

Player Code of Conduct

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As a player, I understand I must follow these rules to stay in good standing:

- 1. I will represent the Long Valley Junior Lacrosse club and my town well, and will respect the game, my coaches, the fans, and the officials.**
- 2. I will arrive for practices and games, dressed in the necessary equipment at the scheduled time and will be responsible for my own water.**
- 3. I will notify the coaches if I am unable to attend a practice or a game. I understand excused absences are for health, school or religious reasons.**
- 4. I will commit to lacrosse by making it a priority; attending practices, giving maximum effort and practicing at home.**
- 5. I will play fairly and follow the rules and regulations of the game.**
- 6. I will demonstrate good sportsmanship at all times.**
- 7. I will help parents and fans understand the game and the club so that they can enjoy the game more fully.**
- 8. I will be modest when I'm successful and gracious when defeated.**
- 9. I will respect the facilities where we play and pick up after myself and others.**
- 10. I will work to build my physical capabilities and endurance both at practice and at home.**
- 11. I will complete my schoolwork, on time and to the best of my ability**
- 12. I will support all on my team and will lead others by my sportsmanship.**