



GBS Lacrosse: Player Expectation Contract



GBS Lacrosse athletes should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to the following principles: trustworthiness, respect, responsibility, and integrity. This contract applies to all athletes involved in the GBS Lacrosse Program. I understand that, in order to participate in the GBS Lacrosse Program, I must act in accord with the following:

TRUSTWORTHINESS

- Trustworthiness — be worthy of trust in all I do.
- Honesty — Live and compete honorably; don't lie, cheat or engage in any other dishonest or unsportsmanlike conduct.
- Reliability — Be on time to practices and games.

RESPECT

- Respect — treat all people with respect all the time.
- Class — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre-game and post-game rituals.
- Disrespectful Conduct — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect Officials — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

- Role-Modeling — Remember, participation in sports is a privilege, not a right and that I am expected to represent my parents, coaches and teammates with honor, on and off the field.
- Self-Control — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

INTEGRITY

- Integrity — Do what's right even when it's unpopular or personally costly. Live up to high ideals of ethics and sportsmanship.

Attendance

- As a Varsity or JV player, I will not miss team functions, in-season practices or games without permission from my Coach. **This includes spring break, prom and Kairos.**
 - Exceptions to this rule are family emergencies, personal illness, academic obligations, or another coach-approved situation.
- ****For any missed practice, players will lose playing time in the following game (determined by coach)**
- ****Players who miss a game will sit the following game.**

Practice & Game Uniform

- Proper attire is to be worn to practice & games at all times.
- Players are to wear the designated practice gear (Issues practice shorts, practice pinnie & shooter/T-shirt).
- Any undershirt color should be GBS colors only (Navy, White, Athletic Gold or Grey).
- Uniformity is required at practices and games, ex. we all wear sweatpants or we all wear shorts.
- ****Failing to abide by the uniformity rule will have consequences. If you don't wear the proper uniform you will have a conversation with the coach and can be sent home and it will be counted as a missed practice.**

Team-first

- I commit to being a well-rounded teammate.
 - I will always put the interest of my teammates before my own.
 - I will not pick apart teammates. Instead I will find the line between constructive feedback & criticism.
 - I will celebrate teammate successes even when I might not be having the same success.
 - I will work to be humble and be the teammate people enjoy playing with.

Off field behavior

- My coaches reserve the right to implement program-specific disciplinary measures *in addition to* what the school and athletic (code of conduct) policies state.
- ****By signing this contract I agree to conduct myself in a manner that reflects positively on Glenbrook South Lacrosse. I will do my best to improve the outlook on our program through positive actions and choices.**
Examples of scenarios/chances to improve our outlook include:
 - Using mature body language and words, interacting with various adults, my teachers, school administrators, my friends and even strangers.

On field behavior

- I will never complain to an official.
- I will not second guess or talk back to a coach. (If there is a concern, I will reach out at an appropriate time)
- I will not curse or talk trash to my teammates or opponents.
- While on the sideline I will cheer for plays that put my team in better a position to win I will not taunt, nor will I holler in response to flashy, meaningless plays.
- I will keep my helmet and uniform on at all times before and during a contest.
- ****Not following these rules will result in loss of playing time**

Academics

- If my coaches or teachers deem my academic standing to be poor, I agree to spend all practice time in the school library until my academic standing improves.
- ****If teachers give negative classroom reports to coaching staff action will be taken.**

Hurt/Injured

- As a student athlete it is my own responsibility to decipher between hurt (can play) vs injured (can't play).
- Myself, my coaches, my parents and my teammates are not equipped to determine if and when I can participate.
- ****I will go to our athletic training staff and medical professionals for all decisions related to health and safety.**

By signing below, I agree to ALL program expectations mentioned in this document:

Athlete Signature _____

Date ____/____/____