



SCOTLAND JUNIORS HOME INTERNATIONALS / WORLD FESTIVAL
TRIALIST COMMITMENT

OUR GOAL:

To improve every day to be the best lacrosse players we can be, and to perform our best as a team at Home Internationals and World Festival.

TO ACCOMPLISH THIS GOAL, WE MUST ALL MAKE A COMMITMENT TO OURSELVES, OUR TEAMMATES, AND OUR COACHES

1. I COMMIT TO BE AN ATHLETE

I will see myself as a strong athlete and make decisions to support that.

2. I COMMIT TO ATTEND TRAININGS AND MEETINGS

I will use time management and prioritizing activities to ensure I can make it to trainings, meetings, and matches.

3. I COMMIT TO BE AN EXCELLENT TEAMMATE

I will maintain my integrity toward my team and be supportive of my teammates.

4. I COMMIT TO BE FINANCIALLY RESPONSIBLE

I will look after the finances needed to support my trainings and travel, and I will support myself and my teammates by participating in fundraising efforts.

5. I COMMIT TO CONTINUAL IMPROVEMENT

I will do the S&C, stickwork, and other activities to improve my skills in between training sessions.

6. I COMMIT TO DO MY PART TO KEEP LACROSSE A FUN AND FULFILLING PART OF ALL OF OUR LIVES!