

Auburn Trojans Soccer

Team Rules

It is our hope that you have a great experience as a member of the Auburn High School soccer program. The coaching staff has a few requirements and we ask that you represent your school, community, family and self in a respectful manner both on and off the field. We also ask that you give your BEST effort at ALL times. Lastly, we ask that you treat your teammates, teachers, coaches, opponents, and officials with the utmost respect.

If a problem occurs that causes the coaching staff to discipline an athlete, we will do so with our best judgment. We will treat each instance individually since few are exactly alike. We hope and expect that there will not be any decisions dealing with discipline for us to make. Remember to be on time, be a good student, be at school, be at practice and give nothing short of your best effort.

Athlete's Role

- You will, at 100% of your capacity, pursue given physical and mental drills to develop individual athletic abilities.
- You will, at 100% of your capacity, pursue given drills that will help you work together with other athletes on this team.
- Success on this team is determined by utilizing 100% of your talent. When you are tired you are expected to give 100% of what you have to give at that moment. You will not be criticized for not giving what you don't have.
- You will be expected to enthusiastically encourage your teammates even while you're competing with them for a position on this team.
- Your responsibility is to do each assignment at 100% of your capacity regardless of how you personally feel. The coaching staff has the responsibility of directing the team to its maximum potential. You have the responsibility to carry out all assignments so the maximum potential of this team can be reached.

Practice Expectations

- You must practice if you expect to play. Acceptable reasons to miss practice without penalty include excused school absences and emergency situations. If unforeseen situations occur, those should be discussed with the coaching staff. If you miss a practice for reasons other than those mentioned previously, you should expect to miss a minimum of ½ of the next game.
- Be at the field, dressed and ready to start on time!
- No jewelry, watches, bracelets, hard headbands, etc.
- Hair must be a natural color.
- Parents, relatives and/or friends are not allowed to attend practices.
- Use appropriate language.
- Contact coaching staff if you are going to miss practice. Do this beforehand.
- Cell phones are to be turned off and put away before practice starts and may not be used until practice is over.
- Wear proper attire and equipment for practices:
 - Proper attire consists of t-shirts, sweatshirts, soccer shorts, athletic shorts, and sweat pants.
 - Proper equipment consists of shin guards, soccer cleats, tennis shoes, and a water bottle. Be prepared to practice outdoors or indoors every day.
- Be responsible and prepared. Bring everything you need for training and prepare for poor weather conditions.
- Most importantly – dedicated yourself entirely to your coaches from the beginning to the end of all practices! Set everything aside and give nothing short of your best effort each and every day.

Game Expectations

- You must participate in games if you expect to remain a part of this team. Acceptable reasons to miss a game without penalty include excused school absences and emergency situations. There may be other unforeseen situations that occur and those should be discussed with the coaching staff. If you miss a game for reasons other than those mentioned previously, you should expect to miss a minimum of ½ of the next game.
- Be at the field, dressed and ready to start on time for home games.
- Show up 15 MINUTES BEFORE scheduled bus departure to away contests.
- No jewelry, watches, bracelets, hard headbands, etc.
- Wear appropriate equipment and uniform attire.
 - Proper equipment and uniform attire consist of team warm-up, team shorts, team socks, team jersey, shin guards, and soccer cleats.
- JV players are expected to watch Varsity matches and Varsity players are expected to watch JV matches.
- Remain focused during the game whether playing or waiting to play.
- Cell phones are to be turned off and put away once we arrive at the field.
- Clean up the bench and locker room area before leaving the field. Clean up the bus prior to leaving it after away games
- Players MUST ride the team bus home from all away contests unless there is an emergency.
- Cell phone use will be allowed on the bus as long as headphones are used so as not to bother others. Please keep texting to a minimum and no phone calls are to be made except to call your parents 10 minutes before the bus arrives back at the school.

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PLEASE RETURN THIS SHEET BY THE END OF THE FIRST WEEK OF PRACTICE

These team rules have been established by the coaching staff to help each of us work together in maximum harmony as a team. What you think and do has a direct influence on your teammates. The purpose of each rule is to serve as a guideline to develop your maximum potential. Your commitment to the team is a commitment to the acceptance of these team rules and violation will result in disciplinary action.

I, _____, have read these guidelines and agree to follow them to the best of my abilities.

Signature: _____

Parents' Role

Parents are **extremely** important to the success of this program. We ask that you follow the "Three B's for All-Star Parenting"

Be there: You can never hope to be an all-star parent unless you show up at games. Regardless of the skill level of your child or the success of the team, try to go to games. Be supportive. Don't be a fickle, fair-weather fan.

Be positive: On the sidelines, if you can't say something positive, don't say anything at all. Nothing good comes from negative statements and nothing negative comes from positive ones. If you can't be positive, at least be silent.

Be seated: Even though it's good to be positive, it's not good to overdo it. Don't stick out. Be an admirer – not a cheerleader. Players should not confuse your voice with the public address system.

It is our wish that every parent in our program is an "All-Star Parent". We do have one other important request and that is that any concerns about your child's playing time or role on the team should not be discussed with the coaching staff. If your child has questions about playing time or concerns about their role on the team, they need to talk with the coaching staff as playing time will NOT be discussed with parents. As coaches, we are always open to discuss anything with the players, so please direct them to one of us before you take it upon yourself to intervene. We are looking forward to the upcoming season and hope to see you at the games!

I have read these guidelines with my child and agree to uphold them to the best of my abilities.

Signature: _____

