

## **RAVENS LACROSSE CLUB PLAYER CODE OF CONDUCT**

The Ravens Lacrosse Club seeks to instill in each player the belief and confidence that she can set lofty goals and succeed both on and off the field. With hard work, determination and fun our players learn to rely on themselves and their teammates. As a Ravens Player, I understand that I will hold myself and my team to the highest standards set forth by the Ravens Lacrosse Club organization. I promise:

- To exhibit good sportsmanship and a positive attitude at all times towards coaches, teammates, opponents, parents and officials at all times even when I disagree
- To treat other players and teammates, coaches, fans and officials with respect regardless of race, sex, creed or ability at all times and within all forms of communication including social media, phone, text and email. I understand that bullying is not tolerated and any exhibits of bullying will result in immediate termination from the Ravens Lacrosse Club
- To exemplify honesty, integrity, fair play and sportsmanship at all times regardless of the impact that it might have upon the outcome of the competition
- To show respect to all opponent and recognize that a worthy opponent will push me and my team to do our best
- To act as a positive role model by showing positive support towards my teammates, opponent and coaches.
- To be modest when my team wins and gracious when my team loses
- To attend all practices, games and events to the best of my ability. I will contact all coaches directly by telephone in a timely manner if I cannot attend and provide a valid reason for my absence
- To make the effort to improve my lacrosse skills outside of Ravens Lacrosse Club practices
- To adhere to all administrative deadlines given by Ravens Lacrosse Club officials and coaches
- To maintain a healthy lifestyle; including prohibiting the use of alcohol, tobacco and drugs
- To play because I want to play; not to please others
- To have fun!

I have read and understand the requirements of this Code of Conduct. I will act in accord with this Code. I understand that officials, parents, players and the Ravens Lacrosse Club will and should expect that I will follow this code. I understand that if I do not adhere to the guidelines set forth above I may be and my daughter may be asked to leave the Ravens Lacrosse Club organization.

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Player

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Date

***Passion + Belief + Hard Work + Camaraderie + Determination = RAVENS!***