

MIHS Girls Lacrosse Attendance, Injury & Player Expectation Policy

We, as a Lacrosse Board, encourage and support high school girl's involvement in multiple sports and activities. Girls should not be penalized for other activities; however, once a commitment is made to play lacrosse, the policy below outlines consequences for missed practices or games. We consider a commitment to lacrosse to have been made if you show up for tryouts.

I understand that as a member of the Mercer Island High School Girls Lacrosse Team, I will demonstrate good sportsmanship. I further understand that I am making a commitment to the team and my teammates for the entire season. I understand that I am expected to make all practices and games and that I am expected to arrive on-time and stay for the duration of each. I realize that unexpected circumstances may arise during the season, but I will notify the coaches as soon as possible if any unexpected circumstances should arise that impacts my attendance at a practice or game. I understand that the coaches may reduce my playing time during games if I miss a practice or game, in whole or in part.

Attendance Policy:

- 1 UNEXCUSED missed practice = one missed half of game + contact by the coach to the player's parents
- Re-occurring, unexcused missed practices will result in a missed game, reduced play time and potential removal from the roster
- Any missed practice due to an illness or an injury will be evaluated on a case-by-case basis and could result in less playing time in the upcoming game(s)
- Any player who is late or absent from a practice will lose playing time in the upcoming game(s).

Injury Policy:

We understand that injuries occur and there may be times that you are unable to compete. It is important that if you are injured you are taking time to recover. Your injury does not only affect you, but your team as well. If you are injured during practice and need to sit out, this will be noted by the trainers and coaches and may affect your playing time in a game. If you are unable to participate in the conditioning, you will not be able to participate in the drills or scrimmages. The following is required for injured players:

1. A doctor's note must be accompanied by any injury that hinders you from competition (this is to ensure that you are getting proper treatment)
2. If you are sitting out of a drill you need to be participating in other ways. For example - stretching, walking, jogging, sit-ups, push-ups, retrieving balls, cheering on your teammates.

3. Daily visits with our Trainer, Jo, who will provide updates to the coaching staff on the status of your injury

4. Rehab - icing, heat, stretching, doctor appointments, physical therapy etc. as prescribed by trainer/doctor

It is your primary responsibility to take every step necessary to get healthy, strong, and recover so you can participate as an active member of Mercer Island Girls Lacrosse.

Player Expectations:

Be prepared for every practice – mentally and physically. Prepare yourself for competition by working hard and working smart during each practice. Remember, hard work beats talent when talent doesn't work hard.

- Have all equipment on the field/cages in place before warm-up begins.
- Listen to instructions, set situations up quickly, run in and out of drills.
- Always go hard, both during practices and games.
- Be coachable. Be a GOOD teammate. Bring a positive attitude.
- Take responsibility for your actions. Be mature, learn from your mistake and let it go.
- During conditioning go as hard as you can. Use practices to improve your fitness.
- Be a contributor; help your teammates and support yourself.
- Always communicate with your teammates and coaches.
- If you are sitting out of a drill you need to be participating in other ways. For example – stretching, walking, jogging, sit-ups, push-ups, retrieving balls, and cheering on your teammates.
- Let a coach know AHEAD OF TIME if a schedule conflict arises. It is important to attend every practice so that we can prepare for games as a team. If we learn a new drill, skill, play (etc.) at practice and you are not there, it hinders our improvement and preparation for games.

Player Name (please print): _____

Player Signature: _____

Parent Name (please print): _____

Parent Signature: _____

Date: _____