

Hero's Tournament Lacrosse Club

Code of Conduct

Individual Player Behavior

Our players are expected to always conduct themselves in an exemplary fashion. Inappropriate, abusive, profane or violent behavior or language by a club athlete at any club function, or at any function in which the club is participating, may result in suspension or expulsion from the club. Consumption of alcoholic beverages or use of any intoxicating or illegal substances by a Club player at any club function or any function in which the club is participating is prohibited and may result in suspension or expulsion from the club. Suspension or expulsion will be decided by the Hero's Board Members and Hero's President, after consultation with the appropriate coaches.

Behavior of Others Associated With A Club Player

Inappropriate, abusive, profane, or violent behavior or language by the parents, guardians, guests, or siblings of any club player at any Club function or at any function in which the Club is participating may result in the player's suspension or expulsion from the Club. Suspension or expulsion will be decided by the Hero's Board Members and Hero's President, after consultation with the appropriate coaches. A parent or guardian's suspension or dismissal may result in the suspension or dismissal of the player as well.

Club Policy/Procedure for Handling Parent Concerns and/or Complaints.

- If you have a problem or issue relative to your daughter's participation on a Hero's Tournament Lacrosse Club team, we do want you to talk to your coach first.
- Do not **EVER** confront a coach with a concern or complaint immediately following a game or practice.
- We request you refrain from communicating any of your concerns for at least 24 hours.
- If after 24 hours you still feel compelled to discuss an issue with your daughter's coach, please make this conversation private. Do not initiate this conversation either on the field at practice or at a game.
- Abusive, confrontational and/or anonymous contacts with our coaches will not be tolerated under any circumstances.
- If such an incident should occur, it may subject the individual involved, their daughter and their family to disciplinary action, including suspension from or expulsion from the Hero's Tournament Lacrosse Club.
- After discussing your concerns with your daughter's coach, please contact the President, Tierney Ahearn, if an acceptable resolution is not reached.

Hero's Tournament Lacrosse Club Expectations

- 1) If you will be going away for an extended period of time during the summer tournament season, we strongly recommend that you remove yourself from the team for the remainder of the summer season. We will refund the fees you paid on a pro-rated basis, as long as the team can find another quality player to fill the vacated roster spot.
- 2) We expect you to make a full commitment to our team and attend all scheduled practices, scrimmages and games. Unexcused absences will result in the loss of a starting position and/or playing time and possible dismissal from the team. Things such as sickness, and unavoidable family obligations are considered excused absences. However, these absences could still result in the loss of a starting position and/or the loss of playing time.
- 3) Holding a job with inflexible hours during the season is not a good idea. If you have a job during the summer, you need to let your employer know not to schedule you on the weekends we have tournaments or on the evenings we have practice. You have our schedule. It is your obligation to work with your employer to make sure you can fulfill your commitment to the team.
- 4) It is very important that you get enough sleep and eat properly. The physical stamina required to perform at your best in these long weekend tournaments in very hot weather will be much more difficult without enough sleep and proper nutrition. If you do not do these things, you will not be able to play effectively nor will you play up to your full potential.
- 5) We expect all players and their parents to utilize the club's website (heroslax.com) to keep up to date on current information regarding the club (try-outs, registration, and team tournament schedules). This is especially important for keeping up to date with tournament details and game schedules. All this information can be accessed through our website. We have a link to the website of every tournament our teams play in. You can find-out anything you need to know about a particular tournament by accessing the appropriate site.

Expectations For Parents

1. Be positive and supportive of your daughter in her role as a lacrosse player and a team member. Try not to criticize her play or that of any of her teammate or coaches.
2. Assist your daughter with keeping her commitment to the team by: appropriately scheduling appointments and vacations, helping her arrange her summer work schedule so it won't conflict with her lacrosse activities, and arranging for transportation to and from team practices and tournaments.
3. Encourage your daughter to talk to her coach about any concerns; whether it involves her role on the team and/or what she needs to do to change her role, or playing time and what she needs to do to increase that for herself.
4. We need your support in making sure your daughter gets sufficient sleep, eats properly and is properly hydrated so that she can play her best on the lacrosse field.

Other Things You Need To Know

- 1) **We will not talk to parents about their daughter's playing time or team strategy.** We will gladly discuss any other matters with parents. We will always talk to any player who wishes to discuss: their playing time, their role on the team, what they need to do to improve their performance, and/or increase their playing time.
- 2) Our subbing philosophy is fairly simple. In tournaments that do not have a championship format with the exception of a few big games, we plan to play everybody on a fairly equal rotating basis. The rotating basis could be by game (play a whole game and then sit-out one), by position (some positions have more or less players), and/or by time (we try to play everybody close to half of total game time at a minimum).
- 3) If there is a championship format and we have a chance to win it and/or advance to a higher level we will play individuals who we consider our best players most of the time. However, we will attempt to balance this out by playing those who did not get much time in some less competitive games in that tournament.
- 4) Having said this, we will always attempt to get playing time for any of our players who are being recruited by a school and the coach from that school is at one of our games. It is your daughter's obligation to let us know about this and to be sure she has attended practices prior to tournament.
- 5) Our organization and coaches are willing to serve as a reference and give feedback to college coaches who contact us. PJ Kesmodel will meet (by appointment) with teams, families and/or individual players who want assistance with the recruiting process.

We expect all players, their families, and their guests to adhere to the principles espoused in this “Code of Conduct”.

HERO’S TOURNAMENT LACROSSE CLUB Code of Conduct is UNDERSTOOD, ACKNOWLEDGED, AND AGREED, this _____ day of _____, _____.

Player

Parent (1)

Parent (2)

any additional guardian