



Code of Conduct

Rip It prides ourselves on our coaches, players, and families within our program. We preach hard-work, respect, integrity, and discipline. We expect our coaches, players, and parents to reflect these values while representing Rip It Lacrosse Club.

Player Contract

- It is expected of each player to arrive 10 minutes early to each practice so that they are dressed and ready to play at the scheduled start of practice.
- It is the expectation that coaches will attend every practice and event. If they are unable to, they will notify their coach or a director in advance so that necessary adjustments can be made.
 - In the event of sickness or emergency, players will contact either their coach or a director to alert them of the situation.
- It is expected that players come to practice ready to give their maximum physical and mental effort.
- Players should take it upon themselves to ensure that they are properly equipped to practice and compete. Additionally, players are fully responsible for uniforms and equipment once handed out. It is their responsibility to show up to each tournament with their shorts, jersey, and shooting shirt (if applicable).
- It is expected that each player has a positive, ready to learn attitude on the field. If a coach feels that a player's attitude is negatively impacting the team and player's performance, he will talk with him on the side. If the player's attitude doesn't change, further actions will be pursued which could include dismissal from the program.
- It is expected that players will treat coaches, officials, and other players with the upmost respect. Players will be conscious of the words they choose when communicating with teammates, ensuring that they are positive and encouraging. Players understand that it is their job to play, the coaches' job to coach, and the officials' job to officiate. Failure to adhere to this rule can result in dismissal from the program.
- Players are asked to be a role model on and off the field, especially when representing Rip It Lacrosse Club. Rip It prides itself on the caliber of our athletes. We ask that players

always be conscious of their appearance and language when they are at practice, games, and tournaments.

- Rip It expects all registered players to participate in every practice and event. We do understand the summer time is an opportunity for players and their families to travel for vacation or other purposes, and some events will be missed. The Rip-It Lacrosse Staff put in their time and effort to make the experience a positive one for all players. If you know ahead of time, specific practices or events that you need to miss, please plan accordingly and let our staff know in a timely manner. Unexcused absences to a practice and specifically an event, can have a negative effect on their teammates and may lead to less playing time and dismissal from a team.

Parent Contract

It is expected that parents help their players fulfill their contract. This entails:

- Helping them arrive on time for practice and tournaments.
- Encouraging them to give their best and helping them maintain a positive mindset.
 - Ensuring that they are equipped with appropriate equipment.
- It is expected that parents display respect for coaches, officials, players, and other team's players and coaches. Also, we expect parents to show officials that same respect that our players show. Parents will receive 1 warning from Rip It coach regarding their behavior. Failure to change behavior can result in dismissal from program.
- Parents should provide their player and teammates with positive and encouraging comments from sideline. Furthermore, we ask that our parents refrain from coaching their player or other players from the sidelines. Failure to do this may result in player being pulled from game.
- We ask parents to remember that winning is not the ultimate goal. While, Rip It's coaching staff is certainly playing each game to win, it is also our goal to that each player is being placed in situations to develop and succeed.

Coaches Contract

- Coaches will arrive 20 minutes early to practice to review practice plans, set up drills, etc.
- It is the expectation that coaches will attend every practice and event. If they are unable to, they will notify directors in advance so that necessary adjustments can be made.
- In the event of sickness or emergency, coaches will contact directors to alert them of the situation.

- Coaches will put the players first in all situations. Each player's growth and overall safety on the field is the coach's responsibility.
- Coaches will present themselves in a professional manner. For tournaments, coaches will wear Rip It apparel and khaki shorts (or something similar). Mesh shorts are only acceptable at practices.
- Coaches will conduct themselves in a professional manner on and off the field.