



## **SMA Eagles Lacrosse Players' & Parents' Code & Contract**

As a parent, you play a special role in contributing to the needs and development of our player-cadets. Through your encouragement and good example, you can help assure that all of our players learn good sportsmanship and self-discipline. With your help, these young people can learn to work together, to sacrifice for the good of others - our team – and to enjoy winning, to appropriately deal with defeat - while becoming physically fit and healthy. Best of all, they will have a great time while creating a lifetime of memories.

### **Support Your Child**

Supporting your child by giving them confidence and showing an interest in their team is very important. Encourage your child to work toward skill improvement and good sportsmanship in every practice and game. Participation in practice is paramount for success. Missing a practice will effect game time. The teammate that represented your role in practice will do so in a game. [Questions or concerns regarding playing time need to be addressed by the PLAYER. A player, parent, coach meeting regarding playing time can be arranged one day after a contest. Parents should refrain from confronting coaches during and immediately following games. Post-game conversations will not include playing time. Remember that as a parent you are not with the kids practicing every day and often do not understand the complexities of the game and plays...let the coaches' coach.](#) Everyone has a role to play within the TEAM.

**Be Positive**

Parents serve as role models for their children. Applaud good plays by your child's team as well as good plays by the opposing team. Do not tolerate verbal and physical abuse at sports activities. Cheer loudly with great enthusiasm.

**Remember That Your Child Wants to Have Fun**

Your CHILD is the one playing lacrosse. It's very important to let them establish their own goals - to play the game for themselves. Please take care not to impose your own standards and goals on them.

**Reinforce Positive Behavior**

On and off the field, positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child has accomplished.

**Bleacher Coach or Referee?**

Coaches and referees are usually parents just like you. They work hard to help make your child's lacrosse experience a positive one. They need your support too. That means refraining from coaching or refereeing from the sidelines. If you desire, there are many opportunities to take your interest in coaching or refereeing to the next level and become one yourself. Youth Leagues, Summer League and Fall Ball opportunities may exist.

**Winning vs. Success**

Winning is only the outcome of a contest. Success transcends the playing field, through the classroom and society. It is created through positive mental and physical habits that lead to accomplishing goals through preparation and hard work. If we prepare to succeed – doing it the right way all the time – then winning will take care of its self.

**Rules and Regulations**

All National, State and Local laws, rules and regulations regarding alcohol, drugs, tobacco and firearms will be strictly enforced. Rules, regulations and guidelines of Sarasota Military Academy are in effect during all lacrosse activities.

**Date** \_\_\_\_\_

**Players Name** \_\_\_\_\_

**Parents Name** \_\_\_\_\_

**Parents Signature** \_\_\_\_\_