



HIGH SCHOOL SERVICE IMMERSION TRIP: PLAY LAX, CHANGE THE WORLD

# ***COSTA RICA project***

**July 31-August 7, 2018**

## **APPLICATION**

Name:

Address:

City:

Zip:

Phone:

Grade:

Age:

School:

Date of Birth:

E-Mail:

Parent name(s):

Parent(s) email:

Do you habla Espanol and if so, how well?

***Deadline for application is:***

***April 15<sup>th</sup>, 2018***

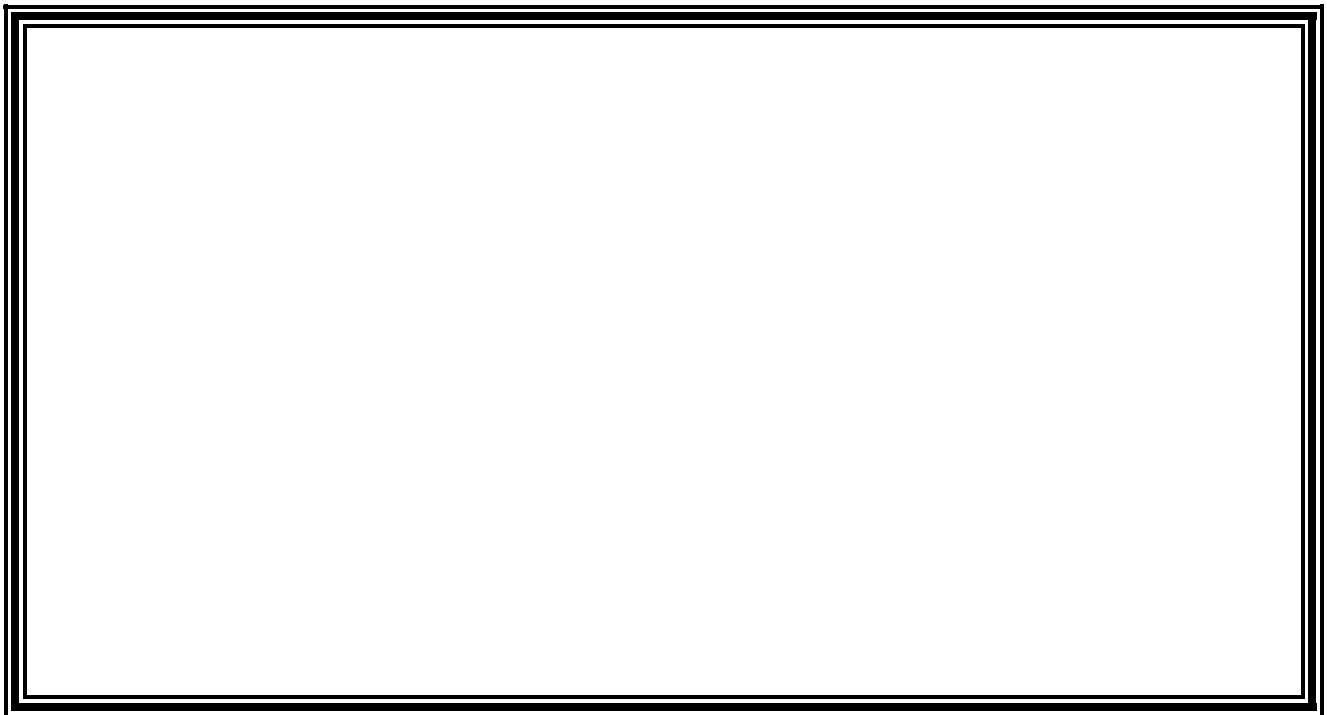
***Email this completed application to Alyssa:***

