



WAUKEE LACROSSE

CODE OF CONDUCT AGREEMENT

Youth and High School sports should be a fun and enjoyable atmosphere for everyone. Actions by parents, fans, players and coaches, whether verbal or nonverbal, can have a lasting emotional effect on anyone involved. Too many of today's youth are leaving sports activities because the fun is unfairly taken away by adults, unruly players, overly aggressive coaching and obnoxious fans. The Waukee Lacrosse Club strongly believes the essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and four core principles: Honesty, Integrity, Respect and Responsibility. As a player, parent/guardian of a player or coach in the Waukee Lacrosse Club, your actions reflect not only on you, but every parent, player and coach associated with the club.

Those who conduct themselves in a manner that reflects the core principles from above will bring credit to the sport of Lacrosse, themselves, their teams, and their organization. It is only through such conduct that our sport can earn and maintain a positive image and make its full contribution to youth sports in our community and throughout the Midwest.

Players, Parents and other Waukee Lacrosse Club members are bound by the following Code of Conduct. Membership in our organization is a privilege, not a right, and that privilege can be revoked. Players and Parents are expected to read and understand the rules set forth by our club. Parents and Players alike who violate the Code of Conduct may be suspended or expelled from Waukee Lacrosse Club, without refund or compensation of any kind, at the sole discretion of Waukee Lacrosse Club Directors and/or Coaches. Directors and/or Coaches also have the right to deny future membership in Waukee Lacrosse Club to any Player or Parent who violates the Code of Conduct. Members are also expected to adhere to all rules and regulations of US Lacrosse (USL). Additional information can be located on these websites:

www.uslacrosse.org

www.waukeelacrosse.com

Membership in Waukee Lacrosse Club belongs to each participating family. Therefore, any part of the family – Player or Parent – who fails to abide by the Code of Conduct puts the entire family's membership at risk.

Waukee Lacrosse Club Players, Parents and Coaches are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other Players, Coaches, Officials, Parents and spectators. In becoming a member of the Waukee Lacrosse Club community and the Lacrosse community overall an individual assumes certain obligations and responsibilities to the game of Lacrosse and its participants.

Parent/Guardian Agreement

As a parent in the Waukee Lacrosse Club, I agree to abide by and follow the rules and guidelines below:

- I will not be under the influence of or in possession of drugs, alcohol, tobacco products or weapons of any kind at practices or games. During trips and other events, responsible consumption of alcohol or tobacco will be observed and any abuse or resulting bad conduct due to over consumption will not be tolerated.
- I understand that the use of foul language towards anyone (coaches, teammates, officials, opponents or spectators) will not be tolerated. I will not engage in any language or actions with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. I will not tolerate these acts from any players, coaches or adults associated with Waukee Lacrosse. These acts shall be considered harassment and may result disciplinary actions.
- I will not post on any social media site with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. The posting of negative, demeaning or derogatory comments will not be tolerated. These acts shall be considered harassment and may result disciplinary actions. Furthermore, if I see anything of concern from or about an official, another Waukee coach, player or club member on a social media site, I will immediately contact my child's coach or the Waukee Lacrosse Club Board. As a parent, I understand that I am accountable for the actions of my child on social media sites. I will stress to my child the importance of proper conduct on these sites and provide parental oversight to prevent any type of cyber-bullying by my child.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as boozing, taunting or using profane language or gestures. I will maintain self-control at games, practices and other club events.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and demonstrate positive support for all players, coaches, officials and spectators at every game, practice or event.
- I will not encourage any behaviors or practices that would endanger the health and/or wellbeing of the athletes.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence. I will demand that my child treat all players, coaches, officials and spectators with respect.
- I will never ridicule or yell at my child or other participant for making a mistake or losing a game.
- I will support the coaches and allow them to do their job by not coaching my child or other players during games and practices. I will not openly question or confront coaches before, during or after games or practices. I will take the time to speak with coaches about any concerns calmly, privately and at an agreed upon time and place.
- I will practice and encourage open communication with the coaches and/or the Board of Directors. I will bring concerns forward after adhering to a 24 hour cool down period. The 24 hours following a sporting event are filled with emotion and adrenaline for both the parents and coaches. The purpose of the cool down period is to allow for people to calm down prior to discussing any aspect of a game. After the cool down period, all discussions should start with the coach.

- I will respect the coach's decision and not interfere with or undermine the coaches
- I will praise my child for playing hard and competing fairly.
- I will not complain or become confrontational about penalties or calls made by the officials and will always respect the referees and their decisions.
- I will not force my child to participate in lacrosse. I will let them decide if it's the right sport for them.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire I have for my child or their team to win.
- I will inform the coach of any physical disability, illness or injury that may affect the safety of my child or the safety of others.
- I understand any suspension or expulsion from the school my child attends may lead to an equal suspension/expulsion from the Waukee Lacrosse program. I also understand it is our responsibility to inform the coach and the Waukee Lacrosse board of any such situation. Upon returning to school, we will provide the board a letter on school letterhead confirming the reinstatement of eligibility to then be considered for reinstatement to the lacrosse program.

