

## **SPRING LAKE PARK LACROSSE TEAM RULES**

### **Team Philosophy**

The philosophy of the Spring Lake Park lacrosse program is to develop the physical as well as the mental aspects of being a successful athlete and a successful team. Each player will be expected to play hard at all times, show class both on and off the field, think team first and “me” second, work hard in the classroom, and keep a positive “team” attitude.

### **Team Membership**

Everyone will receive the opportunity to play. However, coaches determine playing time (please refer to the Spring Lake Park High School Parent/Coach Communication pamphlet). As such, the varsity level is reserved for those student athletes that offer the best opportunity to field a competitive team, regardless of grade level. If student athletes fall behind in the classroom or violate other team rules, practice time and playing time will be affected.

### **Dress code**

We will be practicing outside in the early spring. Players must come to practice with all equipment and appropriate attire for the conditions. Every player is responsible for bringing his/her own uniform and equipment for games. Additionally, all jewelry must be removed before practice and games. Infractions will result in consequences for the whole team. On game days, it is expected players and managers will wear dress formally and wear the home or away jersey. Please remember, you are a part of a team, and your attitude, conduct, and attire reflect on our program.

### **Conduct**

Please act in an appropriate manner both on and off the field at all times. All players should act as ambassadors of the sport and of our team. Inappropriate language, dress, conduct, attire, as well as lack of academic progress will result in consequences involving practice time, playing time, and game suspensions. We will follow all MSHSL rules and policies, including consequences for poor choices involving substance abuse.

### **Language**

We will keep the language clean both on and off the field. Utilizing expletives will not be tolerated at any time. Violations will include consequences for the entire team.

### **Respect and Team Rapport**

Respecting the coaching staff, officials, opposing players, spectators, and each other is expected and very important. We believe in a “team first” mentality. Players and coaches must be unselfish and willing to work cooperatively together. Each player and coach will have a role to fill and your job will be to fill that role to the best of your ability for the good of the team. Failure to comply with this rule will result in game suspensions or possible expulsion from the team. *Parents are also expected to behave appropriately at games.*

### **Attendance**

All district and high school procedures will be followed regarding practice and games. Players are expected to attend all practices, games, and team events. Out of fairness to the team, unexcused absences will have consequences including loss of playing time. Excused absences are those due to illness, injury, family emergency, religion, or academic necessity. Please communicate any scheduling complications to the coaching staff with as much advanced warning as possible. Unexcused tardiness to practices, games, or team functions is unacceptable. Please be ready for the start of practice time—be early.

### **Availability**

Coach Sellars and Coach Clark will be available to the players to set up a personal conference outside of practice. Parents may reach Coach Sellars at [jsella@district16.org](mailto:jsella@district16.org) or by calling 763.785.5536. Parents may reach Coach Clark [cclark@district16.org](mailto:cclark@district16.org) or at 507.319.2717.

### **Lettering**

In terms of lettering, we value commitment, hard work, team first student athletes. In order to letter, varsity student athletes must attend 90% of all practices, games, and team events. Varsity student athletes also must dress and/or play in 90% Varsity games. In addition, players may also letter for special contributions to the team per coach’s discretion.

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**We have read the team rules and understand compliance is required as a member of the Spring Lake Park Lacrosse Program.**

**Student Athlete Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Parent/Guardian Phone #:** \_\_\_\_\_

**Parent/Guardian Email:** \_\_\_\_\_