

# CENTRAL HIGH BOYS SOCCER

## **TEAM RULES AND REGULATIONS**

Participation in Soccer at Central is a privilege. When you choose to participate in soccer, you choose to follow the rules established for this team. Along with this privilege comes the personal responsibility to conduct yourself properly at all times and apply yourself in the classroom. Players must conduct themselves at all times as to be a credit to their team, school, and sport.

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## **ACADEMICS:**

1. Follow all school rules – players are expected to comply with all rules within the school handbook as well as team rules. Players who are given detention, suspended, or given evening school will run after practice and may be dismissed from the team. Players will automatically be dismissed for fighting, steroids, drug use, and any zero tolerance offense.

Detention = 1 mile + sprints

Suspension/Evening School = 4 miles + sprints

2. Maintain good grades – students will pass all classes with a “C” average or better. For each “D” or “F” on a progress report or grade card, players will run. If possible, those students will be in my directed studies class for remediation/tutoring. It is our expectation that all players will go to post-secondary school.

Each “D” = 1 mile + sprints

Each “F” = 4 miles + sprints

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## **ATHLETICS:**

1. Good attendance – players are to let me know 1 day ahead of time on days they know they will be absent. When an absence is unexpected, players must e-mail or call me to let me know (A player cannot practice or play on a day they do not attend school). Players must bring in a parent note or doctor note for excused absences. Excused absences include doctor/dental appointments, illness, and family emergencies. You cannot develop teamwork when part of the team is missing.

Missed Practice:

Excused	= allowed 3 per season
Unexcused	= 1 <sup>st</sup> 2 miles
	= 2 <sup>nd</sup> 2 miles +sprints
	= 3 <sup>rd</sup> 4 miles + sprints
	= 4 <sup>th</sup> dismissed from team

Missed Game:

Excused	= allowed 1 per season
Unexcused	= 1 <sup>st</sup> 2 miles + sprints
	= 2 <sup>nd</sup> dismissed from team

2. Tardiness – being late to practice and games disrupts your team, period.

Late to practice	= 1 mile + sprints
Late to game	= 2 miles + sprints

3. Conduct – students will refrain from using profanity during practice and games.

1 <sup>st</sup> -3 <sup>rd</sup> Offense	= Sprints
4 <sup>th</sup> Offense	= 1 mile + sprints

4. Yellow/Red Cards –

Yellow	= running at coaches discretion
Red	= parent meeting with Principal and possible dismissal from team.

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**DRESS CODE:**

1. Players will attend practice in proper shoes, socks, and shin guards. Players should bring running shoes and indoor shoes to all practices.
2. Shirts with sleeves will be worn at all times.
3. No jewelry, body piercing, bandanas, or apparel not permitted in games will be worn during practice or games.
4. Cell phones and head phones need to be put away before practice.
5. On game days, students will be expected to be in khaki pants, button up shirt, and tie during school.
6. Players will be neatly dressed for away games. Khaki pants and game jerseys will be worn, shirts will be tucked in, and a belt will be worn.

## **GOALS**

1. Players will develop and demonstrate a sense to teamwork and respect for all players, coaches, and team supporters.
2. Players will develop into leaders through hard work and dependability both on and off the field.
3. Players will become the best student-athletes possible with the help of other players, coaches, teachers, administrators, and parents.
4. Players will have fun while developing individually and as a team.

## **CONSEQUENCES**

Players who fail to comply with team rules will run after practice and may be dismissed from the team depending on the severity and/or frequency of the infraction.

## **COACHES PHILOSOPHY**

We represent Central High School and will be positive examples of how student athletes should act and appear. Players and coaches represent their team, coach, school, peers, and community and they will uphold the positive image and dignity of each. Any player who acts in a way that diminishes the respect of these groups will be held accountable for their actions and may be dismissed from the team.

My hope is that players enjoy the experience of playing soccer for Central High School while being able to develop both competitive and social skills that will help develop them into respectful and successful young adults.

Parent:      Sign: \_\_\_\_\_ Print: \_\_\_\_\_  
Student:     Sign: \_\_\_\_\_ Print: \_\_\_\_\_