



FHS MEN'S LACROSSE PLAYER & PARENT CONTRACT

For our team to be as successful, we must grow as a team. The coaches here at Farragut High School are concerned about instilling character, discipline, and work ethic in our players. If we do not have these characteristics we cannot succeed as a lacrosse team. It is up to you to make the commitment to your teammates and coaches. Your commitment and passion will help develop our team unity and potential. We, as a team, need to have a structure and rules that will set the expectations for our team. These rules are clear and complete because it is important for you, as student athletes, to understand what is expected of you. Breaking team rules will result in appropriate actions and consequences at the coaches' discretion. Read the following team rules. You and your guardian need to acknowledge that you have read and understand the team rules by signing the agreement form at the end of the rules. Please turn that form into your coach as soon as possible.

1. **RESPECT:** You will ALWAYS show respect. This involves your coaches, teachers, parents, teammates, other teams, fans, the field, and anyone in our community. You must always exemplify quality character in all situations. You will NEVER back talk to a coach. This behavior will not be tolerated under any circumstance. If you disagree with a coach's decision, their play calls or any other aspect of their duties you are not free to voice your opinion with other players during a game or practice. See the coach after practice and discuss your concerns in an appropriate and respectful manner. Insubordination will not be tolerated and will lead to suspension or dismissal.
2. **SPORTSMANSHIP:** We will display good sportsmanship win or lose, before, during or after the game. We will play as a team and grow as a team. Winning or losing does not define who we are, it is how we react to winning or losing that defines us. Never discourage others, try to encourage and lift them up. We are here together as a team. You have an obligation to help each other. We are only as strong as our weakest link.
3. **ATTENDANCE:** By joining this team, you all have made a commitment to helping us grow and unite as one team. That cannot happen if we are missing players during team events. Absences hurt our team and we will hold every player accountable to their commitment. The only reasons to miss a game or practice are required school events that count as a class grade, religious affiliation activities, death of family, or personal illness/appointments with documentation. All absences are unexcused if the coach is not contacted by the player before you are missing an event. Doctor appointments and illness with documentation (proof you went to the appointment or were sick) are excused absences but you will be missing very important instruction and may not start or play in the next game. I know that many appointments may not be within your control but try not to schedule appointments during lacrosse practices or games.
4. **TARDINESS:** Be on time for everything. If you are late for a practice, film study, scrimmage, or a game there will be appropriate consequences resulting from your decisions. Being late frequently and disrupting the team will lead to additional opportunities to improve your cardiovascular health, as well as possible reductions in game play time. Tutoring, school work or traffic are not valid excuses for being late to practice. We expect you as players to manage your time in order to be a part of the team, do your schoolwork so you will be on time for practice.
5. **ELIGIBILITY:** If a player is ruled ineligible, be it by the school or his parents, he will not be allowed to continue. I ask that lacrosse players sit in the front of all classes whenever possible. If you are not going to give an effort in the classroom, then you won't be given the privilege to display your effort on the field. You are here to get an education first. We play student athletes, not simply athletes. Part of being a student athlete requires you to manage your time and your school workload to allow you to fulfill the commitment to the team. If you are having trouble with a subject please seek tutoring in that subject and tell a coach, we want to know what is challenging you outside of lacrosse and will help you in any way possible. It is ultimately your responsibility to keep your grades up but asking for help before it's too late can make all the difference.



6. **EQUIPMENT:** Proper equipment and uniform maintenance will be the responsibility of each player. You are required to keep your equipment and uniform clean and in working condition. If you have a problem with your equipment during a practice or game, you should notify coaches immediately. All players are required to wear the following during practices and games: shoulder pads with appropriate chest protection, arm pads, gloves, a mouthpiece, a cup and a helmet. A legal, properly working stick is required. Any player who does not wear all the required equipment will not be able to participate in the practice or game.

7. **UNIFORMS:** Uniforms are expensive, and you will get only one set. Each player is required to have a Home and Away jersey and shorts, along with game socks and a game day shooter shirt. All uniforms need to be taken home and washed after games. We should never find a game uniform on the ground or left behind. If found, the uniform will be kept by the coaches and the player will have to earn the uniform back or that player will not play in the next game. Game day colors will be told to you at the practice prior to the game. In general, we wear dark to away games and white to home games.

