we represent. Representing our school and identity as a member of KaLC is a privilege, not a right. It is understood that the behavior demonstrated by all is to be of the highest standards at all times whether in the classroom, in the community, or on the sporting field.

A. CODE OF CONDUCT AGREEMENT

The Kamiakin Lacrosse Board of Directors has developed and approved this Code of Conduct Agreement. It is the governing document for all behavior expectations, team expectations, and consequences for Code of Conduct violations. All KaLC student athletes, parents, and coaches are expected to abide by this Code of Conduct and conduct themselves in accordance with its contents at all times. Failure to do so will result in consequences as outlined herein.

The Code of Conduct Agreement covers critical requirements for participation in KaLC, including:

- Personal Behavior
- Courtesy
- Academics
- Commitment to the program
- Attitude
- Personal Appearance
- Sportsmanship

All players, parents and coaches are expected to “Honor the Game” as set forth by guidelines from USA Lacrosse, Washington High School Boys Lacrosse Association (WHSBLA), and the Washington Schoolgirls Lacrosse Association (WSLA). Each player, parent and coach is expected to thoroughly review this Code of Conduct Agreement and return the signed and dated acknowledgement form to the KaLC Board of Directors prior to the first practice. Failure to do so will result in the player being ineligible to practice or the coach being ineligible to participate in any coaching activities until such time as the signed and dated form is submitted. Each player, parent, and coach should keep a copy of the Code of Conduct at hand for reference during the season.

B. GENERAL BEHAVIOR (Includes Board Members, Coaches, Parents, and Players)

a. Attitude: There is an expectation that all athletes be courteous, mature, cooperative, inclusive and respectful at all times. Individuals should conduct themselves with the knowledge that they, alone, are responsible for their own actions.

b. Sportsmanship and Fair Play: In all practice and game situations, athletes are expected to perform to the best of their ability, within the context of specific rules of their sport. A player's best effort is the minimum requirement. Players are expected to not talk while the coaches are talking and run everywhere at all times. Sportsmanship and fair play to teammates, opponents, and officials, should be in the forefront of a team's basic philosophy and attitude. Shaking hands with opponents, officials, and table staff after a competition is the routine procedure.

c. Team Initiation – Intimidation (Bullying): Team initiation, hazing, and/or put-downs of any kind shall be strictly prohibited and is further regulated by WHSBLA and the WSLA.

d. Language: The use of vulgar, profane or improper language is not acceptable. Extreme verbal outbursts show a lack of self-control and immaturity; these reflect on the team as well as the individual.

e. Governing Organizations: All KaLC members will abide by rules as established by the KaLC By-Laws, USA Lacrosse, and the WHSBLA or WSLA.

f. Parent Game Conduct: Under no circumstances should a parent/spectator malign, verbally harass, or cause undue disruption to the game. In the instance a parent/spectator causes the team to draw a technical/penalty due to unsportsmanlike conduct, a mandatory meeting with the board and head coach will be necessary before that said person may attend another KaLC event.

_____ Parent Initial that they have carefully read and understand Section B.f.

C. PARENT EXPECTATIONS

Parents are the backbone of any youth sports program. Programs flourish with total involvement and support amongst the entire parent group. We recognize that some parents may have less availability than others. The expectation is to help out where you can.

D. GENERAL COMMITMENT TO THE TEAM

Academics: Academics are the priority for all high-school student-athletes, and players are expected to maintain acceptable standards of academic achievement. It is understood by all that academic responsibilities include, but are not limited to, the following:

- Attendance
- General behavior
- Respect for teachers and fellow students
- Genuine effort on all homework assignments, tests, projects, and exams
- Punctuality
- Cooperation
- Respect for school property

Respectable behavior and professionalism are expected from student athletes in our program. Any action that results in suspension from school will also result in suspension from the team for the same duration. Any action that results in expulsion from school will also result in expulsion from Kamiakin Lacrosse Club.

Players are required to maintain a 2.0 GPA and have passing grades in all classes during the current semester to participate in any contest. Grade checks will be administered the Monday preceding the first contest of each season. If a student falls below a 2.5 GPA, fails a class, or does not pass the initial grade check, they will need to participate in a grade check each week until the requirements are fulfilled. A second grade check will be administered the Friday preceding Spring Break.

Dress Code: Coaches and players are expected to present a neat appearance at all team functions. Coaches may choose to establish particular dress codes for various functions (away games, out-of town trips, banquet, playoffs, etc.) and shall use proper discretion in determining specific requirements.

