

2012 Carlsbad Girls Lacrosse

Expectations and Policies

Girls Lacrosse offers the opportunity to improve oneself as an athlete and as a person. I hope you each take advantage of this opportunity and carve out a role for yourself that contributes to the good of the team in every practice, game and opportunity.

To be a part of this team, we expect the following qualities and behaviors:

Physical Discipline:

WORK HARD. PLAY HARD. PLAY TO WIN.

We must be fit to play lacrosse successfully and we must play our hardest in every drill to get better. Do not complain; do not make excuses. Hard work is part of sports. Commit to push yourself.

"HARD WORK BEATS TALENT, WHEN TALENT DOESN'T WORK HARD" ~ Tim Tebow

Mental Discipline:

BE TOUGH. BE POSITIVE.

Each of you must strengthen your mental toughness. Lacrosse is fun but it is not easy. When coach is asking you to work hard, push yourself. When coaches or players give you pointers, it's not a personal attack; we all are just trying to make each other better. When someone in practice is working hard, work harder. Compete with each other and with our opponents; don't be afraid to fail.

"FEAR OF FAILURE IS NOT AND CANNOT BE AN OPTION"

Teamwork:

BE A TEAM.

It's important that you understand that we are a part of something that is bigger than ourselves. Always remember that you are part of a team and it's up to you to contribute to the team mentally, physically, and socially in a positive way. Support and encourage each other and the coaches. "Chemistry" isn't a noun; it's a verb, an action, a behavior. Each person on this team has a responsibility to actively contribute to this living entity called chemistry.

"TEAMWORK MAKES THE DREAM WORK"

Responsibility:

FIRST IN, LAST OUT.

As a team, we all rely on each other and in order for this team to be successful you must pull your own weight. Lead yourself and learn to lead others. The following is what is expected of you to be a member of this team:

- 1) Full commitment. You must attend all practices, games, and fundraising events. If you do not attend school that day, you cannot play lacrosse that day. If you miss practice, you must have a note from a teacher, parent or doctor. One of the values of sports is learning time management; get your schoolwork finished outside of practice time. We need your full commitment, which means that no other sports or activities will be accepted as a valid excuse for missing practice. Being late or unexcused missed practices will result in limited playing time, zero playing time, and off the team. Additionally if you are late or miss practice, the team will run on your behalf.
- 2) Be on time & be prepared. You must be at practice 15 minutes early, ready to go at 4:30, with stick, goggles, mouth guard, cleats, running shoes, and your numbered penny. Time doesn't wait for you. Everyone must help get the field ready for practice and stay until the field is cleaned up.
- 3) Pay attention when your coaches/ teammates are speaking. You are responsible to learn the plays and all motions that we use on the field. Failure to do so will result in limited playing time.
- 4) Participation on this team is a privilege and it is your responsibility to conduct yourself in the highest moral and social manner. There is a zero tolerance policy regarding drinking, drugs, or any incident concerning the law.
- 5) You are a student first, athlete second. Do what you need to do to have good grades. You must maintain a GPA of 2.0 in order to play.
- 6) To receive a Varsity Letter, you must play in at least one official game.

"THIS IS THE TEAM. NOW IS THE TIME."

2012 GOALS

My goal for us this year is to not lose to a team that we are better than. Respect our opponents and play each game to the best of our ability. A by-product of this will be to make it to playoffs and have a winning record!

PLAY HARD, PLAY TO WIN, HAVE FUN!

Signature_____

Date_____