

MIRA COSTA HIGH SCHOOL LACROSSE

CODE OF CONDUCT

Late and Missed Practice Policy

First Time: The whole team runs.

Second Time: The whole team runs and then the late player runs more.

Third Time: Player misses the next game, plus the player's parents are called into the school to meet with the Vice Principal.

Fourth Time: Player is dismissed from the team and I fail the player for 6th period PE, which is what Lacrosse practice falls under.

The only excused absences will be due to illness, injury or appointment and a note from a doctor on the doctor's stationary or a note from a parent with the parent's cell phone number on the note is required. A follow up phone call will be made to the parent. Or, due to academic reasons, and a note from a teacher is required and a follow up phone call will be made to the teacher. If I find out I received a forged note from a player, that player will be immediately dismissed from the team. During the season and JV / Varsity practices are Monday through Friday 3:30 to 5:30.

Practice Rules

1. Players are to be dressed and ready to practice on time and plan for 15 minutes of cool-down after practice. Players are to be dressed, taped, stretched and ready to go full speed at starting time.
2. If a player is in school, and for whatever reason, needs to leave school and miss practice, he may do so only with the approval of his coach or another program coach. If he fails to do so, his absence will be considered unexcused.
3. If a player has an unexcused absence, he will be suspended for one game. If this occurs again, he may be dismissed from the program.
4. All scheduled regular season practices are mandatory. Avoid scheduling appointments during these dates.
5. If injured or sick, a player must get treatment and/or recommendations for participation from the trainer prior to practice, or a doctor's note if applicable.
6. If at practice, while injured or sick, player is to be dressed and participate as much as possible.

Proper Dress and General Appearance

1. Practice: The team practice uniform includes a MCHS lacrosse pinny and mesh shorts, jock strap/cup, helmet, pads, gloves, colored mouth guard, and cleats. Running shoes are also part of the uniform for conditioning days.
2. Game: Game polo shirt is mandatory at school. Uniform and jacket are mandatory on the bus and on the field prior to game.

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General Conduct

The team is expected to behave in accordance with our basic set of core values: respect, responsibility, honesty, fairness and compassion.

1. Communication: Any questions and/or issues that a player may have should be addressed directly to the coaching staff.
2. Locker Room: No running, yelling, or horseplay allowed.
3. Language: Profanity will not be tolerated.
4. Games: Unsportsmanlike conduct will not be tolerated at any time. Players are never to leave the bench to get involved in a fight. If a player receives a technical foul for unsportsmanlike conduct, he will be benched for the remainder of that game and is subject to suspension for the following game.

Training Rules

1. We would like each player to follow a proper diet. Each player should supplement his diet with adequate rest, a wise curfew, and proper hygiene habits. We strongly recommend that each player consume plenty of water before, during and after activities.
2. Players should not use tobacco, drugs, steroids, or alcohol at any time. Use of, or possession of, or being under the influence of such drugs at any time during the season will result in dismissal from the program.

Outside Participation

1. It is illegal for a player to participate in a sport in season on a team outside of the school. While we encourage participation in varying activities during our season of sport, we strongly discourage participation in another sport. Any player who misses any team activity for an outside team in another sport will be in danger of being dismissed from the team.

I understand the Code of Conduct for Mira Costa High School Lacrosse:

Player Signature/Date

Parent Signature/Date