

Player Name: _____

2020 MPHS JV Lacrosse Expectations

- **We are family.**
- **Team comes before self.**
- There are 6 coaches, everyone else is a player. Coaches coach, players encourage.
- Let the coaches be your megaphone, bring your ideas, thoughts, etc. to them.
- We compete with other teams, not our teammates. **We challenge our teammates to be their best at practice.**
- Know your role and embrace your role.
- Know the rules. Respect the referees.
- Playing time is only guaranteed if you follow attendance policy.
- Go the extra mile. Put in time outside of practice.
- **Being on time means you are 100% ready to start at the given start time.**
- Arrange all other activities and appointments around your practices and games. See attendance policy below.

JV ATTENDANCE POLICY

Attendance at ALL practices and games is REQUIRED. Please arrange tutoring, doctor appointments, drivers ed, etc. around your lacrosse schedule. Players missing more than 4 practice/game dates for whatever reason (tutoring, drivers education, sick, etc.) will be held to the following game restrictions on their **5th and subsequent misses**. Very few exceptions will be made (i.e. family death, extreme illness or injury, etc.).

- For each practice in excess of 4 missed (i.e. on their 5th, 6th, 7th, etc miss), a player will be required to sit out for one-half of the next scheduled game. The player will be out of the subbing rotation for that half. The coaching staff may choose to sit the player for the full first half, the full second half or part of the first half and part of the second half. Note, in instances where the player is absent for the game she was scheduled to sit, this will count as an additional miss and the player will then accumulate another one-half sit-out to be served.
- If a player has an instance where she has missed 2 or more practices in excess of the 4 allowed misses before the next game, the coaching staff **may** choose to spread out the multiple one-half sit-outs so that the player may play at least half of each game.

Players are expected to arrive at practice on time, we realize there may be an occasion or two that a player will arrive a few minutes late. However, when this becomes a frequent occurrence, consequences will occur. Players late more to than 3 practice/game dates will be held to the following criteria on their 4 and subsequent tardiness.

- Every 4 late arrivals to practice/game is equivalent to one missed practice/game. See above for penalties of 4 or more practice misses.

By signing below, I acknowledge receipt of the attendance policy in place for the 2020 JV girls' lacrosse season at MPHS.

Player Signature _____ Date _____

Parent Signature _____ Date _____