Jobs/Part-time employment: Students must realize the difficulty of making a serious commitment to both school activities and part-time employment. Priorities should be established, and if an individual chooses to work at a job, this job should be outside of scheduled practices or game times. If a player chooses to work a schedule that may interfere with practices or games, it is generally understood that this will impact his/her responsibility as a team member. Players devoting time to jobs in lieu of practice time should not expect automatic playing time or game involvement; their playing time and game involvement will be reduced or eliminated based on their level of participation in practices. Failure to attend practices or games due to an avoidable job obligation will be considered an unexcused absence. Any scheduling conflicts should be communicated immediately and effectively. Coaches have full discretion in a player's ability to manage time effectively.

Uniforms/Equipment: A \$150 deposit check will be required for all uniforms or equipment item(s) issued; all participants have a personal responsibility to properly care for all such items. This includes a neat and orderly appearance for all games, competitions, and other team functions, as well as return of all uniform/equipment item(s) by the deadline specified. Uniforms will be collected immediately following the last game of the season at a Board specified time. Any uniforms not returned at that time will be considered lost and the \$150 deposit will be forfeited.

Smoking and Smokeless Tobacco: Smoking and/or the use of smokeless tobacco are not allowed under any circumstances. Use of these and similar products is detrimental to your health and hinders your ability to perform athletically, which negatively affects the team's ability to perform as well. Any player found to have used these types of products will be immediately subject to the penalties established by USA Lacrosse, WHSBLA or WSLA, and the WIAA.

Alcohol and Drug Use: The use of alcohol and/or drugs in a non-medical fashion will not be tolerated under any circumstances. Any player found to have used these products will be immediately subject to the penalties established by the WHSBLA or WSLA and the WIAA.

Tryouts: Tryouts act as a measurement of individual accountability and commitment to the overall goals of the program. No one will be disqualified from participating based on the results of these tryouts. Varsity rooster spots WILL be decided upon based on the results of these

tryouts. IF a player cannot attend tryouts due to extenuating circumstances, (validity of circumstances will be decided upon by the board and the head coach) the head coach reserves the right to give said player an alternate tryout or give a roster spot based on previous merit. IF there are no extenuating circumstances surrounding the player's absence, said player is no longer eligible for a Varsity roster spot.

E. ATTENDANCE AND COMMITMENT TO TEAM

All coaches, players, and parents must understand the importance of game preparation. The game of lacrosse is all about team commitment and chemistry, and those teams who perform the best are those whose expectations include making the level of commitment necessary to create a true team environment. The coaching staff spends a great deal of time and energy focusing on how to create a strong team by combining players in ways that maximize their interactions to build overall team success. When a player misses practice or a game this disrupts the entire team and puts their teammates at a disadvantage. All players are expected to maintain a high level of dedication and punctuality to their teammates and the overall success of the program. The focus will be on learning life lessons, teamwork, dedication and individual / team improvement in a high level setting.

KaLC enforces strict expectations regarding attendance and commitment to the team because these elements are critically important for the team as a whole.

Attendance Definitions: KaLC will adhere to and enforce specific attendance definitions.

TARDY (LATE): Any player who is not warmed up and fully equipped to practice at the designated start time.

EXCUSED ABSENCE: The following are considered excused absences: Medical injury or illness accompanied by a doctor's written note excusing the athlete from participating in practice or games; Attendance in a school sponsored "non-athletic" required function that affects a student's grades or ability to improve a grade; Academic testing (e.g. Advanced Placement testing, SAT testing, etc.). Any recognized religious holiday or observance to which you declare accommodation for. Such religious accommodations should be known in advance and communicated as specified in the guidelines of this Code of Conduct Agreement.

UNEXCUSED ABSENCE: An unexcused absence is any absence not listed above as an excused absence.

In all cases players must communicate the absence in advance and as early as possible (a minimum of 72 hours before games and 24 hours before practices) or it will be considered a No Show.

NO SHOW: In all cases players must communicate the absence to the coaching staff in writing (email, text, or handwritten) in advance as early as possible (a minimum of 72 hours before games and 24 hours before practices) or will be considered a No Show.

Any absence not defined above will be evaluated by the coaching staff and a determination of

action will be communicated to the player. It is the responsibility of the player to contact the coaching staff directly as far in advance as possible (minimum of 72 hours for games/24 hours for practice).

PRACTICE ATTENDANCE: Attendance is required at all practices. Practices may be held Monday-Saturday through the beginning of the game until the championship weekend. If you are not early: You are late. Players are required to arrive early enough to gear up and warm up. Players are expected to be ready to practice at the designated start time. Failure to do so will be considered a Tardy. Failure to attend a practice without proper advance communication with the coaching staff will result in consequences as specified in this Code of Conduct Agreement.

CONSEQUENCES: Each unexcused absence for a practice that is missed will result in the loss of one quarter of the next game. Following the third (3) unexcused absence from practice, the player may be excused from the Varsity team/ starting lineup or reassigned to the JV/practice team. A “NO SHOW” absence is unacceptable and will result in a half game suspension.

GAME ATTENDANCE: Attendance is required at all games. Parents and players should expect games Monday-Saturday through the beginning of the season up to the championship weekend. Failure to attend a game without proper advance communication with the coaching staff will result in consequences as specified in this Code of Conduct Agreement.

CONSEQUENCES: The first unexcused game absence will result in the loss of playing privileges for the next scheduled game. The second unexcused game absence will result in the loss of playing privileges for the next two (2) scheduled games. The third unexcused game absence will result in the player being excused from the team. A “NO SHOW” absence is unacceptable and will result in a one game suspension.

Any special circumstances will be considered on a case by case basis between the coaches and Board.

OVERLAPPING SPORT SEASONS: Individuals who choose to participate in overlapping sports must realize that their primary commitment is to the “in season” team. Boys: The WHSBLA prohibits playing another sport or for another lacrosse team during the recognized spring season. Both Boys and Girls: Any participation in the second sport while the first is continuing may only be done with permission of the coach of the “in-season” sport.

PLAYING TIME: All players are entitled to receive coaching instruction and participate in all practices. Playing time in games is at the sole discretion of the coaching staff and reflects a player’s effort, dedication, coachability and skill. It is the intention as a standalone program that we will compete to win. Coaches will aim to play those players who give the team the best opportunity to win games.

F. COMMUNICATION:

If a specific issue arises during the season or if there are questions regarding a general issue, players and parents are expected to follow the communication process outlined below. Please review this process thoroughly and review back to it during the season as needed.

Step #1 - Player communicates directly with the coach. The first step is for the player to communicate directly with the coach regarding an issue or concern. This communication should take place at least 30 minutes prior to or after practice, and at least 24 hours after a game. Direct communication between player and coaching staff is expected to be the primary path of communication.

Step #2 – Players and parents communicate jointly and directly with the coaching staff. If the issue or concern is not resolved using Step #1, the second step is for the player and parent to communicate directly with the coaching staff. This communication should take place at least 30 minutes prior to or after practice, and at least 24 hours after a game on game days.

Step #3 – Players and parents communicate directly with the Head Coach and a KALC Board member. If the issue or concern is not resolved using Step #1 or Step #2, the third and final step is for the player and parent to communicate directly with the Head Coach and a KALC Board Member. This discussion will take place at a mutually agreeable time that is at least 30 minutes prior to or after a practice, and at least 24 hours after a game on game days. The Board member may, at his or her discretion, confer directly with the coach as part of the resolution process.

24 HOUR GAME RULE – Game days can be an emotional time for players, parents and coaches alike. There shall be no negative direct communication between parents and coaching staff or parents and KALC Board members for at least 24 hours prior to a game on game days. Failure to abide by this rule will result in the parent being suspended from attending the next scheduled game. No exceptions!

G. TEAM CAPTAIN GUIDELINES – Team captains are a crucial medium between the coaching staff and players. They should bridge the gap and lead with the embodiment of our programs culture and the morals of the sport. To be a team captain, a player must commit to the following:

- Participate in all scheduled in-season practices
- Facilitate all off-season “captain’s practices”
- Participate in club events including fundraising
- Be one of the first at practices and the last to leave
- Attend all meetings with the coaching staff
- Lead conditioning, warmups, and celebrations
- Review playbooks or team plan according to position and ensure the entire unit is onboard
- Organize any team bonding events outside of team dinners
 - Plan post game social events
 - Ensure teammates feel welcome and accommodate for them
 - Clean up after all events and ensure our reputation is maintained

- Arrive early to all games
- Ensure players meet attendance requirements and represent fellow players as a representative and leader
- Speak respectfully to all officials and captains of opponents

All players should embody the culture of our program and possess the character and ethics to conduct themselves as a leader amongst their peers. These traits are listed but not limited to:

- A high level of sportsmanship – Honor the game and all opponents period. Be polite and respectful to all parties in the game regardless of circumstance.
- Respect – No swearing, no put downs, and no tolerance of these amongst any of the players.
- Good communication – Be coachable, no talking while the coaches are talking, provide feedback and maintain this expectation amongst any of the other players.
- Lead by example – Maintain focus at practice and help ensure the rest of the team does as well. Avoid getting off task and goofing off.
- Recognize boundaries – Captains are leaders who are respected by their peers because they are outstanding people of good moral character. You are to help guide players on their behalf and serve them: not boss them around.
- Be supportive – New players change team dynamics, players have different expectations, and differences of opinions happen even with coaches. Address concerns in private and strive to keep the team inclusive and unified.
- Always improve – Whether your fellow teammates need extra work, or you as a captain do, the focus should always be on improving individually and as a team in all aspects. Have a positive attitude.

Selection processes will be established by the board and coaches. If you are selected as a captain you must initial this section of the code of conduct and adhere to the above at all times. Failure to adhere to these expectations will result in the revocation of the position and possible re-selection if needed. Initial Here _____