



MIDDLETON LACROSSE “I WILL” STATEMENT

1. *I will* attend practice every scheduled day. If I need to miss a practice, it will be communicated to one of the coaches directly by me prior to the scheduled practice time, not by another player. If I miss a practice, I will have a legitimate excuse.
2. *I will* conduct myself on and off the field in a professional and ethical manner. My actions will speak louder than my words.
3. *I will* make the success of the team more important than my personal success.
4. *I will* respect my peers and coaches by confronting issues in a one-on-one manner. I will not “back-bite”.
5. *I will* have a positive attitude.
6. *I will* not use illegal drugs. I will not consume alcohol. I will commit to not drinking alcohol, tobacco, vape or using any other banned/illegal substance.
7. *I will* attend class regularly and I will meet the academic standards set forth by the school. Nothing below 3.0 is below our benchmark.
8. *I will* not pout or whine. I will remember that coaches are here to help me, and that when they critique, it is because they care about me and my performance.
9. *I will* be a positive member of this team. I will stay in the game mentally, whether I’m playing or not. I will accept my role. I will buy in to the “next man up” mentality by having myself mentally and physically ready at all times.
10. *I will* commit to making myself an asset for the team. I will practice how I intend to play. I will do everything in my power to make the players around me better. ALL OUT – ALL THE TIME.
11. *I will* expect to win every day.
12. *I will* commit myself to being a leader on and off the field.
13. *I will* take responsibility for the decisions I make from the time I wake to the time I sleep.
14. *I will* operate under the premise that I am responsible for finding “my” answer to success. It is my responsibility to perform.
15. *I will* commit to excelling in the areas that are within my control.
16. *I will* wear appropriate clothes to practice.
17. *I will* be on time. On time means at practice ready to go when practice starts.
18. *I will* commit to hustling at all times.
19. *I will* keep confidential affairs of this team and portray my teammates and coaches in a positive manner to those people on the outside looking in.
20. *I will* believe in myself and my ability to succeed in any given situation.
21. *I will* compete. I will operate under the expectation that this team does not lose games; it simply runs out of time.
22. *I will* honor the game and play it with the enthusiasm it deserves.
23. *I will* be mentally and physically tough. I will not engage in trash talk with other players.

24. *I will* limit temper tantrums, emotional outbursts, and pouting while directing all energies toward performing in the moment. I will not throw equipment and I will not use profanity.

25. *I will* set goals and I will attain them.

26. *I will* keep the practice area and game field clean. I will honor the game anytime I am wearing Middleton Lacrosse gear.

27. I will not leave the field without helping pick up cones, table, chairs and helping haul them to the gate. I will help set up the field for each home game.

27. *I will* discuss any issues with the coach and not bash any coaches or other players on social media.

28. I will keep my social media respectful and clean setting a good example for the future generation.

29. I will not engage in any negative dialog with any official at any time.

30. *I will* be loyal to the Blue and Gold.

I hereby state that I agree to every "I will" statement above and that **I will** commit myself to this team and its goals.

Signed: _____

Date: _____

Parent: _____

Date: _____