



Player/Parent Level “A” Team Commitment Agreement

The Calgary Hornets Lacrosse Association (Hornets) recognizes and supports the athletes who participate in multi-sport activities during the year. However, The Hornets have determined that "A" level lacrosse is intended to allow for enhanced competitiveness and advanced skill development. With that goal in mind, it is expected that the commitment level to lacrosse by players wishing to participate at the "A" level will represent that it is the primary sport of those athletes for the duration of the evaluation process around that team and the playing season. Players rely on teammates to make a commitment and participate fully during the season for the betterment of the team. Practices are an important time for any team in any sport. Practices provide an opportunity to build teamwork, improve game-time communication, enhance team and individual skills, and build "play" development. Game playing time at all levels may be affected by absences from practice. By signing this letter, we are agreeing to respect the decision of my coaches to adjust my/my players play time if I do not meet this attendance commitment.

If the “A” level commitment is unattainable, there are opportunities to participate in lacrosse at other levels of play within our organization which may be better aligned with your athletes/families level of commitment or desire to maintain a multisport focus throughout the playing season. Please note: if your player is selected to play on the B team, they will still greatly progress in their skills, practicing with other players of their talent, and be involved in challenging games.

The following guidelines apply to the enhanced commitment required for “A” level of play: Expectation of attendance, 80-100% - direct communication with coaches requesting excused absences, participation in other sports or activities is not an excused absence.

Typical "A" Season will include February long weekend tryouts, practices beginning in March with an extensive 6-8 week pre-season, followed by a regular season running from late April until mid-July, up to and including Provincials in the second week of July.

- ★ 2-3 Practices per week, which will include CDLA assigned practice floor and supplemental practices booked at team expense (additional cash call may be required)

- ★ 1-2 League Games per week, typically on weeknights. 12 League games is standard, along with pre-season exhibition games and playoffs.
- ★ 3-4 Tournaments, which average 4 games per tournament over a weekend and often include Friday afternoon games. "A" Teams will generally try to have at least one tournament out-of-province.

In summary, it would not be unusual to have 20 to 30 practices in a season and 25 to 30+ games would be normal.

All players and parents are required to review and sign the Team Commitment Agreement and present upon check-in at the first tryout session. By signing, players and parents acknowledge their understanding of the guidelines of the Team Commitment Agreement, and are agreeing to meet those requirements for the duration of the season, should they be selected to play for an "A" level team.

17U A Players Only: All players and parents are required to review the Information Letter which can be found on our website. By signing, players and parents acknowledge their understanding of the U17A – Wild Rose Lacrosse League and are agreeing to meet those requirements for the duration of the season, should they be selected to play for the 17UA team.

Thank you for your understanding and commitment to Hornets Lacrosse!

ATHLETES WILL NOT BE PERMITTED TO TRYOUT WITHOUT A SIGNED Team Commitment Agreement.

X

Signature – Athlete

X

Signature – Parent/Guardian

Print Name – Athlete

Print Name – Parent/Guardian

Date

X

Witness