



# Ireland Lacrosse – National Teams Athlete Commitment & Accountability Declaration

## Purpose

As a rostered athlete or designated alternate representing Ireland Lacrosse, I recognize the privilege and responsibility of national team selection. This declaration confirms my commitment to the standards of professionalism, accountability, and performance required to uphold the values of Ireland Lacrosse.

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## 1. Personal Commitment

I commit to:

- Maintaining a **high level of physical conditioning** in accordance with my position and team requirements.
- Engaging fully in **training, preparation, and performance programs**, including S&C, recovery, and feedback processes.
- Demonstrating **professional conduct** on and off the field, serving as a role model for Ireland Lacrosse and its community.
- Representing Ireland Lacrosse with **integrity, respect, and cultural alignment**, upholding the team-first ethos

## 2. Communication Standards

I will:

- Maintain **timely and proactive communication** with High Performance and Team Staff.
- Respond to all official communications within the required timeframe (typically **48 hours**).
- Notify staff immediately of any issues impacting participation, travel, health, or availability.

### Non-compliance penalty:

Failure to communicate may result in removal from selection consideration, reduction of playing time, or suspension from team activities.



### 3. Financial Responsibility

I acknowledge:

- That participation fees, travel levies, or fundraising commitments are a **condition of representation**.
- All financial obligations must be **paid in full by stated deadlines**, unless prior arrangements are agreed in writing.

#### **Non-compliance penalty:**

Failure to meet payment obligations may result in **ineligibility for roster inclusion or revocation of team status**. Please consult the latest version of the ***IL HP National Team Athlete Financial Guidelines*** for further information.

### 4. Fitness & Performance Standards

I accept responsibility for:

- Maintaining a **fitness level consistent with Ireland Lacrosse High Performance expectations**.
- Completing and submitting all required performance testing and training reports.
- Actively engaging with the assigned Strength and Condition Coach, Team assigned Medical and support staff and following their guidance.

#### **Non-compliance penalty:**

Athletes who fail to meet fitness benchmarks or show inadequate commitment to improvement may be placed on **performance probation** or replaced by an alternate.

### 5. Conduct & Accountability

I understand that:

- I am an ambassador for Ireland Lacrosse and expected to act with professionalism at all times.
- I will comply with all program policies, codes of conduct, and national representation standards.
- Any breach of this declaration may result in disciplinary review and sanctions up to and including removal from the program.



## 6. Social Media Conduct & Representation

I acknowledge that my conduct on social and digital media reflects on Ireland Lacrosse, my teammates, and the broader lacrosse community.

I will:

- Use social media to **positively represent Ireland Lacrosse**, promoting teamwork, respect, and pride in national representation.
- **Celebrate our heritage** and the shared culture of Irish lacrosse in my online presence.
- Maintain a **high-performance and professional mindset** in all public content and interactions.
- Avoid commentary or engagement that could bring Ireland Lacrosse, teammates, or the sport into **disrepute, controversy, or political debate**.
- Recognize that I represent **all of Ireland**, and will refrain from engaging in **activist, partisan, or divisive expression** under the Ireland Lacrosse identity.
- Seek guidance from the **Communications or High Performance staff** before posting potentially sensitive or controversial content.

### Non-compliance penalty:

Breaches of social media conduct may result in loss of privileges, disciplinary action, or suspension from selection.

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**Athlete Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Team:** \_\_\_\_\_