***amdunlap11@gmail.com***

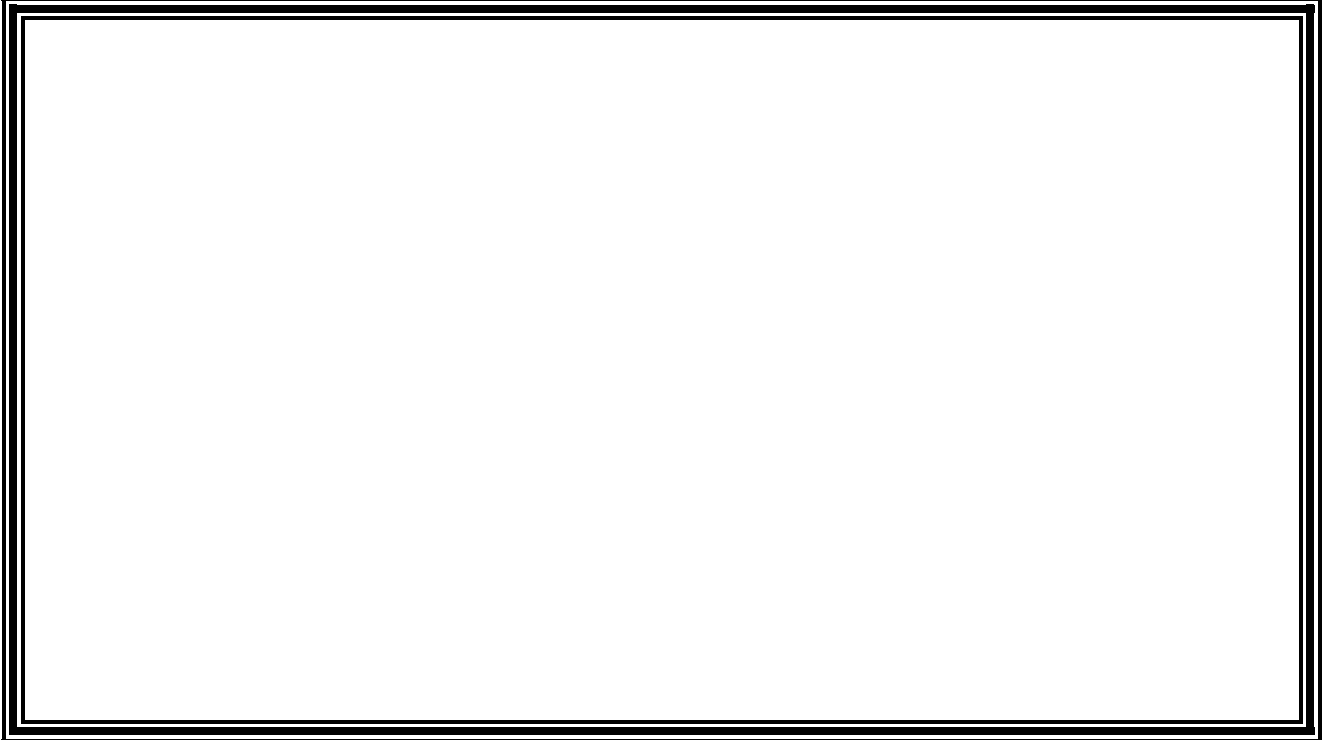
***There is limited space. It is important that you turn in your application AS SOON AS POSSIBLE  
Practice & Training dates TBD***

**Please answer the following questions to the best of your ability**

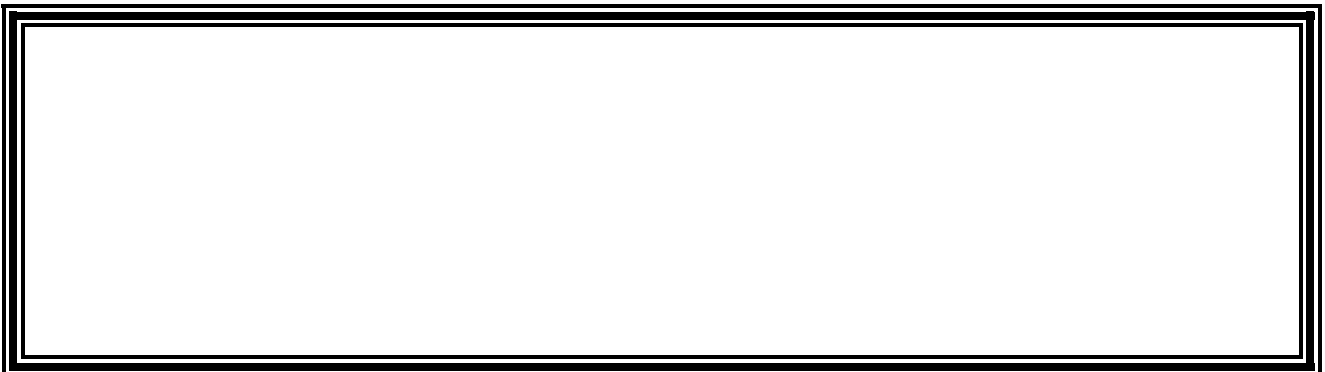
1. Tell us about why you want to go on this trip and what you hope to get out of it?



