



253 Lacrosse Parent + Player Expectations

We have three rules (for coaches, players, and parents) for our team:

- 1. Be Safe** – The primary concern is always the safety and well-being of our athletes. There are times that the referees will not call things. It is the coach's responsibility to discuss these issues with the referees. If for some reason, you feel there are safety issues, please communicate these directly to Courtney. That can be as simple as a text message.
- 2. Be Respectful** – It is important to respect the players, coaches and the officials. The most important thing that you can model for your athlete(s) is respect. In addition, be respectful of other parents and people in the stands.
- 3. Do the Right Thing** – It is the right thing to:
 - Set a good example
 - Do not speak negatively in front of your athlete or on the sidelines
 - Make sure your athlete is not part of the bullying problem
 - Reinforce positive behaviors when you see them
 - Reinforce that your athlete should talk to the coach
 - Elevate concerns to Courtney as the Program Director

OUR MISSION + VALUES

It is a privilege to play for this lacrosse team. 253 Lacrosse is dedicated to elevating personal excellence on and off the field. Our goal is to teach athletes how to compete with confidence, high skill level and intensity. We focus on building the total athlete mentally, physically, and relationally.

This team was formed because we saw a gap in positive and competitive programming in the North and South Sound regions. 253 Lacrosse was built on the principles of developing young women on and off the field, and first and foremost, having fun and building confidence, and competing at a high level – we believe these can all coexist, and we hold ourselves, our athletes, and their families to these same standards.

OFFICIALS

Officials are in high demand – there are simply not enough officials to keep pace with the growth of lacrosse in the northwest. Coaches are the ONLY 253 Lacrosse representatives we want communicating with officials. In tournament play, it is particularly difficult to communicate with officials due to lack of timeouts and limited time during halftime. We expect players and parents to model good behavior and show respect to officials at all times.

SIDELINE CONDUCT

Your role as a parent is a spectator, not a coach, not an official. We will not tolerate parents who undermine tournament staff, officials or our highly qualified coaches by questioning, harassing or berating them. Again, we ask that parent's model good behavior for athletes



and be mindful that you never know who is sitting next to you on the sideline, who is around when you're speaking to other parents or officials, or who that official might be (possibly a college coach).

COACHES

We have a standardized practice curriculum that is implemented at all levels of our select teams. In addition, we go to great lengths to train our coaches and hold them to the highest standard. With that said, coaches make mistakes - just like our players. Before you make a snap judgment about a coach, think about how you would treat your athlete if she made a mistake.

Girls coaches in our area are extremely hard to come by, especially those who have the talent and experience needed for this level of play. The behavior of all of those associated with our program, including the parents, will have a bearing on our ability to recruit and retain the most highly qualified coaches.

Our coaches are paid to coach and focus on your athletes, the practices and games - not handle parent issues. If you have an issue or concern, contact Courtney as the program director. Please do not communicate or speak to our coaches. My email and cell are located in this document. Also, please wait 48 hours before contacting Courtney, as issues often resolve themselves.

PLAYING TIME + POSITIONS

We are a competitive select lacrosse program. Playing time is not guaranteed. Playing time is based on attendance, attitude and ability.

We expect your athlete to show up to practice as much as your family schedule allows, and we expect your athlete to be present at practice. However, we also acknowledge that playing time based on skill alone is not acceptable. We rely heavily on attitude and effort to determine playing time on this team and have made this clear to athletes.

If your athlete has a question about her playing time, or her performance on the team, we encourage players to speak directly to her coach. This serves two purposes. First, we are actively working to develop your athlete's interpersonal skills as well as lacrosse skills. Encouraging her to voice her concerns directly with her coaches teaches invaluable life skills that will help her learn to communicate with adults and advocate for herself in the future. Additionally, this helps cut down on miscommunication. We've found that when girls approach their coaches directly, issues resolve themselves and eliminate the miscommunications that can occur when information travels from girls to parents to coaches back to parents and then to your athlete. 253 Lacrosse coaches are invested in your athlete's success and will do as much as they can to create a positive experience for her - it helps everyone to encourage direct communication between players and coaches.

Our coaches are collegiate and former collegiate athletes who have a high lacrosse IQ. When they place your athlete in a position that she might not traditionally play, there is always a reason (and our coaches always try to communicate that reason to your athlete,



sometimes they simply ask for flexibility). Our coaches are looking at our team dynamic as a whole, how your athlete's skills and abilities can best be used under the circumstances we are up against. For instance, when faced with tough competition, or when we have only one sub, in extreme heat, coaches will put girls in positions that benefit the team as a whole.

SEXUAL HARASSMENT

We have a zero-tolerance policy toward sexual harassment. "Sexual harassment" includes all sexually oriented conduct that is unwelcome and, whether intended or not, has the effect of creating an environment that is hostile, offensive, intimidating, or humiliating.

