

PINNACLE GIRLS LACROSSE CLUB (PGLC)

TEAM CODE OF CONDUCT: THE PINNACLE WAY

ACCOUNTABILITY STANDARDS

1. Be good at everything you do. Never settle for mediocrity.
2. Be a team player. Put the team before yourself, sacrificing your personal goals and ego for the good of the team. Make efforts to be inclusive.
3. Act and play with pride and high expectations. You are a PGLC athlete; you are expected to represent our team well.
4. Take full responsibility for your actions. Recognize, be accountable for, and learn from your mistakes.
5. Become a student of the game. Be prepared to learn and apply what you know. Learn from mistakes and allow them to help you grow.
6. Solicit and value both positive and constructive feedback. Reflecting on one's strengths and challenges makes a person better. It is the coach's and the team's job to hold players accountable to be their best.
7. Be an effective and open communicator. Speak honestly and with compassion. Listen actively to your coaches and teammates and make efforts to understand what they are saying.
8. Be loyal to Pinnacle Girls Lacrosse and show integrity and reliability to yourself and your team.
9. Be solution-oriented. Do not complain without making efforts to find solutions. Demonstrate positivity and cooperation.
10. Demonstrate diligence, efficiency, organization, resilience, and persistence.

TEAM RULES & EXPECTATIONS

Be a good representative of Pinnacle High School, Pinnacle Athletics, the team, and yourself.

- Know where to be and when to be there
- Be on time to all events
- Wear proper attire/team colors/gear
- Demonstrate good sportsmanship at all times to your team, coaches, opponents, officials, and all AGLA stake-holders and follow the USA Lacrosse Code of Conduct as well as the PGLC expectations.

Alcohol/Tobacco/Illegal substances/Prescription drugs

- Understand drugs/alcohol are illegal – and usage is NOT acceptable as a student athlete
- I understand ANY indication is subject to discipline (photos, complaints. and social media post)
- If you choose to indulge in these substances the following will occur:
 - First offense—One week on field suspension, 1 Game suspension
 - Second offense—Up to two weeks field suspension, up to 2 game suspension
 - Third offense- A review and meeting to determine if a return to PGLC will be allowed

Academics are your first priority

- You are a student first
- Manage your time so that you are able to facilitate both lacrosse and academics
- Seek out help early if issues arise
- Academics matter, so you promise to maintain a C average. You may be asked to turn in a grade sheet every two weeks with current grades and a signature from each teacher or parent. If you drop below a C average, you will attend study hall/tutoring two hours a week and may be suspended from practice and/or game play.

Take injuries and rehabilitation seriously

- At first sign of possibly injury, you will speak with your coaches and/or your trainer
- You will follow the regiment prescribed
- You will follow your Dr. instructions/complete rehab daily as recommended until released

Attendance at practice, games, and team meetings is expected

- A schedule will be provided; however, note that times and events may be subject to change
- Regularly check the Groupme for updates
- If you must miss a practice, team function, or game for any reason, this information will be relayed to your coaching staff prior
- You understand when practice is missed, you are not learning the new concepts, so you will likely not receive practice/playing time when you are not aware of what is going on out on the field

Be responsible and be safe

- You will keep your social life in check
- You will relay disciplinary problems to your coaching staff immediately
- You will take care of yourself and your teammates

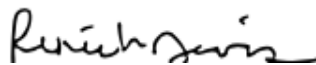
Social Media

- You understand that social media is out there for the world to see and that it is your job to represent yourself, Pinnacle High School, and Pinnacle Lacrosse in the highest regard
- You accept that Pinnacle Girls Lacrosse coaching staff, board, and members should be allowed to follow all players and that players must be aware that conduct posted is subject to the team's code of conduct
- Social media posts on Facebook, Instagram, Snapchat, Twitter and so on can be misconstrued, so you understand that before you post, you promise to **THINK**
T= is it true? **H=** is it helpful? **I=** is it inspiring? **N=** is it necessary? **K=** is it kind?

My parents/guardians and I understand and have read the expectations of the Pinnacle Girls Lacrosse Program. We understand that deviating from the expectations of the program may jeopardize my position with the team. My acknowledgement of these rules and expectations serves as my electronic signature.

Updated Team Code of Conduct approved by the President of the Pinnacle Girls Lacrosse Club

Name: Renee N. Davis



Date : **March 7, 2024**