



2020 Player's Contract

These rules and consequences are not meant to be punishments. These are expectations to be met by the players and coaching staff alike to ensure team bonding and cohesiveness. These guidelines are to keep teammates accountable to one another and ultimately to maintain our traditions, passion for the game of lacrosse and our never ending drive for excellence.

1. ALL team events/meetings/practices are considered mandatory. If you are going to miss, contact the coach and/or coaching assistant personally by text or email. Prior notification must be given to coach and/or assistant by the player (or parent) missing the practice, game or event. Disciplinary action will be taken and may result in suspension or partial suspension from a game for an unexcused absence. More than 3 suspensions as a result of unexcused tardiness or missing practices will result in player dismissal from the team.

Varsity Head Coach – Dana Gundlach / vikeslacrosse@gmail.com / 612-559-3159

Unexcused tardiness or absence to any activity is unacceptable. BE EARLY . . . if you arrive on time you are late. *Being late will result in disciplinary actions and possible suspension from games.* DO NOT SEND A MESSAGE THROUGH A TEAMMATE! ** Practice starts at 4:00 p.m. sharp! **

2. The entire team is responsible for setting up before and cleaning up after each practice/game. Captains will direct those responsibilities to the team.
3. All injured players will be at practice unless you are in the hospital or restricted to home care. Any injury bad enough to remove the player from practice or a game will require a doctor's clearance for him to be able to participate again.
4. Unsportsmanlike conduct will not be tolerated on or off the field during a practice or a game. This will result in consequences determined by the Coach. Any unsportsmanlike penalty called during a game will result in a possible game suspension determined by the Coach.
5. Illegal use, consumption or possession of tobacco, vape, drugs and alcohol, is strictly forbidden and is subject to immediate dismissal from the team.
6. Any player serving an out-of-school suspension from school will not participate in any games until the school suspension is lifted. Any other school disciplinary actions must be reported to the head coach.
7. Swearing/foul language: Any use of foul language deemed inadmissible by the coach will result in disciplinary action for the player.
8. Not paying attention/horseplay will result in conditioning exercises for the player(s).
9. Lowering team morale: (negative attitudes, belittling teammates, lack of hustle, dampening enthusiasm, etc.) will result in conditioning exercises for each offense and a conference with the coaches after practice.