



CCA Girls Lacrosse Player & Parent/Guardian Expectations

CCA's Girls Lacrosse program is committed to building a competitive, positive culture at all levels. Whether your daughter is on Varsity or JV, we are looking to challenge her technically and tactically to develop her individual skills, fitness, sportsmanship, game knowledge, and enjoyment of the sport.

Parents play an integral role to the experience a player has, and to the success of CCA's program as a whole. Player & parent expectations are outlined below to ensure that everyone understands their commitments to the team, the coaches, and the program as a whole. Playing lacrosse at CCA is a privilege, and our hope is to build a culture that each one of the girls is proud to represent.

Player: Commitment to Teammates

- Each player is expected to put forth the same effort she would hope to see from her teammates. "Practice how you play" is the expected mentality – 100% effort & intensity in practices from all players will result in 100% effort & intensity in games.
- Each player is expected to communicate with her teammates in the same manner in which she would like to be communicated to. Negative or derogatory comments should be left at home. Encouragements, constructive feedback, and compliments are always welcome.
- Each player is expected to uphold the academic & moral standards that she would expect from her teammates. This includes maintaining academic eligibility, and avoiding any situations that could lead to suspension from school and athletic participation. Note that there is a ZERO tolerance policy for any instances of drug, alcohol, or tobacco use during the spring season.
- Players are expected to refrain from any social media interactions that could reflect negatively on her teammates. Social media surrounding lacrosse should only be positive and should not mention any opposing teams/programs.
- Each player is expected to honor her commitment to her teammates by following the attendance policy (outlined separately). Understand that each player on the team is vital to the team a unit, and has an important role in the success of the team/program.

Player: Commitment to Coaches

- Each player is expected to communicate with her coach(es) in an open, honest, and consistent manner. Coaches are here to help her become the best student-athlete possible, and can only do so with a full understanding of a player's situation.
- Each player is expected to take ownership of her role on the team, and approach coaches with any questions or concerns. Coaches are happy to schedule 1-on-1 meetings with any player, and encourage questions about any topic that does not involve discussions of another player. Concerns about playing time will only be addressed between coach & player, and only insofar as it does not involve discussions about other players. Questions such as "What should I be working on?" or "What are you hoping to see from me so that I can earn more playing time?" are good ways to approach the subject. Note that individual meetings should be scheduled in advance with the coach, and will not be scheduled on game days. Generally after practice, before practice, or occasionally before games are good times to expect coaches to make time to discuss.
- Each player is expected to treat her coach(es) in a respectful manner, and understand that all coaches

are working with the best of intentions. Again, coaches are happy to address any questions/concerns from players throughout the season through the proper channels.

- Each player is expected to listen & learn from coaches' feedback. The best players are those who try their hardest, make mistakes, and learn from them. Coaches are committed to providing feedback to develop your player – and it is expected she will be open to receiving feedback & making adjustments. If a player has concerns or questions about the feedback, she is welcome (and encouraged) to make arrangements to get further explanation in an individual meeting with the coach(es).
- Each player is expected to honor the game and represent her coach well by treating umpires, opponents, and opposing coaches with respect.

Parent/Guardian: Commitment to Your Player

- Parents are expected to support their daughter's involvement in the program by helping her meet her time & effort commitments to her team & coaches. Parents should review the attendance policy and ensure that they can help their daughter comply with all expectations.
- Parents are expected to support their daughter's efforts by helping her approach conflicts, frustrations, and issues on her own. Parents should encourage their daughter to think through the situation and encourage her to approach her coaches with any questions or concerns.
- Parents who attend games are expected to positively support their player (and her teammates) regardless of the final score. CCA has a long history of amazing parental support & positive cheering – if you aren't sure whether it will be construed as positive, please refrain from saying it.
- Parents who attend games are expected to support their player by refraining from interference with officials or opposing players before, during, and after games. Parents are also expected to refrain from "coaching" their daughter or any other player from the sideline.

Parent/Guardian: Commitment to the Coaches/Program

- Parents should understand that all coaches are working with the best of intentions, and are working to manage the best outcome for the TEAM as well as each individual player. Coaches are happy to set up individual meetings if any parent feels a player's concerns have not been properly addressed, provided that it does not include discussions about other players.
- Parents are expected to leave coaching-related decisions to the coach. Coaches work hard to execute game plans that will highlight the players on the roster, while also ensuring that each player is developing a higherlevel understanding of the game. Win or lose, parents are expected to support the coaches' decision-making relating to in-game tactics.
- Parents are expected to use communicate with their player's respective coach(es) in an open, honest, and consistent manner. Encourage your daughter to be the first line of communication, but coaches should be apprised of any important information regarding the player's participation.
- Parents are encouraged to introduce themselves and get to know their daughter's coaches! Coaches are always available for questions/comments/concerns, and understand the importance of parental involvement in each player's experience.