WARRIOR LACROSSE PHILOSOPHY

We believe that lacrosse can be a very beneficial aspect of your total education. Our lacrosse program is designed to teach the intangibles of life, which means that you will learn the attributes that make a person successful in life: intangibles such as the value of hard work, teamwork, sacrifice, responsibility, promptness, character, class, leadership, and commitment. All of these attributes can be described in one word: ATTITUDE. Having a positive mental attitude is the key to success for any of life's endeavors, as well as in lacrosse. Attitude combined with a great effort will lead to success.

Top 10 ways to be a TEAM

1. TOTAL COMMITMENT to the program, each other, your coaches, your school, and yourself; belief in these to truly give yourself the best chance for victory. Everyone, from the coaches, parents, and players must function together as one to get the job done. Life is about choices, make the correct ones.

2. TAKE PRIDE in how you do things. Give a great effort in every drill, on every play. That means do your best all of the time.

3. CARRY YOURSELF WITH CLASS. Class is respect for others; having manners; treating others as how you would want to be treated; never making excuses; helping others; never bragging. If you have class, everyone will know it and you will have self-respect.

4. DISPLAY SPORTSMANSHIP. No trash-talking, no pushing, punching, or kicking; keep your head and your temper. When an opponent does this to you, don't retaliate, it can only come back to hurt us.

5. BE COACHABLE. Pay attention in meetings and at practice.

6. BE COURTEOUS TO OFFICIALS. If penalized, don’t argue, just play lacrosse.

7. NEVER, NEVER, NEVER GIVE UP on a, drill, play, game, season, or life. Sometimes momentum will go against you; keep your spirit and poise. Anyone can play well when things go well; a champion finds a way to win over adversity.

8. ATTACK every practice, play, and game. Make something happen.

9. ENCOURAGE each other. Never say a bad word about a teammate.

10. RESPECT. Have it for yourself, your coaches and your teammates.
WARRIOR CREED

Character
Commitment
Champions

WHAT WE EXPECT OF YOU

We can only achieve success through your cooperation with all rules and regulations laid down by the coaching staff for your physical and mental condition. Physical conditioning is one of the most important factors affecting the performance of a lacrosse team.

1. Your education comes first, then lacrosse. You must pass all classes with at least a 70. We expect your conduct to be first class in the classroom. Show respect to your teachers. You must go to class, skipping will not be tolerated.

2. Have character, spirit, and hustle.

3. Be more aggressive than your opponent at all times.

4. Don't wear your feelings on your sleeve. We will coach you hard and with enthusiasm. If you don't do something right or at full speed, we will make you do it over again until you get it right and at full speed. Don't take criticism personally; we are trying to make you successful.

5. Make progress and strive to improve everyday.

6. To be a champion, you must live like a champion 24 hours a day.

7. Hustle! Run when you are called up and give your coach your full attention.

8. Know your plays.
9. You are expected to be at all practices during the season. Be on time.

10. We expect you to respond with "YES COACH" and "NO COACH".

11. Be fundamentally sound; the team that shoots and passes the best will win.

12. Give a great effort at all times.

13. Use proper language at all times.

14. Every player must think in terms of team success instead of individual glory.


16. Play by the rules.

17. Only coaches and captains speak to the officials.

18. Be a leader in your school. Set the example for the rest of the school.

19. Have self-discipline. Do the right thing all the time. You cannot fool yourself. You know right from wrong. Don't give in to peer pressure.

INJURIES
If you are injured, notify your coach as soon as possible. If you become aware of an injury after practice, see your coach before you leave. We care about your welfare.

REQUIRED FORMS
1. Player Code of Conduct (online)
2. TGHSLL Code of Conduct (online)
3. RRISD Participation and Concussion Acknowledgement forms (online)
4. US Lacrosse Membership Registration
5. WW Lacrosse Athletic Waiver and Permission Form
6. RRISD Physical Examination form
7. Texas Best and Aggieland Tournament Waiver Forms

ATTENDANCE
You won't get much done in life if you work on only the days when you feel like it. You must have the self-discipline to be reliable. Lacrosse is a game that if one piece of the puzzle is missing you cannot play. Those who practice will play. Don't put your teammates in a bind by missing a practice/game. Use the Miss Practice Notification before the missed event. If you are suspended from school, you are suspended from all school activities for that day, including practice.
UNIFORM
You will wear the club uniform to games, and will wear the designated practice jersey to practice. We believe that a team should look uniform.

POLICY TO RECEIVE A VARSITY LETTER
A player must meet the following requirements in order to be awarded a varsity letter:

1. Participate in 50% of the halves of our varsity league games, OR

2. Be recognized by the coaching staff under "special circumstances" (e.g., a player who does not meet the participation criteria, but who the coaches feel has had a significant impact on the squad and therefore warrants recognition).

