**Program Expectations**

**PRACTICE ATTENDANCE:** All practices are mandatory.Excused or not, missed practices will compromise playing time. Excused or not, if you miss a practice before a game you will not start in the game no matter what the circumstances are.

If you skip practice or do not inform coach of absence you will run a Supermile and the entire team will run a Grundle for every 20 minutes you were not at practice. This rule also applies to players who are late to practice. Skip a practice - miss a game minimum

**DRUGS OR ALCOHOLR VIOLATION:** Alcohol and Drug violation cases will be dealt with on a case by case basis. Not every violation is equal and not every player caught up in a situation should be treated the same. Subjectivity is uncomfortable but all consequential decisions will be made through careful consideration of head coach and athletic director.

Expected Consequences

1st Offense: Loss of playing time (1-2 games), Field hashmark separator for entire team while offender watches and supreme for the offender. Enrollment in a drug and alcohol counseling program

2nd Offense: Half of season-full season suspension. Mandatory drug and alcohol counseling program.

3rd Offense: No longer a part of the Raider Soccer program

**SOCIAL MEDIA** Any activity on social media activity that negatively affects or reflects poorly on the soccer program is prohibited. This includes text messages, group chats, twitter, Facebook etc. Any social media infractions will be met with severe consequences from loss of playing time to immediate removal for program.

**ELIGIBILITY:** Every player must be passing five classes by the end of the school day on a game day in order to be eligible. Players who are ineligible will spend one hour in the tutoring center after school each week for every F that they have. Ineligibility may also result in team running consequences or individual running consequence (i.e. Supermile)

**COMPORTMENT:** When you make this program, you represent something much larger then yourself. Players will conduct themselves on and off the field as their best possible selves. Consequences can be expected for disrespectful behavior on the field towards opposing players, teammates, referees and coaches. The same applies to conduct off the field and in the school setting. The coaches have a way of knowing what goes on.

**TRAVEL:** Players will ride the bus to Away games unless they are excused for a valid reason. Players may be signed out by their parents after respective games and be excused from riding the bus home. Parent can sign out their child ONLY. JV players are expected to stay for half of the Varsity game home or away. They must sit together. Varsity Players are expected to arrive an hour early for home games (typically six o clock) and report to a pregame meeting in the locker room.

**LOCKERS:** Players all have opportunity to check out a locker in our district locker room. Theft has unfortunately been an issue for the program in the past and if a player does not take advantage of having a locker they are doing so at their own risk.

**PLAYING TIME:** Playing time expectations will vary by team. Players should first address playing time concerns with coach 12 hours after a game. If issue persists, coach will meet with parents, athletic director and player present.

**NUTRITION:** Players should refrain from drinking pop or eating fried foods on game days.

**LETTERING:** All players must complete the season in good standing with the coaching staff and the school administration to be eligible for a letter. The season is complete at the end of the last varsity game. Illness or injury is the

exception. To earn a varsity letter a player must have played in a minimum of 16 halves during the season, or start/play in a state game (quarterfinals on). A player must also take part in all other soccer related events such as team dinners, community services, awards ceremonies, and in-school functions. The head coach reserves the right to withhold any letter regardless of requirements met if he deems the student of not acting in accordance with team policy.

**CAPTAINS:** Captains will be either appointed by the coaching staff, voted by the team, or a combination of both. They are the spokespeople for the team. They will act as liaisons between the team and the staff. Presenting the views of the team to the staff, being positive roles models, displaying leadership, and assisting players, parents, and coaches, are some of their responsibilities. Captains are important both on and off the field. Authority will be, and is, delegated to the team captains.

**DRESS:** Game Day attire will be at the decision of the coaching staff. All players are expected to adhere to all dress codes set by the coaching staff. Failure to comply will result in a one game suspension.

**PRACTICE ATTIRE**: Player’s MUST have shin guards on at all times during practice sessions. If practice/warmup tops are provided, they should be worn at all sessions unless the coach deems otherwise. At no point, should any team practice without shirts. If it’s not allowed in the game, it’s not allowed at practice. This includes, but is not limited too, earnings, wristbands, necklaces, nose rings…etc.

**CLASSROOM CONDUCT:** Student-Athlete’s are expected to conduct themselves in the classroom with the highest regard for the rules of the classroom and the intellectual desires of the teacher. Player’s within our program should be seen in the classroom as ‘Model Students’ who gain respect by giving respect. Teachers are expected to inform the head coach if a player in the program is acting outside of these standards. Any player not acting within the standards set forth in this guide will be subject to a reduction in playing time, role,

position, team change, or removal from the program at the discretion of the Head Coach and, if necessary, the Athletic Director