While it is not possible to list all circumstances that may constitute sexual harassment, some examples are:

- Unwanted sexual advances, whether they involve physical touching or not;
- Sexual epithets; jokes; written or oral references to sexual conduct; gossip regarding one's sex life; comments about an individual's body; and comments about an individual's sexual activity;
- Displaying sexually suggestive objects, pictures, or cartoons;
- Unwelcome leering, whistling, brushing up against the body, sexual gestures, or suggestive or insulting comments;
- Inquiries into one's sexual experiences; and
- Discussion of one's sexual activities.

Anyone who experiences or observes behavior from an athlete, parent, or coach that is inconsistent with this policy should report it to Courtney Stringer immediately.

BULLYING

We have a zero-tolerance policy for bullying on our team. Parents or players who are participating in this behavior will be talked to immediately. Our goal is that these individuals change their behavior. We have three rules; 1. Be Safe; 2. Be Respectful; and 3. Do the Right Thing. This is outlined with all athletes on the first day of practice and reinforced throughout the season. Our goal is that everyone is treated fairly and with respect (rule #2). No one needs to put up with a bully's behavior. If you are being bothered by someone, please let Courtney know. Everyone has the right to feel safe, and being bullied makes people feel unsafe. Bullies will be asked to leave the program.

DRUGS, ALCOHOL, TOBACCO, AND VAPE PRODUCTS

We have a zero-tolerance policy for drugs, alcohol, tobacco, vape products or weapons of any kind at practices, games, events or on travel trips. We all deserve to participate in an environment that is free of drugs, smoking, vaping and alcohol. We also expect teammates, coaches and adults to refrain from their use at all lacrosse events.

COVID-19 GUIDELINES

**Please note that some of the following may change throughout the season as guidance from the state, CDC, or other government entity is communicated to the general public.*

Stay at Home



If your athlete is feeling sick or experiencing any COVID-19 symptoms they should stay at home. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Known symptoms include:

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.3 degrees F/37.9 degrees C
- Chills
- Muscle pain
- Sore throat
- Loss of taste or smell

Hygiene Best Practices-PLAYERS

- Clean and disinfect frequently touched surfaces and equipment (including balls, mouthguards, sticks, water bottles, helmets, eyewear, pads, uniform).
- No sharing of equipment, water bottles, towels.
- Thoroughly wash hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Have personal sanitizing options available, including, but not limited to hand sanitizer and disinfectant wipes.
- Arrive dressed and ready to train.
- Cover your mouth and nose with elbow or tissue when coughing or sneezing.

Hygiene/Distancing Practices-PROGRAM

Our goal is to practice safely and minimize any risks. These guidelines may change as new information becomes available.

- No spectators (including parents) on or near the field during practices or activities.
- Players, coaches, officials or volunteers with any COVID-19 symptoms must follow the CDC guidelines for quarantine, and be symptom free in order to return.

COVID-19 TEAM TRAVEL GUIDELINES

At 253 Lacrosse, the safety of our players and staff are our highest priority. Below, we've outlined measures that will be taken during our travel trips to place safety at the forefront of our activities and be as mindful as we can.

We will follow state and county guidelines for both Washington and to the places we are traveling. We will ask athletes to wear face coverings while in the airports and on the plane. Coaches are responsible for setting an example for our players and encouraging compliance regarding masks.

**Masking may be required in accordance with local and state guidance and requirements.

Specific COVID Requirements are listed below:



- Coaches AND athletes must have a face mask available AT ALL TIMES and wear them at the airport and on the plane
- Players & coaches WILL follow the team itinerary as closely as possible, to ensure that safety remains our highest priority
- Players & coaches MUST wash hands immediately [if not showering] upon returning to the hotel [ex. If we are going straight to dinner or lunch, players must wash hands before eating]. If unable to wash hands, please use hand sanitizer.
- Players & coaches WILL NOT enter any hotel rooms outside of their assigned room.
- If an athlete or staff member has any COVID-19 symptoms or believe they have come into contact with someone with COVID-19, you MUST alert Program Director, Courtney Stringer [425-785-7816], immediately – regardless of the hour. The person with symptoms will be quarantined immediately in their own room, their family will be notified and they will not be able to participate in any team activities for the remainder of the trip. This may mean not returning to Seattle with the remainder of the team. COVID-19 testing(s) and lodging arrangements are not the responsibility of 253 Lacrosse.
- Choosing not to follow these guidelines in any way including wearing your face covering may lead to disciplinary action.

COVID-19 Team Travel Recommendations:

- Wear glasses or other eye protection on airplane & when traveling
- Bring your own mini hand sanitizer [up to 12 oz are allowed on planes] and be vigilant about applying [required after games and before entering vehicles]
- Bring your own sanitizing wipes for public areas like trays, seats, etc.
- Shower immediately after coming back from the field
- Wash hands for at least 20 seconds before eating every meal
- Do not congregate in any rooms, other than your own
- Bring a breathable, comfortable mask & several extra masks
- Over communicate with coaches about potential symptoms and/or concerns

PARENT CODE OF CONDUCT

253 Lacrosse believes strongly in the values of teamwork, sportsmanship and leading by example. As a parent in the 253 Lacrosse program, I agree to abide by the following:

- I will represent 253 Lacrosse well by demonstrating responsibility, integrity, and good sportsmanship.
- I will support my athlete as a developing lacrosse player and teammate. This includes making sure my athlete attends practice, listens to their coach, and always gives their best effort.
- I will always respect my athlete's coaches, and understand that they are giving their



time to make my athlete a better lacrosse player.