3. Meet the criteria of either #1 or #2, AND be academically eligible for the entire spring season.

PRACTICE JERSEY
In the event that your practice jersey is lost or damaged, you will not receive your $25 deposit refund.

QUOTES TO REMEMBER

"DO WHAT YOU CAN, WITH WHAT YOU HAVE, WHERE YOU ARE." THEODORE ROOSEVELT

"COOPERATION IS SPELLED WITH TWO WORDS: WE."

"AN ALibi IS FIRST COUSIN TO AN EXCUSE, AND THEY'RE BOTH MIGHTY POOR RELATIVES."

"PROGRESS INVOLVES RISK; YOU CAN'T STEAL SECOND BASE AND KEEP YOUR FOOT ON FIRST."
FREDERICK WILCOX

"WINNING ISN'T EVERYTHING, BUT WANTING TO WIN IS." VINCE LOMBARDI

"ENTHUSIASM IS CONTAGIOUS, AND SO IS THE LACK OF IT."

"THE ONE THING WORSE THAN A QUITTER, IS A MAN WHO IS AFRAID TO START."

"NEVER, NEVER, NEVER GIVE UP." WINSTON CHURCHILL

"FATIGUE MAKES COWARDS OF US ALL." VINCE LOMBARDI

"THINGS MAY COME TO THOSE WHO WAIT, BUT ONLY THINGS LEFT BY THOSE WHO HUSTLE." A. LINCOLN

"IT'S HOW YOU SHOW UP AT THE SHOWDOWN THAT COUNTS."

"DON'T COUNT THE DAYS, MAKE THE DAYS COUNT." LOU HOLTZ

"IF WHAT YOU DID YESTERDAY SEEMS BIG, YOU HAVEN'T DONE ANYTHING TODAY." LOU HOLTZ

"MOST PEOPLE DON'T FAIL. THEY JUST STOP TRYING." JIM BOUTON
**Player Code of Conduct**

**Introduction**
Westwood Women’s Lacrosse is a premier organization that is concerned with the future development of our club and the maturation of our student athletes. This Code of Conduct is implemented to define our responsibilities to Westwood High School, Round Rock ISD, and to each other, as well as to ensure the safety and well-being of the players, coaches, parents, fellow students, and officials. Each student athlete is responsible for understanding, signing, and abiding by this code in order to participate in good standing with this organization.

**Westwood Women’s Lacrosse Activity Season**
The Westwood Women’s Lacrosse Primary Activity Season shall be defined as beginning on the day of the initial Parent/Player meeting in August or September until the last club activity in May. An “event” includes an actual event, activity, or trip. The “event period” will be defined as one hour before, during, and one hour after the “event.” Other “events” will include any activity where a player is representing Westwood Women’s Lacrosse, whether within the Primary Activity Season or outside the season. This will include a summer league team for Westwood or a called practice with players.

**Drug and Alcohol Use**
It is illegal and against team rules to use or abuse illegal drugs or alcohol of any kind. All long term drugs for ongoing health reasons must be specified on the “Player Information Form” and will not require further written validation. If any other legal drugs are required for specific health reasons, a letter/note must be submitted to the player’s respective coach. This written validation must be signed by a legal parent or guardian who is a member of Westwood Women's Lacrosse and must contain information about the type of drug being used, the reason it is being used, the amount to be used, the expected duration of use, the side effects that can be expected, and emergency contact information should problems arise. Penalties for failing to comply are outlined in this document.

**Personal Conduct**
An individual student athlete who is a member of the Westwood Women’s Lacrosse team must conduct herself on and off the field with the highest regard for others and themselves. She must respect coaches, teammates, classmates, teachers, club members, officials, opponents, and the Westwood High School conduct expectations. Any mistreatment or abuse, physical or verbal, will result in disciplinary actions outlined in this document. Each violation will be handled on an individual basis by the club or coaching staff, depending on the severity and impact to the team and club.

**No Pass, No Play**
Westwood Women’s Lacrosse adheres to the RRISD and Westwood High school NO Pass No Play policy. Although Westwood High School notifies our organization when student athletes are ineligible, player and parents are also responsible for notifying our Head Coach if a player becomes ineligible to participate due to grades. For complete detailed information, please contact the Westwood High School Athletic Department.

**Code of Conduct Violations and Penalties**
Participation in Westwood Women’s Lacrosse is a privilege, not a right, granted to players by the board, organization members and coaches. The privilege of participation in Westwood Women’s Lacrosse may be withdrawn at any time if a student athlete is found to be in violation of the established standards of this Code of Conduct. The consequences of violating this Code of Conduct for athletes involved in Westwood Women’s Lacrosse will be imposed in accordance with the guidelines listed in Table 1. This policy is intended to be a minimum standard of consequences for athletes in violation of this code.

