

# Riverside Boys Lacrosse 2022 Team Standards

1. Be Honest.
2. Be on time
  - “If you are **early** you are **on time**, if you are **on time** you are **late**, if you are **late** you are **forgotten.**”
  - Be 5-10 minutes early for all assigned times.
3. No Bad Language
  - It is a penalty in lacrosse
  - If heard will result in conditioning
4. Respond to all coaches as “coach” or “sir”.
  - “Yes, Coach” “No, Sir” “No Coach” etc.
  - That is the standard
5. Practice and Games are Mandatory. You are expected to communicate prior to absence or tardy. The only excuse for being tardy is if you are with a teacher after school, or the trainer. If this is the case you must provide a note.
  - Being Late or absent will result in conditioning after practice
  - Further offenses will result in consequences such as, but not limited to:
    - Conditioning, Loss of playing time, extra team duties, or dismissal.
6. Practice attire.
  - Practice attire is chosen by the coach and will be communicated to you.
    - We may communicate the uniform verbally
    - Players must wear an issued pair of practice shorts and issued practice jersey.
  - Every player will have a spirit pack that they must have with them always
    - Extra spirit pack items may be purchased if desired on the team store.
  - Not having an item that is required for practice that day will result in Conditioning.
    - Subsequent offenses will result in consequences such as, but not limited to:  
Conditioning, loss of playing time, extra team duties, or dismissal.
7. Game attire.
  - Game attire is chosen by the coach and will be communicated to you.
    - We will post game/travel uniforms
    - We may communicate the uniform verbally
  - If you forget game attire items (i.e. Socks, shooting shirt, ect.) Playing time may be affected.
  - ALL PLAYERS WILL WEAR A BUTTON-DOWN SHIRT, TIE, NICE PANTS, NICE SHOES, AND A BELT, ON ALL GAME DAYS TO SCHOOL.
    - Not wearing one of these will result in not playing in that evening’s game.
    - Wearing them incorrectly will result in a loss of playing time.

8. No Music in the Locker Room
  - Individual head phones are acceptable.
  
9. No one will use the word "LAX" when referring to the game of Lacrosse
  - If used, conditioning will result.
  
10. Acting with CLASS on and off the field is expected, standards include but not limited to:
  - No talking to officials.
  - No arguing with coaches.
  - No talking to the opposing team.
  - Not acting with CLASS may result in penalties such as but not limited to: extra conditioning, loss of playing time, or removal from the team.
  
11. Be Accountable, Have Integrity and Be Tough. We Are, ALL IN!

GO Rams!

If you agree to these policies and plan on being a part of the 2022 Riverside Lacrosse Program,

Sign Below:

Player Name : \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_