

# EDINA LACROSSE ASSOCIATION

## Travel Team Commitment Statement

**The success of Edina Lacrosse is dependent on the commitment of the players and parents. Lacrosse is a team sport and the absence of a player affects the team and player development. Coaches need full participation at practices to develop and run effective and fun practice plans and drills. Filling out the team roster at games allows coaches to work on team development and enables effective player subbing to keep a high level of energy going during the game. As a result please review and acknowledge the player commitment.**

### **I commit to:**

- Be at 80% of the full season schedule (games, practices and tournaments) for the entire season.
- Arrange my schedule so that I can come to practice regularly and on time, and to participate in scheduled games and tournaments. If I am going to miss a game or practice I will inform the coach and/or team manager at least one week in advance.
- Work hard at practice to improve my lacrosse skills and my understanding of the game.
- Give my coaches or trainer my full attention. When my coaches or trainer are talking, I will stop talking, keep my ears open, and my eyes on the coaches. I will not distract others during the practice session.
- Do whatever is asked of me on the lacrosse field for the good of the team.
- Always encourage, and never to criticize my teammates at practice, during a game, and at school.

Players who miss practices or games in excess without prior notification, or whose participation in games and/or practices do not meet the expectations listed above, may have their playing time reduced. This will be explained to players and parents by the coaches. Continued or frequent failure to meet commitment standards could result in suspension from play, or removal from the team.

Signed by: (checked in registration that registrant agrees to statement)