

## **RHS LACROSSE**

### **2009-2010 FALL PRACTICE and TRY-OUTS**

By initializing on the line below, you agree, warrant and covenant as follows:

In consideration of participating in RHS LACROSSE FALL PRACTICES and TRY-OUTS:

1. I will only participate in these activities for which I believe I am physically and psychologically prepared to compete.
2. I hereby give my consent to Head Coach (David Oka) and Assistant Coaches to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation and emergency medical services as warranted in the course of my participation in these activities.
3. I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses associated with participation in a lacrosse event. I further agree on behalf of myself, my heirs, and personal representatives, Head Coach (David Oka) and assistant coaches, shall not be liable for any injury, loss of life, or other loss or damage occurring as a result of my participation in the event.
4. I am fully aware that the activities outlined in the summary below include running, physical training, and Lacrosse drills which include the risks stated in #3.

#### **CODE OF CONDUCT**

Players, coaches, officials, parents and spectators are to conduct themselves in a manner that "Honors the Game" and demonstrates respect to other players, coaches, officials, parents and fans. In becoming a member of the lacrosse community an individual assumes certain obligations and responsibilities to the game of lacrosse and its participants. The essential elements in this "Code of Conduct" are 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. It is only through such conduct that our sport can continue to earn and maintain a positive image and make its full contribution to amateur sports in the United States and around the world. US Lacrosse supports the following behaviors for those who participate in the sport or are involved in any way with US Lacrosse. The following essential elements of the "Code of Conduct" must be followed:

- Sportsmanship and teaching the concepts of fair play are essential to the game and must be taught at all levels and developed both at home and on the field during practices and games.
- The value of good sportsmanship, the concepts of fair play, and the skills of the game should always be placed above winning.
- The safety and welfare of the players are of primary importance.
- Coaches must always be aware of the tremendous influence they have on their players. They are to strive to be positive role models in dealing with young people, as well as adults.
- Coaches should always demonstrate positive behaviors and reinforce them to players, parents, officials and spectators alike.

Players should be specifically encouraged and positively reinforced by coaches to demonstrate respect for teammates, opponents, officials and spectators.

- Players should always demonstrate positive behavior and respect toward teammates, opponents, coaches, officials, parents and spectators.

## Summary of Activities:

**FOR:** 9th-12th Graders intending on playing 2010 Riverton HS LAX

**PURPOSE:** To learn playing/stick skills and evaluate players for the Varsity Squad

**LOCATION:** Swenson Farm Park, 12059 South Swenson Farm Drive in Riverton (Riverton Map Attached) or link to: <http://www.rivertoncity.com/departments.parksmap.html>

### FALL PRACTICE SCHEDULE:

Monday: Oct. 5 Practice at Swenson 4 to 6 pm  
Thursday: Oct. 8 Practice at Swenson 4 to 6 pm  
Monday: Oct. 12 Practice at Swenson 4 to 6 pm  
Thursday: Oct. 15 Practice at Swenson 4 to 6 pm  
Saturday: Oct. 17 Coach's Challenge (to be announced)  
Monday: Oct. 19 Practice at Swenson 4 to 6 pm  
Thursday: Oct. 22 Practice at Swenson 4 to 6 pm (EACH PLAYER WILL BRING A PARENT/FRIEND/FAMILY MEMBER TO THIS PRACTICE)  
Saturday: Oct. 24 TRY-OUTS (9:00am to 1:00pm, location to be announced)  
Monday: Oct. 26 Practice at Swenson 4 to 6 pm  
Thursday: Oct. 29 Practice at Swenson 4 to 6 pm

**EQUIPMENT NEEDED:** LAX STICK, EYE GUARD, WATER AND MOUTH GUARD

Coaches must be able to demonstrate a solid knowledge of the rules of lacrosse, and should adhere to the rules in both the letter and the spirit of the game.

- Coaches should provide a basic knowledge of the rules to both players and spectators within his/her program. Attempts to manipulate rules in an effort to take unfair advantage of an opponent, or to teach deliberate unsportsmanlike conduct, is considered unacceptable conduct.
- Eligibility requirements, at all levels of the game, must be followed. Rules and requirements such as age, previous level of participation, team transfers, etc, have been established to encourage and maximize participation, fair play and to promote safety.

I agree to the above waiver (parent signature and date) \_\_\_\_\_

I agree to the above policy (parent signature and date) \_\_\_\_\_