Table 1: Violations and Penalties

<table>
<thead>
<tr>
<th>Violation</th>
<th>Description</th>
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<tbody>
<tr>
<td>Violation A</td>
<td>During any lacrosse event or trip in which she represents Westwood Women’s Lacrosse, an athlete is involved in the use of, possession of, or under the influence of, a controlled or illegal substance; or is in violation of personal conduct expectations.</td>
</tr>
<tr>
<td>Penalty A</td>
<td>The player will be suspended from participation in all team activities for a period of one (1) calendar year and forfeiture of all dues. A second offense in subsequent years will result in permanent removal from the Westwood Women’s Lacrosse team for the remainder of her high school career and forfeiture of all dues for the current year.</td>
</tr>
<tr>
<td>Violation B</td>
<td>At a RRISD school function or on RRISD school premises, an athlete is involved in the use of, possession of, or under the influence of, a controlled or illegal substance; or is in violation of personal conduct expectations.</td>
</tr>
<tr>
<td>Penalty B</td>
<td>The player will be suspended from participation in all team activities (including, but not limited to, practice and competition) for a minimum of six (6) weeks. Suspension will begin immediately for sports in season and will carry over to the next half of the season until the six week suspension from competition and practice has been fulfilled. A “week” will be defined as four (4) practices or games. The six week period disciplinary action will carry over from fall season to spring season and year to year until the athlete has missed six weeks of competition and practice. An athlete who misses six weeks of competition and practice could result in automatic suspension for the next season. A second offense in subsequent years will result in suspension from the team for one (1) calendar year and forfeiture of all dues. A third offense will result in permanent removal from the Westwood Women's Lacrosse team for the remainder of her high school career and forfeiture of all dues for the current year.</td>
</tr>
</tbody>
</table>
Violation C - At times other than what is defined in Violation A and Violation B, and during a modified Activity Season which starts with the First Fall Practice and ends with the last club activity in May, an athlete is proven to be involved in the use of, possession of, or under the influence of, illegal or controlled substances; or is in violation of personal conduct expectations. **Unsubstantiated evidence (“hearsay”) cannot be considered as an offense.**

Penalty C – The consequences for Violation C are the same as Penalty B.

Appeals Process
An athlete may contest or "appeal" a suspension of eligibility within five (5) school days of the receipt, in writing, of the notification of offense and penalty from the Board. The appeal must be in writing and must be delivered to any member of the Westwood Women’s Lacrosse Board (other than a member with direct ties to the athlete involved). The appeal must declare the desire to exercise the athlete’s right to appeal and must include all information about the offense and the reasons for the appeal.

The Westwood Women’s Lacrosse Board will then assemble a “Panel” to hear the appeal at a special meeting. The Panel’s judgment will be final. There will be no second appeals allowed.

The Panel shall consist of:
- A Quorum of Board Officers
- Two Players (preferably Varsity Captains**)
- Two coaches (preferably the Head Coach plus either a Varsity Assistant for varsity athletes or the JV Head Coach for JV athletes)

*Any Board member who is a parent or guardian of the appealing athlete will not be allowed to vote in the appeals meeting; in this case, the coach with the most direct contact with the athlete also will not be allowed to vote in the appeals meeting (in order to preserve an odd number of voting panel members).

** Varsity captains should normally be part of this process. If they cannot fulfill this requirement, the coach may select alternates.

The date, time, and location of the meeting will be agreed upon by the all members of the Panel, as well as the athlete and the athlete’s parents. A speedy resolution is desired. Although the athlete’s parents are strongly encouraged to attend the meeting, their attendance is not mandatory.

The format of the appeal meeting will be as follows:
- The athlete will present her case to the Panel.
- Open comments and questions shall be allowed by all parties attending the review. These comments will be limited to three (3) minutes per speaker.
- The Club President will serve as chairperson of the review Panel and voting shall be by written ballot.
- The decision of the Panel shall be final and will be forwarded to the athlete and parent or guardian within three (3) school days of the hearing.

Agreement to adhere to Code of Conduct
I, as a player for Westwood Women’s Lacrosse, and as representative of Westwood High School, promise to be drug and alcohol free and honor this Code of Conduct to ensure a safe and respectful environment.

Participant

<table>
<thead>
<tr>
<th>Printed Name</th>
<th>Signature</th>
<th>Date</th>
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Participant’s Parent/Guardian

<table>
<thead>
<tr>
<th>Printed Name</th>
<th>Signature</th>
<th>Date</th>
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FOR ONLINE ACKNOWLEDGEMENT OF THE ABOVE AGREEMENT TO ADHERE TO CODE OF CONDUCT

You agree that the Name and/or ID shown above fully, accurately and uniquely identifies you in our database. You furthermore agree that your submission of this form, via the "I Accept" check box, shall constitute the execution of this document in exactly the same manner as if you had signed, by hand a paper version of this agreement.