- I will always support and respect my athlete's teammates and opponents.
- I understand that my behavior reflects on my athlete, their teammates, their coaches, and the 253 Lacrosse program. I will always be on my best behavior and maintain self-control at games, practices, and other team events.
- I will honor the officiating calls made by the officials. I understand that the referees oversee enforcing the rules of lacrosse, and I will always respect them and their decisions.
- I understand that the use of foul language towards anyone (coaches, athletes, officials, opponents, or spectators) will not be tolerated. I will not engage in any language or actions with the intent to initiate, hurt, intimidate, or humiliate another parent, player, coach, official or spectator. I will not tolerate these acts from any players, coaches or adults associated with 253 Lacrosse, and I understand they will be considered harassment.
- I understand that the posting of negative, demeaning, or derogatory comments will not be tolerated. These acts shall be considered harassment and may result in the immediate removal of my athlete from the team. Furthermore, if I see anything of concern from or about another 253 Lacrosse athlete on a social media site, I will immediately contact Program Director, Courtney Stringer.
- I understand that by signing this agreement [during registration] I promise to uphold the 253 Lacrosse Code of Conduct. Should I have any questions, I will ask Program Director, Courtney Stringer. I realize that violation of this Code of Conduct may result in my removal and/or my athlete's removal from games, practices or the program.

PLAYER CODE OF CONDUCT

253 Lacrosse believes strongly in the values of teamwork, sportsmanship and leading by example. As a player within the 253 Lacrosse program, your actions reflect not only on you, but also on your teammates, your coaches, and the club. As a player of 253 Lacrosse, I agree to abide by the following:

- I will represent 253 Lacrosse by demonstrating responsibility, integrity, and good sportsmanship.
- I understand that schoolwork will take precedence over lacrosse and commit to managing my time and resources to the best of my ability.
- I will be committed to developing as a lacrosse player. This includes attending practice, listening to my coach, and always giving my best effort.



- I will arrive at practices and games on time and prepared. I understand that it is my responsibility to have all my equipment packed and ready to participate in practice or in a game.
- I will participate in every practice and game, except for illness, injury, or school events. If I must miss a practice or game, the coach will be contacted as soon as possible.
- I will always respect my coaches and listen carefully to their instructions. I understand that they are giving their time to make me a better lacrosse player.
- I will always support and respect my teammates and opponents.
- I understand that my behavior reflects on my teammates, my coaches, and the 253 Lacrosse program. I will always be on my best behavior and maintain self-control at games, practices, hotels, and other team events.
- I will honor the calls made by the officials. I understand that the referees oversee enforcing the rules of lacrosse, and I will always respect them and their decisions.
- I will always show good sportsmanship, both when winning and losing. I will always congratulate the other team and wish them good luck.
- I will adhere to the 253 Lacrosse Zero Tolerance Policy. I will never be under the influence of or in possession of drugs, alcohol, tobacco/vape products, or weapons of any kind at practices, games, trips, or other events. We all deserve to participate in an environment that is free of drugs, smoking, vaping and alcohol. I will expect teammates and adults to refrain from their use at all lacrosse events.
- I understand that the use of foul language towards anyone (coaches, teammates, officials, opponents, or spectators) will not be tolerated. I will not engage in any language or actions with the intent to initiate, hurt, intimidate, or humiliate another player, coach, official or spectator. I will not tolerate these acts from any players, coaches or adults associated with 253 Lacrosse Club, and I understand they can be considered harassment.
- I will not post on any social media site with the intent to initiate, hurt, intimidate, or humiliate another player, coach, official or spectator. The posting of negative, demeaning, or derogatory comments will not be tolerated. These acts shall be considered harassment and may result in the immediate removal from the team. Furthermore, if I see anything of concern from or about another 253 Lacrosse player on a social media site, I will immediately contact Program Director, Courtney Stringer.
- I will always act responsibly and know I will be held personally accountable for my decisions and action.



- I understand that harassment will result in the immediate removal from the team.
- I understand that the 253 Lacrosse Program Director reserves the right to remove athletes from teams and may do so without the approval or consent of the head coach of a given team if required or necessary. Any decision made by the 253 Lacrosse Club Program Director in this context is final.

I understand that by signing this agreement [during registration], I promise to uphold the 253 Lacrosse Code of Conduct. Should I have any questions, I will ask my coach or program director. I realize that violation of this Code of Conduct may result in loss of playing time, suspension from a game or removal from the 253 Lacrosse program.

253 CULTURE & FIT

What makes our program special is the uplifting and positive culture that we cultivate in our athletes and on our teams. We pride ourselves on putting this positive team culture above winning. Parents and players who cannot meet the expectations outlined in this document, will be asked to leave the program.

Thank you for taking the time to read through our parent and player expectations.

Courtney Stringer

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