

Citrus Park Lacrosse 2010 Season Regulations & Guidelines

The following is a set of guidelines and regulations for Citrus Park Lacrosse players ("Players"). **Each player is required to abide the following regulations:**

1. It is very important that each player attend practice. "No Shows" will not be tolerated. *If you can not attend a practice or game, contact your coach via telephone in advance.* No text messages or e-mails, please. Most of our coaches do not own blackberry. If a player misses **five (5) practices** and/or **three (3) games** (unexcused) during the season, he will be released from the team & will not receive a refund.
2. Players are required to arrive at practices and games **ON TIME**. Repeated tardiness will not be tolerated!!!
3. Each player will be required to stay after one or two home games to assist with **field clean-up**. This will be done on a rotating basis with 2-3 players staying after each home game.
4. Parents & players should **carpool** to practices and home & away games, if possible.
5. Players must abide by the US Lacrosse "Code of Conduct".
6. Players should always demonstrate **positive behavior and respect** toward teammates, opponents, coaches, officials, parents and spectators. Players, parents and spectators are to conduct themselves in a manner that "**Honors the Game**".
7. Lacrosse players are a part of a worldwide lacrosse community. An individual/player assumes certain obligations and responsibilities to the game of lacrosse and its participants. An essential element to this is HONESTY and INTEGRITY. Those who conduct themselves in a manner that reflects these elements will bring credit to the sport of lacrosse, themselves, their team and their organization.