

Bay Area Sand Sharks Team
Fall 2009 Player Regulations & Guidelines

The following is a set of guidelines and regulations for Sand Shark players. They are as follows:

1. It is very important that each player attend practice. "No Shows" will not be tolerated. *If you can not attend a practice, please contact you coach via telephone in advance.* No text messages or emails please. If a player misses **five (5)** practices (unexcused) during the season, he will be released from the team with no refund.
2. Deadlines will be strictly enforced. Arrive **ON TIME** to practices & games.
3. Players are required to stay home from practice or a tournament if he has had a fever up to 24 hours prior to a practice or a tournament. **If a player has the flu, be smart & stay home!** Everyone should practice due diligence due to the H1N1 virus.
4. Please also be courteous and respond to email requests sent by coaches and other staff in a timely manner.
5. Players should always demonstrate **positive behavior and respect** toward teammates, opponents, coaches, officials, parents and spectators.
6. Players, parents and spectators are to conduct themselves in a manner that "**Honors the Game**" and demonstrates respect to other players, coaches, officials, parents, spectators and fans. In being a member of the lacrosse community an individual 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.