

Capital Girls Lacrosse Club

Code of Conduct

Preamble: Selection for Capital Lacrosse Club (CLC) teams is highly competitive and players who are chosen agree to abide by certain standards and principles as a necessary condition for their inclusion in the Club. Players are expected to exhibit the highest standards of sportsmanship, teamwork and friendship and to make a **commitment** to the Club, their coaches and their teammates to give their best at all times.

Individual Athlete Behavior: Player behavior may reflect positively or negatively on Capital Lacrosse Club. Player behavior is also an important consideration in the college recruitment process. During the Club season, typically August 15-November 30 (annually), and May 15 - July 31 (annually), athletes are expected to conduct themselves in an exemplary fashion and in accordance with the terms of this document. It is expected that each player plays by the rules of lacrosse, behaves with good sportsmanship on and off the field, and treats her coaches and Capital staff with respect. When traveling and staying in hotels players will represent the club in a positive light and be courteous and considerate of property and other patrons and staff.

Inappropriate, abusive, profane, disrespectful or violent behavior or language, or unsportsmanlike conduct by a Club athlete in real time or on social media, may result in suspension or expulsion from the Club, regardless of whether the behavior, language or conduct occurred at a Club activity. Consumption of alcoholic beverages or use of any intoxicating or illegal substances by a Club athlete at any time during the season noted above is prohibited and may result in suspension or expulsion from the Club. Suspension or expulsion shall be decided by the Executive Director after consultation with the appropriate coaches and staff.

Parent and Other Individual Behavior: Inappropriate, abusive, profane or violent behavior or language by the parents, guardians, guests, or siblings of any Club athlete at any Club function, at any function in which the Club is participating, or on social media wherein the Club, or any opposing club, may be mentioned, may result in the player's suspension or expulsion from the Club. Disrespectful or abusive treatment of coaches or CLC employees will not be tolerated. Suspensions or expulsions will be decided by the Executive Director. A parent or guardian's suspension or dismissal will result in the suspension or dismissal of the player as well.

Exclusive Club Policy: Players who are selected to a Capital Lacrosse Club team are prohibited from playing for any other travel club lacrosse program. Failure to adhere to this policy will result in immediate expulsion of the player from Capital Lacrosse Club.

Participation Policy

It is expected that players will attend **all** scheduled practices, scrimmages, and tournaments through the end of the season (late Jul). Scheduled practices, scrimmages and tournaments will be posted on the Club's website as they are confirmed and will be updated by Team Managers on a regular basis. *As a general guide for planning purposes, CLC teams traditionally practice in the fall every Sunday from late August through October, with the exception of Labor Day weekend and Columbus Day weekend, and participate in tournaments each weekend in November prior to Thanksgiving. In the summer, CLC teams generally have 4-5 tournaments on weekends beginning in early June through approximately the third weekend in July, with the Independence Day weekend off. Summer practices (approximately 9-11 sessions, depending on field availability) are on weeknights and are usually set by early May.*

Failure to Participate: Failure to participate adversely impacts all other players on a team and its ability to successfully compete.

Excused Absences: CLC expects player absences from Club activities will be rare, but in the event that a player wishes to be excused from a **practice or scrimmage** (Board of Directors unanimous approval 07/18/2018), each player/family may use their excused **practice or scrimmage** absences (2 absences in the fall, 3 absences in the summer) as they see fit and although there is no need to get the absence to be approved by CLC the player must still request the absence. This policy puts the burden of time-management on the family and player as they must manage what practices they can miss or have missed. If the player is absent from practice above the allotted amount (2 absences in the fall, 3 absences in the summer), the player will miss one full tournament game for an absence from practice and two full tournament games for an absence from a tournament.

A player who does not follow through on this commitment will jeopardize her participation in the Club, her position on the team and face restricted playing time.

Absence for Injury or Illness: In the event a player is physically unable to participate in CLC activities due to injury or illness, she will be excused. ***However, it is the expectation that the player attend CLC activities while unable to play due to injury or illness, provided that attendance does not risk further injury to the player, adversely affect recovery from the injury or illness, or expose other players to a contagious illness.*** A player should notify the club about her injury or illness as soon as possible, using the online request for absence form, and seek guidance from the Executive Director and personal trainer/doctor as to whether it is appropriate to attend certain activities. The Executive Director will have discretion to excuse absences for injury or illness as necessary.

Team Accommodations: Several tournaments that require overnight stays also require, as a condition for participation in the tournament, that teams book their accommodations at tournament-designated hotels. Players accepting an invitation to play for the Club and, by extension, their accompanying parent(s) or guardian(s) agree to book their hotel accommodations at these tournaments in accordance with the Club directions. Limited exceptions will be

Participation Policy and Code of Conduct

Signature Page

We have read the Participation Policy and we understand that membership on a Capital Lacrosse Club team requires a commitment on behalf of the player and her family. We agree to abide by this policy and all club policies as detailed herein and at capitallacrosseclub.com. We understand that failure to attend practices, scrimmages or tournaments could result in restricted playing time, suspension, dismissal from the team, or other disciplinary action.

We have read the Code of Conduct and understand that it is the right of the Club to suspend or dismiss any player or parent who, in the opinion of the Board of Directors, fails to abide by the Code of Conduct. A parent or guardian’s suspension or dismissal will result in the suspension or dismissal of the player.

Player’s Name (printed) Team

Player Signature Date

Parent(s) Name (printed) Team

Parent Signature Date

This document must be signed and on file with the Club administration prior to the first tournament of the fall season. The Participation Policy and Code of Conduct must be reaffirmed and signed each year a player participates in the Club.