

Common Rules for all Warren Hills Athletic Teams and Programs

- Contact and communications regarding player status in the program or on the team, playing time, or player-coach relationships should be conducted under the following guidelines:
 - Players are encouraged to meet with coaches directly (as opposed to including parents or otherwise) in an effort to encourage self-advocacy. When circumstances dictate, it may be more conducive for parents to be part of the discussion. In either case, the following protocol (order) should be followed by the player and/or parents:
 - Player contact/meet with Coaches
 - Player & Parent contact/meet with Coaches
 - Parent contacts/meets with the Athletic Director**
 - Meet with the Building Principal**
- **coaches may be asked to be included in these meetings
- Coaches will meet with a player and/or parent only in the presence of another member of the coaching staff or athletic department. No meetings will take place “one on one”.
 - As per recommendation of the athletic department, emails from players, parents, or supporters, will not be answered until 24 hours has elapsed from the time the email is received.
-
- All practices and tryouts are closed to the public unless the athletic department officially announces the practice as an open practice. It is understood that the turf field is not conducive to a closed practice as community members often use the track during practices. Family, friends, and supporters who would be present specifically for viewing the practice are asked to treat the practice as closed and therefore not attend.
 - Any player receiving a caution, ejection, or who exhibits unsporting behavior, will meet with the coach and when necessary the athletic director as soon as possible after the incident has occurred.
 - Electronic communication of any kind (including but not limited to phone calls, text messaging, and use of social media) by team members is prohibited during games, matches, meets, and practices unless approved by a coach.

Boys' Lacrosse Team Rules

1. Every player must have these Lacrosse Team Rules signed and turned in by the first tryout/practice. No player will participate in a tryout or practice until this step is completed.
2. As a member of the lacrosse team, you are a representative of the school and program. Proper behavior is expected and required on and off the field, including in the classroom.
3. If you are injured, you must tell the coach immediately. If necessary, an assessment will be performed by the athletic training staff. All decisions pertaining to participation in games and/or practice regarding your injury will come directly from the athletic training staff.
4. Injured players are required to be on the sidelines of all practices and games. The only exception to this would be players receiving treatment from the athletic training staff. Upon completion of treatment, players should rejoin the team.
5. Every player must attend every practice unless absent from school. If you miss practice the day before a game, you will not start. If you arrive late to practice due to academic concerns, you must have a pass from the teacher stating the time you left the classroom. You are expected to get out to the field as fast as possible.
6. If an athlete misses a practice or a game that is considered unexcused by the coaches, the player will be held accountable for this actions at the discretion of the coaches.
7. If necessary, cuts will be made from the team after a minimum of four practices.
8. Players are expected to have all equipment, be prepared and on time for all practices and games.
9. Athletes must wear a groin protector (cup) to all practices and games.
10. Cleats will not be worn in the building at any time.
11. After practices and games, the field will be spotless. Clean up all trash, equipment, etc.
12. All players must be responsible and accountable for their own uniform and equipment.
13. Practice attire: Appropriate athletic attire is necessary (i.e. boys will always wear a shirt).
14. Uniforms will be collected at the end of the season, all pieces must be cleaned, dry and turned in on time.
15. I understand that as a lacrosse athlete, I am expected to attend all practices, games and lacrosse events that the coaches have scheduled. If I can not attend an assigned event because of sickness or emergency I understand I must contact the coach and bring in a note from the doctor or my parent. (Coach Kablis' voicemail at (908) 689-3050 Ext: 3528 and leave a message.)
16. The coaching staff makes all decisions determining playing time.

- 17. It is the athlete's responsibility to get from the high school locker room and to the bottom practice field or turf on time.
- 18. Players must be cleared by the athletic department by the date equipment is handed out. If you are not cleared you will not be given equipment that day and will not be allowed to practice with the team.
- 19. Players are not allowed on the field or to participate in any lacrosse related activities until a coach is present. You must wear a helmet at all times when participating in any lacrosse related activity.

I have read and agree to abide by the team rules for this sport.

Student Name – please print Student Signature Date

Parent/Guardian Name – please print Parent/Guardian Signature Date

Please keep white copy for your records and return yellow copy to the coach. This form must be returned by the first day of practice.