



Rippers Lacrosse

Program Player Expectations Contract

Control the Controllables

- **Attitude is Everything:** Come to practices and games ready to play, ready to learn, and with a positive attitude.
- **The Rippers Way:** We might call plays differently, or, have different expectations than a previous club, or, high school coach. Be open to the changes and allow your coach to coach you.
- **Fitness and stick skills:** These take consistency. To improve, you will need to spend at least 4 times per week working on fitness and stick skills. Take ownership of these items and improve daily. You have been provided a packet to guide you, if you want further instruction please ask your coaches.
- **Ready to Play:** Make good choices; regarding fueling your body, hydrating, and getting adequate sleep.
- **Proper and legal equipment:** Remove jewelry, wear goggles/goalie gear, and mouth guards to every practice and every game.
- **Early is on time:** Make every effort to be on time; practice, travel, games etc.

Represent Rippers

- Wear proper **Rippers attire**.
- Be mindful of **social media** use when representing yourself and your team.
- **Be a good teammate:** include all players on your team, refrain from gossip and making teammates uncomfortable and keep player to player communicate positive and supportive, help out when/ where you can (i.e. clean up, set up, and travel).
- **Respect ALL;** that includes coaches, officials, other players, parents, the airports, and the planes we fly in, the fields/facilities we play in, the hotels we stay in, and the vans we ride in.
- **Communicate:** If you are unable to attend practice, let your coach know (as early as possible). If you are sick or injured, please bring a doctor's note so your coach can alleviate and/or modify your participation.
- **Playing time is earned not given:** Factors in determining playing time are attendance and participation (do what you can do), attitude, effort, progression, and coachability. We expect players to commit to the program and attend at least 85% of practices.
- **No illegal substances at any Rippers event!**

College Recruiting Etiquette

- Communication to college coaches should come directly from you.
- If you are not interested in a college, let the recruiter know. Thank them for watching you but tell them you are not interested. Your actions could have a negative or positive impact for other players in The Program. DO NOT ghost a coach you were communicating with, let them know if you have ruled out their institution.
- Be active in your recruiting process: Do not let your parents or coaches do all the work. Have them check your emails before sending them, ask them for advice, but, be your own advocate.