

Westfield HS Boys Lacrosse Player Policy Guidelines

"LOYALTY-ALL IN"

Being a member of the lacrosse program is a privilege with LOYALTY to each other. If any member of the program does anything the coaching staff feels is detrimental to the program, it will be seriously considered to be grounds for dismissal or other appropriate punitive action. Each player is expected to represent the program with respect, integrity and loyalty; players are to be student athletes of character, students first-athletes second.

In addition to the "Player Expectations-Standards", each player is expected to adhere to the following Policies:

1. Be on Time - Coach P Time: Early is On Time-On Time is Late-Late is Unacceptable - Be dressed and ready before the scheduled starting times for all activities-events; meetings-practice-games and etc.
2. Players will follow the Team Room Guidelines and refrain from using profanity at all times.
3. Players will give 100% respect to our coaches, teammates, opponents, officials, fans and school employees.
4. Players will always maintain good sportsmanship, both on-off the field.
5. Players are not permitted to talk or interact with parents, siblings, friends or any spectators during the course
6. of a game. Parents may relay a message through a coach on the staff.
7. Attendance for ALL lacrosse activities is required and see #1 (be on time). Tardiness-absences from practice are NOT permitted unless you inform Coach P before the scheduled practice (provide significant notice for planned extended absence) *in a Handwritten Note-Email-Remind text*. Three unexcused tardies-absences may be grounds for dismissal. Simply because you let Coach P know you will not be present, does not make it 'excused', although it does help your cause. All situations will be reviewed on a case by case basis.
8. Players are required to follow the *Game Day Guidelines* and ride the bus for away games.
9. Players are Student's First-Athletes Second. Players who skip school, are suspended from school, screwing around in class or consistently receive detention will be considered for dismissal from the program. Use-plan your time wisely, do not miss lacrosse activities for schoolwork (learn to manage your time effectively).
10. Any type of Hazing-Abuse WILL NOT BE Tolerated.
11. The use of alcohol-illegal drugs-tobacco-vaping-JUUL products-energy drinks is strictly prohibited.

Lockers once provided are to be used and shared as assigned. Lock your lockers, it is your responsibility.

Player's, we have an open-door policy; do you need to talk? "The door is always open; all YOU have to do is walk through it. It's on YOU to do so". *Note, playing time in games is NOT guaranteed and is something to be earned* by each player, and coaches will do their best to get players into games at the appropriate time and situation. Any/all playing time issues will follow an in-person discussion protocol ONLY (no phone or email discussions), they will be discussed fairly and once.

Protocol: 1. Player, head & 2nd coach meeting, then, if needed 2. Parent, player, head & 2nd coach meeting

Any player and/or parent who may have a concern about anything involving the school or the boy's lacrosse program other than playing time is encouraged to speak and meet with the Head Coach in an in-person meeting (Do Not Go to the Assistants or DSA prior to speaking with HC). Any/all "formal" meetings will have a second coach present (this includes playing time meetings noted above). Should any issue not be resolved, then and only then, a meeting will be set up with the Director of Student Activities. Strict adherence to the protocol/process will be followed.

Sincerely,
Westfield Bulldogs Boys Lacrosse Staff

Parent (guardian) Signature/Date

Student-Athlete Signature/Date

Student Athlete's Copy: YOU KEEP THIS COPY

Westfield HS Boys Lacrosse Player Pledge
"LOYALTY-ALL IN"

I, _____ accept and understand to be a member of the Westfield Boys Lacrosse Program is an honor, privilege and a responsibility, and I fully understand I will be held accountable-responsible for my actions on-off the field throughout *2020 season*. As an individual, I am part of a family, and within this family is a brotherhood of LOYALTY with expectations, standards and responsibilities. I make the commitment of LOYALTY to uphold and protect the legacy of my family and my brotherhood; WE NOT ME!

Therefore, I pledge the following:

I will work hard-push myself to improve-develop all aspects of my game to be the best player I can be.

I will strive to be a complete TEAM first player, accepting my role within the program whatever it may be.

I will conduct myself in a manner that does not draw unwarranted attention to all affiliated with Westfield HS.

I will give my very best effort academically towards receiving a quality education.

I will be the best possible student-athlete I can be and to make sure my grades will not jeopardize my good academic standing nor have a negative effect on the team.

I will make every attempt to make all of the necessary adjustments needed if my grades are in doubt, get the assistance necessary from my teachers, tutors and etc. to improve.

I will follow-commit to the expectations-guidelines-standards set forth by the lacrosse program all year long.

I will treat others with the utmost respect, the way I would want to be treated.

I will work diligently to learn-know our schemes-assignments-terminology and become a student of the game.

I will Strive for and Commit to Excellence-Put forth maximum effort needed to be a Champion on-off the field.

I will play-work throughout the season with the 4C's of Mental Toughness, the "*Bulldogs Lacrosse Way*":

Composure → Character-Discipline

Concentration → Focus-Poise

Confidence → Belief-Trust

Commitment → Passion-Pride

On-off the field, and throughout the season I WILL represent and take PRIDE in representing:

1. Westfield High School
2. The Westfield Community
3. My Teammates and the Bulldogs Lacrosse Program
4. My Family
5. Myself

I know as part of the Bulldogs Boys Lacrosse Family I represent the Vision, Mission and Integrity of the Program's Culture; the Black-Vegas Gold-White colors of the Bulldogs and all of those who came before and will come after me. Now it is my time in history and I pledge now before I leave, history will remember me as someone committed to EXCELLENCE and as a CHAMPION both on-off the field.

Therefore, I PROMISE to Follow and Uphold These Vows:

Players Name: _____

Date: _____

Players Signature: _____

Date: _____

Coach's Signature: Philip C. Palagetti

Date: February 18, 2020

Student Athlete's Copy: YOU KEEP THIS COPY

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