**North Springs Lacrosse Player Expectations & Commitments**

**Off Season: Player Activities**

* Players are encouraged to play a second sport at North Springs. Coaches strongly believe that playing a second sport serves to develop the physical abilities of the athlete and as a result he will become a better lacrosse player.
* Players are encouraged to participate on a summer lacrosse team.
* Players are encouraged to participate in fall lacrosse.
* Players are encouraged to participate in organized fitness training prior to the start of the season (see first bullet point under "In Season: Practices" below).

**Off and In Season**

* Fundraising
  + We are primarily a self-funded sport (with some aid from the school athletic department), and everyone must put forth effort to raise their share of funds for the program.  Numerous opportunities exist for various fundraisers. Players are not required to participate in every fundraiser, as long as he does his part to help the program meet our fundraising goal for the year.
* Citizenship
  + Players represent North Springs Lacrosse year round and need to represent the team and the school in a respectable manner.
  + We will engage in community activities once or twice a year and players should make every effort to participate in these undertakings. Examples of opportunities for this may include food or clothing drives for the needy, and assisting with Feeder Team practices and camps when asked.

**In season: Practices**

* Players will report to the first practice in shape (see last bullet point under Off Season: Player Activities)
* Players will be ready for each practice 10 minutes prior to practice starting
* Players will be equipped at each practice with team practice gear
* If a player needs to miss practice they must inform the coaches as early as possible–a minimum of 24 hours prior, when possible.

Acceptable reasons for missing practice:

1. Tutoring or meeting another acedemic obligation
2. Doctor’s appointment
3. Honors assemblies
4. Family emergencies
5. Religious observations/functions

**In Season: Games**

* Players will be at home games 1 hour before games start
* Players will arrive at school for away games 15 minutes before the scheduled bus departure