



LA COSTA CANYON MAVERICKS RUGBY

PLAYER & COACH ACCOUNTABILITY & OWNERSHIP POLICY

Purpose

This policy establishes clear expectations, standards, and accountability mechanisms for players and coaches within the La Costa Canyon Mavericks Rugby program. The objective is to build a premier, championship-caliber high school rugby organization that operates with the discipline, reliability, and safety standards of a CIF varsity football program, despite being a club sport with late practice hours.

Program Standards & Core Principles

- **Availability is a Skill** – Consistent attendance is foundational to performance and safety.
- **Preparation Equals Opportunity** – Playing time and starting roles are earned through preparation.
- **Safety Overrides Talent** – No athlete plays without adequate preparation.
- **Ownership Over Excuses** – Conflicts are managed proactively and documented.
- **One Standard** – Standards apply equally to Varsity, JV, players, and coaches.

Attendance Expectations – Players

All scheduled team practices, matches, and required team events are mandatory unless excused per policy. Players are expected to arrive on time, prepared, and to respond to Signal attendance polls by the stated deadline. Failure to respond is treated as a non-attendance violation. Excused absences must be communicated directly to a coach and acknowledged; group chat comments alone do not constitute approval.

Acceptable vs. Unacceptable Absences

Potentially excusable (with prior communication): acute illness; unavoidable family obligations; academic requirements; previously disclosed work obligations; medically documented injury.

Unacceptable or repeated discretionary absences include, but are not limited to: family dinners; visiting relatives; unverified illness; undocumented injury status; failure to respond to attendance polls.

Missed Practice Accountability – External Workouts

Any missed practice requires a make-up workout within 24–48 hours with proof via video or fitness screenshots. The standard workout includes conditioning (3–5 mile run or equivalent intervals), position-specific skill work, and 15–20 minutes of mobility or prehab unless otherwise directed.



Playing Time & Safety Policy

- **Miss 1 practice:** player remains eligible to play, but starting role may be affected.
- **Miss 2 practices in a week or leading into a match:** player will not start due to safety and readiness concerns.
- **Miss 3 or more practices:** player may be limited, benched, or not selected.

Coach Accountability

Assistant coaches are expected to attend all scheduled practices and matches whenever reasonably possible and to communicate anticipated absences in advance. Unified enforcement of this policy is mandatory.

Equipment & Team Responsibility

Players are expected to arrive early enough to assist with equipment setup prior to practice and remain after to ensure all equipment is returned to the shed. While it is customary for JV to assist with setup and Varsity to assist with breakdown, Varsity players are expected to lead by example in all team responsibilities.

Acknowledgment

Participation in the La Costa Canyon Mavericks Rugby program signifies agreement with this policy and its standards.