Player Agreement

As a player in the Waukee Lacrosse Club, I agree to abide by and follow the rules and guidelines below:

- I am responsible for my conduct at all times, I will always be a positive representative of Waukee Lacrosse Club and the City of Waukee
- I will always play by the rules of lacrosse and in the spirit of the game.
- I will, regardless of the outcome of the game, congratulate my team-mates, coach and coaching staff as well as the players and coaches of the opposing team in a genuine and positive manner
- I understand that the use of foul language towards anyone (coaches, teammates, officials, opponents or spectators) will not be tolerated. I will not engage in any language or actions with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator.
- I will respect the referee's decision and let the coach or team captains address the referees. If there is a need to communicate with an official of the game, I will address them as 'Sir' or 'Ma'am' and with the utmost respect at all times.
- I will control my temper, behavior and language. Foul, obscene, or inappropriate language will not be tolerated and will be dealt with accordingly.
- I will refrain from bullying, harassing, hazing, initiation or any form of physical violence or act of aggression.
- I will not post on any social media site with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator. The posting of negative, demeaning or derogatory comments will not be tolerated. These acts shall be considered harassment and may result in disciplinary actions.

- I will abstain from the use or possession of illegal drugs, alcohol, tobacco and vaping / electronic cigarettes.
- I will be at practices, games and team events on time. I understand that it's my responsibility to have all required equipment in order to participate. The following list is considered the required equipment:
 - Helmet, Protective Cup, Mouth Guard, Gloves, Elbow Pads, Chest Pads, Stick and Cleats
- I will obtain advance approval from the Head Coach or Team Manager if I am unable to attend a practice, game or team event.
- I will treat opposing coaches, competitors and fans with respect.
- I will not damage or steal the personal property of others.
- I will treat Waukee School and competitors' facilities and equipment with care and respect.
- I will follow, trust and commit to the decisions of the coaches and Board of Directors.
- I understand any suspension or expulsion from the school I attend may lead to an equal suspension/expulsion from the Waukee Lacrosse program. I also understand it is my responsibility to inform my coach and the Waukee Lacrosse board of any such situation. Upon returning to school, I will provide the board a letter on school letterhead confirming the reinstatement of eligibility to then be considered for reinstatement to the lacrosse program.

Coaches Agreement

- Waukee Lacrosse Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people on and off the field, as well as with adults.
- Coaches must establish objectives for their teams and their players and inform them of team and individual player goals.
- Coaches must be committed to improving as Lacrosse coaches. They must also be committed to improving the level of play of each and every player on their team and ensure that all players get fair playing time.
- Coaches will teach and practice good sportsmanship at all times. They understand that the use of foul language towards anyone (other coaches, players, officials, opponents or spectators) will not be tolerated. They will not engage in any language or actions with the intent to initiate, hurt, intimidate or humiliate any player, coach, official or spectator
- A Coach will respect the game of Lacrosse. They will teach the core principles of the club at all times both on and off the field. At no time will they teach dirty play or encourage retaliatory actions toward other players
- A Coach will respect the officials. The manner in which a coach treats others (Officials, Opposing coaches, players and parents) will reflect the highest level of class in order to teach the players under him core values.
- A Coach will always try to look out for the best interests of the Waukee Lacrosse program

- Minor breaches of discipline may be dealt with by the Waukee Lacrosse Coaches in consultation with other members of the Waukee Lacrosse coaching staff.
- Coaches can expect the respect and support of Waukee Lacrosse Players, Parents, Fans and Board of Directors.

I realize that if I violate this Code of Conduct I may be subject to disciplinary action that could include one or more, but not limited to the following:

- Verbal warning by Head Coach and/or Waukee Lacrosse Board
- Written Warning
- Parental/Player Game suspension with written documentation of incident kept on file by Waukee Lacrosse Board.
- Parental/Player Season suspension
- Parental/Player Suspension from all future Waukee Lacrosse Games (Home or Away), Practices and Events

By signing below and submitting to the club, each member agrees to abide by and be subject to this Code of Conduct.

AGREEMENT TO 2021 WAUKEE LACROSSE CODE OF CONDUCT

Parent/Guardian Name (printed): _____

Parent/Guardian Signature: _____ Date: _____

Player Name (printed): _____

Player Signature: _____ Date: _____

Coach Name (printed): _____

Coach Signature: _____ Date: _____