

North Seattle Lacrosse

Safety and Team Expectations

Safety:

Guidelines have been established to protect players and others from injury and/or illness. The conditioning, proper techniques and safety procedures that are part of each activity will be explained to the players by their coaches, and instructions should be followed by the players. Travel to and from games is under the supervision of the parents. ***All players are required to carry primary medical insurance coverage.*** The coaches will discuss specific guidelines: however, more general guidelines are as follows:

- Make certain that all equipment fits properly and has no defects. Please show up to the games and practices with the required equipment including an athletic cup. Soccer, football, or baseball shoes must be worn. No metal spikes.
- Advise your coach or an adult supervisor of any illness or prolonged symptoms of illness.
- Advise your coach immediately if you are injured.
- Be certain to warm up before exercising and cool down afterwards.
- Be alert for any physical hazards on the field and in all areas of participation.

Team Expectations:

Our mission is to teach the fundamentals of lacrosse, team play and sportsmanship. We encourage learning in a supportive environment where individual effort is affirmed and mistakes are recognized as the foundation of mastery. We believe that winning is important, but consider the opportunity to teach life lessons and for everyone to play higher priorities. We teach players to "Honor the Game" by respecting the rules, opponents, officials, teammates and themselves. We expect players to make lacrosse a priority and give their full effort in both practices and games. While not always reflected on the scoreboard, our teams win when they put forth a winning effort and demonstrate improved lacrosse skills, better team play and good sportsmanship.

In order to be an effective member of a team you need to be present at practice and games. Your effectiveness on the team and ability to contribute as a player directly reflects your attendance. Your coach expects you to be at practices and games putting forth your best effort. The expectation is 85% attendance and we ask that Lacrosse is your priority in spring.

Parents have a positive influence by being supportive and respectful to all the team players, coaches, and to the game referees. We appreciate your support.

We understand the importance of the safety code and agree with the expectations of playing for North Seattle Lacrosse. As a player, I will work to honor the game and I will be certain to communicate with my coach any concerns or issues as they arise.

Player's Signature: _____ Date: _____

Parent / Guardian Signature: _____ Date: _____