2. What / who has been the biggest influence on your decision to apply to this trip?  
What do you find appealing about serving and playing lacrosse in Costa Rica?



3. Because we'll be working together as a team both on and off the field, please list and explain some of your strengths and weaknesses:



4. Please list any experience you've had coaching, teaching, or working with young kids and why you found these to be rewarding experiences. If you haven't before, please explain why this is an experience you'd like to have:

5. Please list your lacrosse position and the lacrosse teams that you have played for over the past 3 years including any team or personal accomplishments:

**We will be serving in many different ways: Please rank the kinds of projects that appeal to you: 1-5, five being the most appealing:**

Youth Lacrosse Clinics: We'll be teaching elementary students the basics of lacrosse

Choose

Construction: We will be doing various building jobs, some of which may be physically taxing.

Choose

## Painting and other light construction jobs:

Choose

### PLAYERS STATEMENT OF COMMITMENT:

I understand that the purpose of this trip is to serve others as well as play lacrosse. I commit to the vision and values of this trip, to working hard when it's time to work and playing hard when it's time to play.

I accept responsibility for my behavior on and off the field. I understand that what I do and say affects my teammates, school, and other people either positively or negatively.

I understand that I am a part of a bigger trip than just "me and my friends". I will participate in all events (daytime activities, night programs, meals) as instructed by the leadership. I will follow the following UNITY principles: 1. No one's done until we're all done, 2. Leave it better than you found it, & 3. Be "in it" together.

I will act with respect toward myself and the people and things around me including my coaches, my teammates, the people I meet, my opponents, and the spectators.

I will act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, "How can I help you?"

I will serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school and community as a student-athlete.

I will give 100% effort to practices, games, and events. I understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates. I will attend all practices and trainings.

I will display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and 'trash-talking' to members of other teams. I accept defeat graciously by congratulating my opponents on a game well played.

Because I represent my family, school, and team, I abide by the policies, rules and guidelines of this trip, the team, parents, and coaches.

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## Signed

### PARENTS STATEMENT OF COMMITMENT:

I understand and endorse the purpose of this trip: to help boys become men of empathy and integrity who will lead, be responsible, and change the world for good. I understand that this trip is more than just playing lacrosse but an opportunity for my son to see the world, experience life through others' eyes, and affect positive change.

I support the coaches by applauding behaviors in my child and teammates that demonstrate characteristics of integrity, empathy, sacrifice, and responsibility.

I acknowledge and appreciate every player's growth towards maturity and efforts toward establishing stronger relationships with teammates, coaches, and themselves.

I affirm my child and teammates when good character, healthy sportsmanship, and other-centered behaviors are displayed. I will not only affirm athletic performance or a victory.

I serve as a role model for our players talking politely and acting courteously towards coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.

I model good sportsmanship, acknowledging and applauding the efforts of team members and opponents, and accepting defeat graciously by congratulating the members of the opposing team on a game well played.

I support the team and trip regardless of how much or how little my child plays or what the win-loss record is.

I encourage my child and teammates with positive statements, even when they make mistakes.

- At every practice they are growing physically and emotionally.
- At every practice they are learning moral and ethical lessons.
- At every practice they are developing character.

When problems or questions arise, I have my child present the problem to the coach. This develops self-advocacy. After meeting with their coach, if the issue requires more clarity, I will contact the coach.

Because I am a parent with the power, position, and platform to make a positive difference in the lives of all players, I commit to this code of conduct.

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**Signed**

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