8. **PRACTICES:** Practices are very important to our team's success. It is important that all players make all practices during the season. Practices will generally run from 6PM to 8PM during the week. At practices all players are required to wear the following: team issued practice pinney, shorts (or appropriate position related pants) as well as a t-shirt. Any player who does not wear all of the required items will not be able to participate in the practice. At practice, anytime a player steps on the field they are required to wear their helmet (this includes shooting or playing catch before practice starts) for their own safety. We will have practices that are labeled Film, Conditioning or a meeting where full equipment will not be required. At these, players will be notified in advance as to the clothing requirements and standards.

9. **CAPTAINS:** Will be chosen by the coaches. The team may be polled to express their wishes, but the head coach will have the final say. When possible, the captains will represent all three areas (Offense, Defense, Midfielders). Team captains will have set responsibilities that the head coach will explain to the selected captains. Captains will meet regularly with the coaching staff.

10. **ILLEGAL ACTIVITY:** There will be no tolerance for alcohol, tobacco (including vapes) or drugs. Our team follows and abides by the laws of the school and the State of Tennessee. Any occurrence of these poor decisions will be met with an immediate suspension from team activities and possible dismissal depending on the circumstances. We want you to make informed decisions and stay away from things and people who will only bring you and our team down.

11. **REFUNDS:** Lacrosse is not an inexpensive sport to play. Players and parents will have one week (7 days) from the first practice a player attends after all registration forms are complete to request a refund. After that point no refunds can be made for any reason. If a player is deemed ineligible due to disciplinary action or any other reason, no refunds will be issued.

12. **SERVICE:** As a team, we will have opportunities to participate in service activities that benefit our school, our lacrosse complex, and our community. Each player is expected to participate in a minimum of 10 service hours during the school year as part of their eligibility requirements.

13. **COMMUNICATION:** The expectation is that players will communicate with coaches directly. Any complaint or issue must be brought to the coach's attention through the player. No parent may complain about playtime, coaching decisions, or any other non-safety related issue to the coaching staff. Profanity of any form will not be tolerated.



These rules may not cover all situations. If a situation occurs that is not covered in these rules above, the coaching staff will consult with the Athletic Director and reference the student and athletic handbook when deciding on appropriate action or punishment. If you **choose** to break these rules, there will be consequences to your decisions and actions. We will hold you accountable. Not everyone can play Lacrosse; it is a privilege not a right. For us to become true champions we must act like it in all aspects of the game.

Any questions or concerns please contact our head coach James Graf at:
12FHSLAX@GMAIL.COM or (516) 754-9669

Player Name (Print Please):

Grade (circle): FR SO JR SR

Team Rules Sign-off Form

Student Athlete:

I have read the Farragut High School men's lacrosse program Team Rules and understand that I must obey our rules to maintain my status as a player on our team. I agree to follow these Rules that have been provided to me with this signoff sheet. I accept that corrective action will be imposed on me for breaking these rules. I understand that corrective action could include suspension or dismissal from the team.

Student Athlete Signature:

In addition to the above team rules, as a parent or guardian I commit to:

1. Assist in player's timely arrival to practice, games, and team events.
2. Assist in the development of player's individual decision-making abilities by not offering instructions from the sidelines during practices or games.
3. Entrust lacrosse decisions to the coaches.
4. Pay all fees for services in the specified time frame unless a separate payment plan has been agreed upon.
5. Enforce the FHS MEN'S LACROSSE PLAYER & PARENT CONTRACT and TGLA/TSLA Code of Ethics with your player.
6. Volunteer in some capacity as required by the club.

Parent or Guardian:

I have read the team rules and understand both my obligations and my student athlete's obligations and responsibilities that he must fulfill to remain a member of the team. I acknowledge that the head coach has the right to dismiss or suspend student athletes that violate the team rules as stated above.

Parent or Guardian Signature: