

GLENDALE VIPER LACROSSE

TEAM RULES, CODE OF CONDUCT, GOALS & EXPECTATIONS

1. The following are expectations of all players in the Viper Lacrosse Program. While you need not know these the first day of practice, you do need to understand these concepts and requirements – so the quicker you learn them the better your team will be.
 - a. Players are expected to practice at home at least 2 hours per week and to develop consistent throwing and catching ability. Do not be the guy that no one wants to pass to.
 - b. Wall ball, wall ball, then more wall ball with the proper routine located on the GLL web. When done - repeat
 - c. All players must be able to handle the ball with both their right and left hand
 - d. Play with stick vertical rather than horizontal (off hip)
 - e. Know the importance of ball movement. Get everyone involved
 - f. Know the importance of moving off ball. Spacing, getting open, cutting, clear through – no ball watching
 - g. Ability to communicate – must be able to talk, listen and see the field
 - h. Defensively - positioning footwork first, poke, lift. Slaps are two handed and on stick only
 - i. Know how to play off ball defense – flat triangle (one eye on ball, one eye on man), Sliding (how and when), and stop the middle – protect the inside or crease area
 - j. Know the basic concepts and sets of the offense (2-3-1, 2-2-2, etc) and how to freelance with proper spacing and cutting.
 - k. Work on your own. Running, conditioning, dodging, stick work, footwork, agility, strength, shooting, etc
 - l. Well rounded young men – Work hard in classroom, play other sports, most of all - be a good family member, help others and have a good attitude.
2. Once a player steps on the field he will be dressed and ready to practice or play. Mouth pieces and cups are mandatory. Bags must be lined up on the sideline.
3. Players will be prepared and on time for all practices, meetings, games, etc., ready to give his full effort each day, if not for himself, then for his teammates.
4. A player receiving an “unsportsmanlike foul” penalty during a game may have to sit out the rest of the game at the discretion of the head coach. Unsportsmanlike conduct, if noticed by a coach yet not called by an official, will be dealt with in the same manner.

5. Zero tolerance for poor attitude, cursing on or off the field, or talking back to the coach, parent or referee. Any indication, verbal or otherwise, of abuse towards a teammate or other during practice or game will result in expulsion from said game (at coaches or referee discretion) or 25 push ups in front of the team. The second offense is 50 push ups by the entire team. The third offense is very bad . . .
6. No practice, no play. Missed practices result in lost playing time simply because concepts need to be learned at said practices. Three unexcused absences can result in dismissal from the program. Determination of unexcused absence is at the coach's discretion. If you must miss a practice – make sure you contact the coach by phone or email before practice.
7. Zero tolerance from players or parents for back talk to coaches or officials. Parents must not communicate with officials - penalties and or expulsion from games can result.
8. Zero tolerance for tobacco, drug and alcohol use by any player. Violation of this rule will result in dismissal from the team. Any suspicion of impairment may also result in a disciplinary action.
9. **By signing this agreement, both players and parents, agree to conduct themselves in a manner which exemplifies a Glendale Viper lacrosse player, and which represents this team in a manner the players would be proud of, both on and off the field. They acknowledge that as a member of this program, they are now part of something bigger than themselves.**

Player Signature

Date

Parent Signature

Date