

## Holt Girl's Lacrosse Team Rules 2013

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### Players Name

1. You are bound by the rules/regulations of both US Lacrosse and Holt Public School's Student-Athlete's.
2. Any unsportsmanlike acts or activities (ie: swearing or vulgarities, alcohol consumption, smoking, or illegal drug use, theft, etc.) while a member of one of the Girl's Lacrosse teams, on or off the court, will result in suspension or dismissal from the team. Disciplinary action will result for any other offense not stated, which in the opinion of the coaching staff is detrimental to the team. Offenses will be reported to the School's Athletic Director.
3. A player's attitude, which in the opinion of the coaching staff is harmful to the team, may be suspended or dismissed from the team (ie: showing disrespect towards coaches, opposing team, referees, teammates, not playing or practicing up to player's capabilities, and any negative comments or actions unbecoming a student athlete of Holt High School)
4. All practices and games are mandatory after the first official starting date. (March 11, 2013)
5. Missing a practice the day before or after a game will result in the player sitting out the first 1/4 of the game. Missing any 2 practices between games will result in 1 game suspension. This does not apply if the player discusses the absence 48 hrs prior to the game or there are extenuating circumstances. In either case, please notify the coach(s) as soon as possible.
6. If a player is absent from school on the day of a practice or game will be considered an excused absence. However, excused and unexcused absences may result in loss of playing time.
7. All players are expected to be dressed and ready to participate at the start of practice. Make sure you have your stick, mouth-guard, goggles, and practice attire. Tardiness, missing equipment, leaving early will result in in-practice discipline.
8. All players are required to ride school provided transportation to away games , this year however transportation home from games will not be proved by the school. Players are required to sit together and cheer the other team to victory at both home and away games.
9. All rules are in effect from the first day of practice until the end of the season.
10. It is clearly understood that player's playing time is strictly at the coach's discretion.

I, the undersigned player, have read and understand the 2013 Girl's Lacrosse Team Rules

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(Player Signature)

Date

I, the undersigned parent of the player above, have read and understand the 2013 Team Rules

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(Parent Signature)

Date