Cambridge Highlanders Lacrosse Player Contract

1) Cambridge _____ (insert team) is first priority over all other sports during the time the season is active. I will not miss lacrosse practice or any lacrosse games for any other sport.

2) If I am playing any other sport earlier in the day and am fatigued at the time of our game, the coach has the right to not play or limit my floor time in an attempt to prevent injury.

3) If I am going to miss a practice or a game, I must notify my coach within 3 hours in advance or ASAP and explain the reason as to why I am missing. If I do not do this, I understand that I may sit out a game or sit a duration of time during a game.

4) I will be at the arena 30 minutes before practices and 50 minutes before games.

5) I understand that I play on a competitive team and that our team will run special teams including a power play, short handed and last minute offence and defence. In some situations, it is necessary for the coach to shorten the bench in the last 3 minutes.

6) I will only listen to my coach's instructions during practices and games. I will not listen to fans or parents that are trying to provide me direction that may differ from my coach's.

7) I understand that there will be a dress code. On game days, I am to wear khaki pants or shorts and a team polo. I will carry my jerseys in a CMLA approved garment bag to & from games.

8) If we make team qualifiers, it is understood that I am to stay with my team at whatever hotel the team chooses. I will not be staying at a separate hotel where team's other than my own are staying. It is an important experience for me to understand team bonding any unity.

9) I will attend all mandatory crossfit/dryland training set up by our managerial staff.

10) I understand that I am to put my best effort forward at all times and respect the players, coaches and parents.

11) My number one priority is to have fun and put my best effort forward to help assist in the team becoming as competitive as humanly possible.

Coach: Date:

Guardian: Date:

Player: Date: