

Grayson Girls Lacrosse 2016 Team Expectations

Team Philosophy: G.U.R.L.L! (Growth, Unity, Respect, Learning, Legacy)

- Zero negativity tolerance – Lacrosse players who are placed on the team will be held to a strict no negativity policy (we don't do drama here). Player communications will be positive and encouraging, conflicts will be addressed in a respectful and direct manner. Negative comments should be ignored or countered with encouraging comments. This includes negative self-talk!
- Attendance at team events, practices, and games is mandatory as is being on time and leaving only when dismissed by the coaches. Players should be dressed and ready to start at the requested time or they will be considered late.
- Reasonable and occasional requests for a late arrival or early dismissal from practice for unavoidable conflicts will be honored if requested through the coaches ahead of time. Repeated unexcused lates and absences may result in removal from the team.
- Effort is number one on this team. Players who put forth their best effort consistently in and out of practice will reap the most reward. Max effort is outside of your comfort zone, growth happens on the other side of your perceived limits.
- It is the athletes' responsibility to take care of their bodies. Eating healthy, hydrating, getting adequate sleep, wearing proper footwear, stretching after every practice and on weekends as well as training to stay in shape over breaks to avoid training injuries is required. Players with injuries need to follow up with the athletic trainer and follow the trainer's advice to heal properly.
- Athletes are students first, grades that fall to a D or below will prompt a meeting with coaches and academic monitoring until the grade is brought back up. Grades that are consistently low or failing may lead to player probation from playing games or team removal.
- Zero alcohol/illegal drug tolerance
- Communication with coaches is very important. Issues that arise need to be addressed with coaches as soon as possible. You can call or request a meeting. Get into trouble or make a poor decision? Coaches want to hear it from you before we hear it from someone else.
- Playing time is earned. Varsity players will be put on the field based on who the coaches think will meet the challenge of the opponent best. Not all V players will play in games consistently. JV players are developmental and will earn playing time based on effort at practice.
- Players are expected to know the plays and defensive set ups that are given to them in their notebooks. If you miss a chalk talk you are responsible to get a copy and learn the information.
- Players who are unsatisfied with playing time may schedule a meeting with coaches to work on a plan to improve where needed. It's up to the player to put in the time to get better.
- **Leave the team at the end of the season better than you found it. Don't just participate in a sport, build a legacy by finding your purpose and making a positive and unforgettable impact.**
- **Leave each practice better, faster, stronger, and wiser than you were the day before.**