

# SUNSET LACROSSE

## Player Pledge

As a member of Sunset Lacrosse, you are responsible for your own performance and conduct. Honesty, integrity, communication and reliability are expected at all times. The Club asks that you respect yourself, your team, your school and lacrosse. This requires maintaining a healthy lifestyle, positive attitude, and commitment to academics and your team.

Please consider the following carefully. As a player, I will:

- Represent myself and my team with the highest standards
- Treat my coaches, teammates, referees, spectators and opponents with respect
- Support, encourage, and motivate my teammates
- Refrain from the use of taunting, derogatory or disrespectful language or profanity
- Practice and compete to the best of my ability, and maintain the highest level of sportsmanship
- Contact the coach if I am injured, or going to be late or miss a practice or game
- Do my best academically and understand my team participation is dependent on my academic success. Failure to meet the required academic standards is just cause for my suspension from the team, until such time as my grades improve
- Abstain from the use of drugs, alcohol and tobacco products. I realize these substances have a negative impact on my health, safety and performance and are detrimental to my ability to be a positive role model and leader in my school and community. Any use of drugs, alcohol, or tobacco products will result in suspension according to the Beaverton School District Athletic Training Rules. I have signed the Beaverton School District Athletic Training Rules agreement

In addition, I understand:

- Any disciplinary actions by Sunset High School administration, including suspension and expulsion from school are just cause for my immediate suspension from the team for a period of time as determined by school administration
- I may face disciplinary action by the Sunset Lacrosse Board for behavior infractions

I make this promise as a commitment to my teammates, coaches and parents. I will proudly represent Sunset Lacrosse.

Player Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

*Revised December 2016*