

# Lady Ironmen Soccer Handbook/Team Rules

THE FOLLOWING RULES ARE DERIVED FROM THESE BASIC UNDERSTANDINGS:

- SUCCESS IN THE CLASS ROOM IS MOST IMPORTANT
- HEALTH AND SAFETY OF TEAM MEMBERS IS PRIMARY
- PIAA IS THE GOVERNING BODY
- RESPECT OF PLAYERS COACHES AND PARENTS FOR ONE ANOTHER IS KEY
- WELFARE OF THE TEAM COMES BEFORE DESIRES OF THE INDIVIDUAL
- THE ABOVE UNDERSTANDINGS SUPPORT EACH OTHER

Infraction of team rules will have consequences. The consequences will be handed out by the coaching staff. Examples: Playing time diminished, game suspensions, termination from the team, etc.

General:

All school and PIAA policies must be followed.

**All players and coaches will adhere to the athletic code of conduct.**

Academics are first priority. Players must know their grade point average. It is the team member's responsibility to make coaches aware if she is in danger of ineligibility. Eligibility is checked weekly during the season. **The school has an "intervention program" to help struggling students.**

Lady Ironmen Soccer team members are not allowed to participate in non-high school (club/traveling team/tournament) soccer if it in anyway adversely affects participation in Lady Ironmen Soccer team activities or individual performance.

The player must be in attendance at school the day of a practice or game **prior to 11 am** to be eligible to play that day.

If a team member is suspended from school she cannot play during the suspension.

**Sanctions will result from misconduct (as defined in the DASD student handbook).**

A Player may participate in band but not in other school sports (including cheerleading) during the soccer season.

Lady Ironmen Soccer team members will not wear shirts or shorts that are inappropriate. **Team members will adhere to the school dress code at all team functions.**

Because team unity and success depend on dedicated participation by all team members, college visits and other activities that affect member participation must be approved well in advance. **Speak to the head coach directly about such plans.**

A Lady Ironmen Soccer team member cannot miss games, practice, or other team activities for non-team activities (i.e. Key Club, concerts, baby sitting jobs, etc.).

A player may not quit one sport and join another after the season begins.

The team member is responsible for all equipment and uniform parts distributed to her. **The school requires payment for lost or damaged equipment and uniform parts.**

Practice:

**Timeliness is a characteristic of team and personal discipline.** Team members are to be on time. They are expected to **arrive at team activities early enough to get dressed and stretched before the activity begins.**

**Always contact Coach Craig or Shipe** if you must miss practice. Phone numbers and emails are on the Team List. The coaches have voice mail. **Do not send a message with a friend!!**

Practice discipline and intensity are critical to team and personal improvement. **Lady Ironmen Soccer team members practice at the same level of intensity as is expected during matches.** This is the player's responsibility to the team!

**Players must bring water to all practices and games.** They should drink at least ½ gal of fluids daily during the season to stay fully hydrated! If they don't, their performance (health and well being) on and off the field will suffer!! Most fluids should be water during the evening and off times. Fluids during a game should be electrolyte containing such as Gatorade. Players must drink these at every break and before and during the match so they do not become dehydrated.

**"NOCSAE" certified shin-guards** must be worn during warm-ups, practices, and games. During games, referees will check for labeling identifying shin guards as being NOCSAE compliant.

Players should bring a high energy after school snack, to "refuel" especially for away games.

## CELL PHONES MUST NOT RING DURING PRACTICE OR GAMES – NO TEXTING!!

Games:

NO JEWELRY MAY BE WORN DURING MATCHES OR THE PREGAME WARM UP!

HAIR BRAIDING, JEWELRY REMOVAL, AND ALL OTHER PRE-MATCH PREPARATION MUST BE DONE BEFORE WARM-UP OR PREGAME TALK BY COACH – NO DISTRACTIONS ARE ALLOWED!!

**All players will report and stay for the duration of both matches (when 2 are played),** whether we play at Home or Away. This means all team members will arrive and depart at the same time. This means **on the bench or sideline with the team** that's playing, not in the stands. WE ARE ONE TEAM THAT HAPPENS TO BE PLAYING TWO GAMES. (Special situations will be considered by the coaching staff, but must be approved well in advance.)

Away games--**Players must dress in the school locker room not on the bus or at the field.**

Because appearance is important to our impact on opposing teams, all team members will be dressed the same when we leave the bus. We will walk two by two from the bus to the field at away games.

Because situations may arise which would prohibit a team member from participation if they are missing required parts of their uniforms, team members must bring **all parts of both Home and Away match uniforms** to all games,.

Players must be prepared for changes in weather by bringing appropriate clothing to dress in whatever way is reasonable for the weather. (Ex: rain suits or "under armor" if it becomes rainy or cold, plastic bags to protect equipment during rain).

The pre-match warm up will be done in the team uniform or **team sanctioned warm up attire.**

**The school wants all team members to ride the bus to and from all games.** Coaches have a limited amount of flexibility and, **with permission signed in person by the player's parent,** will consider some exceptions to this rule.

**All** team members are responsible for unloading the bus and carrying equipment to the field before games and returning the equipment to the bus after games. In fact, **every team member** is expected to participate (with good cheer) in all team duties that can be performed equally well by any team member. **Clean up after the game must be completed before anyone is released.** All team members should expect to remain at the field at least 10 minutes after the team's last game ends, until they are certain all post game tasks are finished.

Ball Persons (Required by PIAA):

Team captains are responsible for organizing ball persons (at least two) for each match played. Players may act as ball persons themselves, or recruit others (parents, brothers, sisters). Ball persons must wear practice bibs so they are easily identified.

All sport bags must be placed **BEHIND** the team bench. They must not obstruct the team box area in front of the team bench.

Players must bring their water bottle or sports drink **CLEARLY MARKED WITH THEIR NAME**, to the front of the bench where it is ready for use.

Player's using inhalers, must place them where they are readily available when required. Each inhaler must be **CLEARLY MARKED WITH THE PLAYER'S NAME.**

Grievance process:

The coaching staff believes communication is a key to team success both on and off the field. While it is ideal when players, parents and coaches agree on all aspects of Lady Ironmen Soccer, it is normal for some issues, which require additional attention, to arise during the season. It is believed such concerns can be resolved by a straight forward discussion between involved parties. The following is the process this team will use to address grievances:

Any player problems or concerns will be fielded by the head coach. Problems will be brought first to the head coach (in person) by the player. Depending on the nature of the concern or problem a follow-up appointment may be scheduled for additional discussion/resolution.

Parental Concerns or Problems: Parental concerns or problems will be handled by appointment. Appointments will take place outside the time reserved for team practice and games. An appointment for such discussion will include coaches, parent(s) and player. The Athletic Director will be involved if school policy or a particular situation requires it.