

Huntington Beach Lacrosse

1. **Sportsmanship** – We will ALL respect the game of lacrosse with our attitudes and actions. We will respect competitors, teammates, coaches, officials, and fans.

1. Respect
2. Attitude
3. Actions

2. **Discipline** – We will achieve success by making ourselves accountable. Coaches and players will put in the necessary time on and off the field. Our actions have direct consequences, some productive, some counter-productive.

1. Accountability (Personal/Team)
2. Goals (Personal/Team)
3. Sacrifice (Personal/Team)

3. **Hard Work** – We will come to any and every lacrosse function with a desire to elevate our game. Any time we step on the field is another chance to succeed and we will work until we do.

1. Determination
2. Teamwork
3. Fun

General Expectations

1. Family, School, Lacrosse

2. Attendance – We will be at all team functions. Be early to practice, bus times, and games. Be dressed and ready to play before the scheduled time, if coaches are not present captains will start the practice. Only reasons for missing a team event are:

- 1) physically unable to perform
- 2) family circumstances
- 3) academic event

In any event you need to miss, please discuss with a coach prior to your absence.

3. Support Teammates – We will get better together, and that will be a product of us helping each other out.

4. No negatives – There is never place on the lacrosse field for negative attitude.

Practice Expectations

1. Practice Uniform: If you do not have the proper equipment you may be asked to sit out
 - a. ALWAYS have pinney
 - b. All clothing must be a team color
 - c. No other team apparel (any other club team)
 - d. All equipment-all the time (helmet, gloves, shoulders pads, elbow guards)
2. When a coach or teammate is talking everyone else is listening
3. Bring the right Attitude: Approach each practice with the intent to get better. Each opportunity you have to play this game is another opportunity to raise your game to the next level.
4. Support teammates: Everyone makes mistakes and Everyone helps out
5. Mistakes will happen: get back up and dust yourself off, let's get it done next time
6. Competition: When we are competing you are competing. The harder we make each other work the more we are going to succeed. Don't let your teammate down by going half speed - you both fight to win.
7. Unexcused absence: Any absence is unexcused unless you communicate with a coach prior to your absence or as soon as possible given an unforeseen absence.
 - a. Missing a practice before a game will usually result in less playing time for the next game. Coaches will use judgment for the duration of missed playing time.
8. Injuries: Please report injuries to the coach and to the trainer. If your injury takes you to the doctor's office we will need a note from the doctor before allowing you to return to the practice field.

Game Day Expectations

1. It is Game Day and this is what we have been working for, be mentally and physically ready when the armor is on. Bus trips will be quiet, mental preparation is key. Headphones are permitted. Please restrain from texting, IG, Vine, FB, etc.
2. Game Day Attire - you will be told prior to the start of season what attire is required.
3. Equipment on at all times – If you want to play in the game you need to be on the sideline with your helmet on, gloves on, mouthpiece ready. You can drink water with a helmet on. If you are not ready you will miss your shift.
4. Fighting – No player who is on the field or on the bench will participate in a fight.