



## PLAYERS' COMMITMENT TO EXCELLENCE

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As a Props Lacrosse player, I pledge:

1. to have a positive attitude and be responsible for my actions and participation in Props Lacrosse.
2. to always make my best effort in my words and actions as a representative of the Props Lacrosse Association both on and off the field including what I do at school and at home, not just on the lacrosse field.
3. to respect my coaches and will listen to them at all times.
4. to respect all aspects of the game, including coaches, referees, teammates, opponents and fans.
5. to be a good sport, and to encourage good sportsmanship from fellow players, coaches, referees, and fans at every game and practice.
6. to support my teammates and be a team player.
7. to be humble in victory and gracious in defeat.
8. to take responsibility for my own behavior, equipment, and game uniforms.
9. to do my best in school.
10. to attend all practices and games where my schedule permits.
11. to arrive at practice and games on time, with all my equipment and ready to play and warm up. I will make sure my parents know when practice will end so I am picked up on time.
12. to consistently use respectful language and a positive attitude at all practices and games - I understand that ABSOLUTELY no inappropriate language or behavior unbecoming a lacrosse player will be tolerated.
13. to Honor the Game of lacrosse and honor the Player Code of Conduct in my words and actions. I understand that if I don't live up to my promises, I can be suspended from practices, games, and even asked to leave the team.
14. to do my very best to live up to this Player Commitment to Excellence in my words and actions.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_