



Lady Vipers Lacrosse

Code of Conduct – Board Members, Athletes, Coaches & Parents

Lady Vipers Lacrosse Code of Conduct

Being a member of the Vandegrift Lady Vipers Lacrosse team is a privilege, not a right, provided to players by the parents, coaches, organization members, and the board. In addition to the TGHSL, US Lacrosse, and Athletes Code of Conduct, the following rules must also be observed and followed.

1. Attendance: Attendance at lacrosse events is mandatory, unless otherwise stated. All athletes must attend all lacrosse events unless the coach is notified 24 hours ahead of time (the exception being in the event that an athlete is sent home from school, she must notify her head coach as soon as possible). Athletes must arrive on time and be ready to participate at the time and place communicated by the coaches & board members, or playing time, starting position, or leadership status may be affected.

2. Absences: Excused reasons include, but are not necessarily limited to, family emergencies, injuries, and absence from school due to illness, or appointments. Coaches may require documentation from a parent or doctor to count the absence as excused. Unexcused absences will result in lessened playing time, loss of starting position, and/or possible loss of leadership status. If athletes or player's parents do not communicate their absence with their coach 24 hours ahead of time they may also lose playing time and/or lose starting position. Coaches and board members are aware that school comes first, so athletes are held to a strict "No Pass, No Play" rule. However, if an athlete must miss practice for a school event or homework, that athlete must understand that they will receive a decrease in playing time or loss of starting position, so that proper time management is rewarded.

3. Respect: Athletes, parents and coaches must respect each other – do not engage in disrespectful conduct of any sort including negative attitudes toward another, profanity, obscene gestures, offensive, trash-talking, taunting, and retaliation toward teammates and others for ANY reason. This will not be tolerated. A player, parent or coach may be ejected from the team upon first offense. This applies to both on and off the field. Lady Vipers Lacrosse players, parents and coaches treat their teammates and peers with respect and decency 100% of the time.

Athletes and their parents must speak with their Head Coach and/or the board regarding any issues they may have with practices, games, or any other lacrosse related issue, in a respectful manner. The athlete or parent may be dismissed from an event if the behavior is not altered after a warning. Parent coaching from the sideline will not be tolerated and may affect a players' participation on the team – there is zero tolerance for parent coaching from the sideline.

4. 24-Hour Cooling Down Period: For a 24 hour period following a game, parents are not to approach coaches or Board members with questions regarding playing time, coaching tactics, game decisions, etc. The 24 hours following a sporting event are filled with emotion and adrenaline for both the parents and the coaches. The purpose of this cool-off period is to allow for people to calm down prior to discussing any aspect of the game. After the cool off period has expired, any discussions should start directly with the coach.

5. Cell Phones: The use of cellular phones and smartphones during "lacrosse time" is prohibited, unless permission has been granted by your coach. Unauthorized usage will result in the collection of the device until lacrosse time has ended. Lacrosse time includes games, practices, warm-ups, team meetings, and any other time when a coach requires your attention. Coaches may allow players to quickly check phones during water breaks in case a family member is trying to leave a message for a player.



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6. Social Media: Athletes may not use social media to harass, defame, provide false information, or otherwise use social media in a negative manner regarding teammates, coaches, and Board members. Negativity of any media directed toward our team, our school, other teams, other schools, officials, coaches, parents or board members will not be tolerated. Misuse of social media also includes, but is not limited to, posts and/or photos involving illegal activity, and favoriting/liking/retweeting/etc., of any negative statements directed toward those specified above. Coaches may not single out any individuals on social media either positively or negatively.

7. Driving: Athletes may drive themselves and teammates to and from local practices and local games, as long as the driver is legally able and physically capable of operating a motor vehicle in the state of Texas. Athletes may NOT drive themselves or other players to or from an overnight tournament, or at ANY time while at the tournament, this includes games, dinners, etc.

8. Substance Abuse: Vipers Lacrosse Substance Abuse Policy (High School only). As a matter of policy, the Vipers Lacrosse Club (Club) does not permit or tolerate the use of tobacco, drugs, alcohol or steroids by its players. The Club reserves the right to enforce this policy through mandatory random testing for banned substances and by empowering the coaching staff to take disciplinary action when there is a reasonable suspicion based on personal observation that a player has violated the Club's policy. This policy is based on the Leander ISD UIL policy. For more information regarding consequences of violations please see the LISD High School Athletic Handbook.

The privilege of participation in the Vandegrift Lady Vipers Lacrosse program may be withdrawn if a student athlete is found to be in violation of the established standards mentioned in the Codes of Conduct above. Disciplinary action may include, but is not limited to, suspension, demotion, and expulsion. Refunds will not be offered if the athlete is found in violation of any code of conduct rules. Nor will refunds be made if an athlete decides to terminate her participation early.

9. Player Safety: Player safety will always come first. If ANYONE experiences or witnesses a situation or environment that makes them feel unsafe or threatened – or concerned for another person, they must share this immediately with a parent, coach or Board Member. Situations may include but are not limited to: violence, verbally abusive behavior, bullying, sexual abuse, weather including lightning. There will be zero tolerance for any retribution to a player coming forward with a concern.

Lady Vipers Board and coaching staff maintain a welcoming open door policy with players who express concern about their safety related to any matter: weather, violence, verbally abusive behavior, bullying, sexual abuse, weather including lightning. Report concerns immediately to the Lady Vipers Board President.



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Character Requirements of Board Members, Athletes, Coaches and Parents

Trustworthiness

Trustworthiness: Be worthy of trust in all you do.

Integrity: Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what is right even when it is unpopular or personally costly.

Honesty: Live and compete honorably. Never lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability: Fulfill commitments. Do what you say will do.

Loyalty: Be loyal to my team. Put the team above personal glory.

Respect

Respect: Treat all people with respect at all times.

Class: Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Give fallen opponents help, compliment extraordinary performance and show sincere respect in pre-and post-game rituals.

Disrespectful Conduct: Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.

Respect Officials: Treat contest officials with respect. Do not complain about or argue with official calls.

Caring

Concern for Others: Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.

Teammates: Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

Responsibility

Importance of Education: Be a student first, and commit to getting the best education you can.

Role Modeling: Consistently exhibit good character and conduct myself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the Lady Vipers Lacrosse Coaches and administration.

Self-Control: Exercise self-control. Do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.

Integrity of the Game: Protect the integrity of the game. Play lacrosse according to the rules.



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TGHSLL Code of Conduct

All TGHSLL players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents, spectators and fans.

The following essential elements of the "Code of Conduct" must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- 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, as well as adults.
- Coaches shall always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike. Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.
- Players shall always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.
- Coaches, players, parents and spectators are expected to demonstrate the utmost respect for officials and reinforce that respect to players/teammates. Coaches are also expected to educate their players as to the important role of lacrosse officials and reinforce the ideal of respect for the official to players/teammates.
- Grievances or misunderstandings between coaches, officials or any other parties involved with the sport shall be communicated through the proper channels and procedures, never on or about the field of play in view of spectators or participants.
- Spectators involved with the game must never permit anyone to openly or maliciously criticize, badger, harass or threaten an official, coach, player or opponent.
- Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and shall adhere to the rules in both the letter and the spirit of the game.
- Coaches shall provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc., have been established to encourage and maximize participation, fair play and to promote safety.
- Head coaches are responsible for controlling their players, spectators and any other persons associated with their program.
- Abusive, profane or violent behavior or language by coaches, players or fans at any League function will not be tolerated at any TGHSLL event. Behavior in this manner may result in member suspension



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Instructions:

- Each player must sign.
- Both parents/guardians of the player must sign.
- Each coach must sign.
- Each Board member must sign.

Player's Printed Name _____ Player Signature _____ Date _____

Parent's Printed Name _____ Parent Signature _____ Date _____

Parent's Printed Name _____ Parent Signature _____ Date _____