



HOW TO PARTNER WITH PIONEER QUIX STIX LACROSSE

The Quix Stix Lacrosse program is grounded in good sportsmanship, the development of athletes, healthy competition, and fun. In order to successfully provide this community benefit, we need, and expect, all parties involved to embrace the same mindset and behave according to the following:

Parents:

Being the parent of an athlete can be fantastic, at any age. However, during the course of any season, your child will likely experience successes and challenges: both part of the learning process. We ask that you encourage and support your child, and know you have a direct line of communication to the coaches and QS Board, if a serious situation should arise. Nothing is more important to us than to provide a safe and healthy environment for our athletes. Below is our Parent Code of Conduct, which establishes guidelines and expectations for parental involvement.

As a Quix Stix parent, I will:

- exhibit good sportsmanship at all times to members of the team, the coaches, my fellow parents, referees, our opponents, and all spectators
- let the coach provide all instructions to the players, as having conflicting and competing voices is confusing to our athletes
- ensure my child comes to practices and games as scheduled
- encourage my child to take responsibility for their commitment to their team
- support and encourage my child, their teammates and coaches in a positive manner
- recognize that Quix Stix, first and foremost, is about our children; their development as athletes and the enjoyment of their sport of choice.

Athletes:

Playing sports is a commitment, and one from which we believe our athletes benefit tremendously. Hard work, sportsmanship, dedication, respect, and teamwork are just some of the lessons that are taught through sports. Below is our Athlete Code of Conduct, including expectations and clear guidelines for a great season ahead.

As a Quix Stix athlete I will:

- be on time to practices and games
- be prepared with all of my equipment at the start of practices and games
- take responsibility for my participation on the team and communicate with my coach if I cannot attend a practice or game or if I have questions or concerns
- demonstrate sportsmanship and integrity at all times

- strive to learn every day and develop as an athlete
- demonstrate personal accountability by accepting responsibility for my actions and performance on and off the field
- treat my coaches, teammates, officials, fans, and opponents with respect
- respect the facilities on which I play and leave them clean and in good condition

Coaches/Administrators:

A coach can have many jobs on the field: teacher, parent, shoe-tie, cheerleader, nurse, disciplinarian, motivator and counselor! The most important of all is that of role model. To coach within the Quix Stix program, you must embrace this responsibility above all others. Athletes will learn the game from you, and they will learn how to behave on and off the field from you as well. Your example is critical to the development of our athletes and to the success of the program as a whole. We appreciate your time, your considerable dedication, and your commitment to the Code of Conduct below.

As a Quix Stix coach, I will:

- exhibit good sportsmanship at all times toward members of the team, my fellow coaches, referees, our opponents, and all parents/spectators
- use every moment as a teaching moment
- see in each athlete her unique potential and individual strengths
- ensure that I am, and my team is, equipped for practices and games as scheduled
- encourage each athlete to take responsibility for her contribution to her team
- recognize that Quix Stix is about our community's children, fostering their development as athletes and facilitating their enjoyment of sport.

Thank you,

Quix Stix Board Members