

KNIGHTS 2010

PLAYER EXPECTATIONS AND COMMITMENT AS A TEAM MEMBER

- You are a STUDENT and THEN an ATHLETE – if you don't make your grades, you can't be an athlete and you let YOURSELF and the TEAM down! Learn to distribute your time and efforts wisely.
- Mandatory attendance at ALL team practices and functions.
- Be ON TIME and PREPARED for games and practices.
- Being respectful to other team members, coaches, and refs. Always exhibit good sportsmanship, on and off the field
- Give 100% at each and every practice, and practice as if it were a game situation.
- Remember you play on a TEAM, so act like a team member, and *not* as if the game is all about *you* as an individual.
- Commit to getting in shape and practicing your stick work BEFORE the season starts. This is a commitment to your TEAM; don't let them down. We have to WANT to be the best we can be.
- Only have positive words of encouragement for your team members. Missing practices/workouts, unsatisfactory schoolwork and poor attitude adversely affect all team members and they will pay the price for your lack of responsibility.
- Always have a positive attitude when dealing with yourself and other team members. If you are "beat" in your head, and you don't think you can do something...you can't! MENTAL TOUGHNESS is the name of the game. And having the confidence that you can do something is purely a mental thing. YOU CAN DO ANYTHING YOU WANT TO DO, IF YOU WANT IT BADLY ENOUGH.
- If you are removed from the team for any conduct-related incident at any time, the participation fee will not be refunded.

I have read the expectations for CHS Lacrosse and commit 100% effort to my schoolwork, my team and my coaches.

_____ Player Signature _____ Date

_____ Parent Signature _____ Date

LET'S HAVE FUN AND GO KNIGHTS!!!