

# CODE OF CONDUCT

## COACHES

- 1- Create an emotionally and physically safe sports environment.
- 2- Maintain all LNS coaching certifications and requirements.
- 3- Develop and execute training plans that will improve the individual athletes to ensure a competitive and cohesive team at competitions.
- 4- Develop a sense of pride and confidence in the athletes that they will use outside of sport.
- 5- Model respectful communication styles which build trust and transparency.
- 6- Ensure that the team is having fun and developing strong character traits through sport.
- 7- Be positive role models.
- 8- Continually improve through self-reflection, mentorship, professional development, evaluation and self-care.
- 9- Follow all Association Policies and Guidelines.

## PLAYERS

- 1- Actively participate in all training programs, competitive activities and team functions.
- 2- Avoid any action or conduct that would reasonably be expected to significantly disrupt or interfere with a competition or the preparation for themselves or of any athlete for a competition.
- 3- Commit to individual training programs, ie: speed training and ball training.
- 4- Communicate any issues to coaches as soon as possible. We aim for open, honest communication at all times.

## PARENTS

- 1- Support your athlete mentally, emotionally and physically.
- 2- Ensure your athlete is on time to all team activities. If you will be late, have your athlete communicate quickly to coaches.
- 3- Fundraise.
- 4- Follow all Association Policies and Guidelines.
- 5- Be positive and supportive of all referees both in the stands and in the car on the way home.
- 6- Be positive and supportive of the coaches and other team members both in the stands and in the car on the way home.



- 5- Communicate any injuries or illness to coaches as soon as possible.
- 6- Avoid the use of all drugs, alcohol, nicotine (vaping) or banned substances as usage is not tolerated and will result in immediate suspension from the team.
- 7- Be grateful to your parents/guardians for supporting you. Say thank you many times.
- 8- Work as hard as possible and give your full attention and full energy to yourself, your teammates and your coaches at all times.
- 9- Be a positive influence on each other and other lacrosse players in the community.
- 10- Conduct yourself with respect and goodsportsmanship at all times.