



Spring Break 2013 Coaches Expectations/Player Contract

Alpharetta High School Athletics
Men's Lacrosse

- Absolutely no behavior issues throughout the duration of the trip will be tolerated. You are all young men capable of mature behavior.
- Inappropriate behavior of any sort will not be tolerated and will be considered in violation of this contract. This trip is an opportunity and a privilege.
- Follow your itinerary and be at all team meetings and events 5 minutes early.
- You have been assigned a chaperone and buddy group, you are responsible to report as a group to this chaperone at each meeting/event when it is required.
- Transportation will be via commercial charter bus, rest stops are scheduled, return to the bus within 5 minutes of departing the bus.
- Room assignments will be divided based to the best of our abilities on your requests; you may not exchange or change room assignments at any point during the trip.
- Listen to your coaches and chaperone's, you will not be reminded twice.
- Uphold a high level of sportsmanship and professionalism and remember you are representing AHS, Raider Lacrosse and the GHSA as ambassadors.
- We are a team and a family; support each other at all times.
- As we will be traveling in a large group, remember we are in public, keep your voices low and consider the types of conversations you are having, locker room talk is not acceptable outside of the locker room.
- When coach, captain or chaperone is speaking you are listening.
- Have all required equipment with you for each practice, game and event, check and double check everything every time we depart. **INCLUDED SHOULD BE EACH FULL UNIFORM TO EACH GAME**
- Dress appropriately for weather conditions.
- *Check all equipment to make sure it meets league requirements before each game.* Ask a coach for assistance if you have questions.
- Lacrosse is a team sport. Be supportive and provide positive assistance/reinforcement to your team members. Remind teammates of our expectations if you see someone slipping
- **Absolutely no drug or alcohol use will be tolerated, period.**
- Curfew will be assigned on a daily basis based on the days activities, your room will be checked at curfew by a chaperone, all roommates must be present.
- Players are not allowed to leave their rooms for any reason throughout the night. In case of an emergency contact a coach or chaperone via telephone.
- Cell phones must be carried with you at all times and remain on for the entire trip.
- Each player and chaperone will be provided with a phone list, you must keep this list with you at all times.
- Rule 76: no excuses.
- Additional charges made to your assigned room for any reason will be split amongst those assigned to the room, this is non-negotiable.

Athletes in violation of this contract will be immediately removed from the team upon our return. This is non-negotiable and no exceptions for any reason will be made, period. Excuses will not be tolerated.

Alpharetta High School Varsity Coaching Staff and Board

Coach Scheifflee
Coach Zumwalt
Coach Antinarella
Coach Hilton

Tarran Craver
Lynn Podsiadlo
Stuart Conrad
Amy Batley
Melanie Hassett

Barry Hassett

Player Name: _____
Player Signature: _____
Player Cell: _____
Parent Signature: _____
Parent Cell: _____

Date: _____

Date: _____

