



ULA Parent Contract

Fax: (801) 590-9365 • Tel: (801) 590-9950 • Web: www.utahlax.org

In recognition of my child being accepted to participate in a ULA sponsored lacrosse league, I (we) agree to read and follow the standards listed below. Please initial each item, sign at the end, and return to the coach or appropriate volunteer.

Initial Here

- _____ I will remain in the spectator area during competitions, which is on the opposite side of the field from the team benches.
- _____ I will "Honor the Game." I will show respect for all involved with the game including coaches, players, opponents, opposing fans, table crew, and officials.
- _____ I will place the emotional and physical well being of my child ahead of a personal desire to win.
- _____ I will not drink alcohol at contests or come to one having had too much to drink.
- _____ If capable, I will help when asked to by a coach or official.
- _____ I will not be confrontational with the officials during or after the game, either on the field or in the immediate vicinity (such as the parking lot).
- _____ I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience.
- _____ I understand that games can be exciting for my child as he/she deals with the fast-paced action of the game, responds to opponents, referees, teammates, and listens to coaches. I will not yell out instructions. During the game I will make only sportsmanlike comments that encourage my child and other players on both teams.

I have read and agree to comply with the terms of this Parent Contract

Signature of Parent(s)/Guardian(s) _____ Date _____
_____ Date _____

If you have any officiating, coaching, or other concerns please email the ULA at info@utahlax.org.



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Parental Support – The Key to Peak Performance

The role parent's play in the life of a Lacrosse player has a tremendous impact on his experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with your coach or league commissioner.

1. **Let the coaches' coach:** Leave the coaching to the coaches. This includes motivating, psyching your player for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many *coaches*, it is confusing and performance usually declines.
2. **Support the program:** Get involved. Volunteer. Help out with fund-raisers, car pools, phone tree, anything to support the program.
3. **Be your player's best fan:** Support your player unconditionally. Do not withdraw love when your player performs poorly. Your player should *never* have to perform to win your love.
4. **Support and root for all players on the team:** Foster teamwork. Your player's teammates are not the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. **Do not bribe or offer incentives:** Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your player from properly concentrating in practice and game situations.
6. **Encourage your player to talk with the coaches:** If your player is having difficulties in practice or games, or can't make a practice, etc., encourage him/she to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks your child is claiming ownership of all aspects of the game - preparation for, as well as, playing the game.
7. **Understand and display appropriate game behavior:** Remember, you child's self-esteem and game performance are at stake. Be supportive, cheer, be appropriate. To perform at the best of his/her abilities, a player needs to focus on the parts of the game that he/she can control (personal fitness, positioning, decision making, skill, aggressiveness, what the game is presenting). If he starts focusing on what he cannot control (the condition of the field, the officials, the weather, the opponent, even the outcome of the game at times), he/she will not play up to his ability. If he/she hears a lot of people other than the coaches telling him/her what to do or yelling at the officials, it diverts his/her attention away from the task at hand.
8. **Monitor your player's stress level at home:** Keep an eye on your child to make sure that he/she is handling stress effectively from the various activities in his life.
9. **Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.
10. **Help your child keep his priorities straight:** Help your player maintain focus on schoolwork, relationships and other things in life besides Lacrosse. Also, if your player has made a commitment to Lacrosse, help him/her fulfill his/her obligation to the team.
11. **Reality test:** If your child has come off the field when his/her team has lost, but has played his/her best, help him/her to see this as a "win." Remind him/her that he/she is to focus on the "process" and not the "results." Fun and satisfaction should be derived from "striving to win." Conversely, he/she should be as satisfied from success that occurs despite inadequate preparation and performance.
12. **Keep sport in its proper perspective:** Lacrosse should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive days are over. Keep *your* goals and needs separate from your child's experience.
13. **Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past his/her "comfort level" and improve themselves as a player, and thus, a person. We will attempt to do this in an environment that is fun, yet challenging. We look forward to this process. We hope you do too.