



LAWRENCE LEGION ATHLETICS

THE LEGION RESET CONTRACT

NEXT PLAY. NEXT DRIVE. NEXT OPPORTUNITY.

Great athletes don't let emotions control them—
they control their emotions. At Lawrence Legion Athletics, we don't expect perfection.
We expect growth. Every mistake is an opportunity to respond like a Legion athlete.

When adversity strikes...
RESET. REFOCUS. RESPOND.

THE LEGION CODE

Every Lawrence Legion athlete commits to:

-  **RESPECT THE GAME OF LIFE**
Honor teammates, coaches, officials, opponents, and yourself.
-  **DO YOUR PART**
Every player has a role.
Every role matters.
-  **HANDLE YOUR BUSINESS**
Champions win in the classroom before they win in competition.
-  **TOGETHER WE RISE**
We celebrate together.
We struggle together.
We finish together.
-  **OWN YOUR ATTITUDE**
You control your effort.
You control your energy.
You control your response.
-  **STAY COACHABLE**
Correction isn't punishment.
Correction is growth.
-  **BE GRATEFUL FOR EVERYTHING**
Every rep... Every teammate...
Every opportunity... is a blessing.

THE LEGION RESET PROCESS

If an athlete becomes emotionally overwhelmed, displays poor sportsmanship, argues with coaches or officials, or becomes a distraction to the team, the following steps will occur:



STEP 1

RESET

The player will take a brief break from participation to regain composure. This is not a punishment, but an opportunity to reset.



STEP 2

REFOCUS

During the reset the athlete will:

- Encourage teammates
- Stay engaged
- Watch the game
- Control body language
- Prepare mentally to return



STEP 3

REFLECT

Before returning, the athlete and coach will discuss:

- What happened?
- Which part of the Legion Code was broken?
- What can be learned?
- What will your response look like moving forward?



STEP 4

When the athlete demonstrates:

- ✓ Self-control
- ✓ Positive body language
- ✓ Team-first attitude
- ✓ Coachability

They earn the opportunity to return and compete.

Because at Legion...

**PLAYING TIME IS EARNED
THROUGH ATTITUDE AS MUCH AS ABILITY.**



ATHLETE COMMITMENT

I understand that representing Lawrence Legion Athletics is a privilege. I commit to living the Legion Code on and off the field. I understand that mistakes happen, but my response defines my character. I will compete with discipline, toughness, humility, and respect.

Athlete Name _____
Athlete Signature _____
Date _____



PARENT COMMITMENT

I understand that emotional growth is just as important as athletic development. I will support the coaching staff, reinforce the Legion Code at home, and encourage my athlete to respond with character during adversity.

Parent/Guardian Name _____
Signature _____
Date _____



COACH COMMITMENT

As Lawrence Legion Athletics coaches, we commit to developing young leaders before athletes. We will coach with consistency, accountability, encouragement, and love. Every correction will be given to help our athletes become better players, teammates, students, and people.

Coach Name _____
Signature _____
Date _____