

# Montgomery Blair Junior Varsity Boys Soccer Team Conduct Guidelines

**Mission:** To develop skilled, well conditioned and creative players who yearn to succeed on the field and in the classroom through team work and assist players in their academic, physical and emotional development by linking soccer with academics at Blair High School.

## Expectations:

- We are a team! We use constructive criticism and help one another out.
- Be serious about success.
- Get to games and practices on time, be properly dressed (with shin guards at all times) ready to go by the time practice begins.
- Demonstrate sportsman like conduct on and off the field- you are a role model to the school and representative of Blair soccer
- Attend every practice unless you have a written excuse submitted before practice or can not attend due to sudden illness or family emergency.
- Attend every study hall, work silently or visit a teacher for help and if you have no homework read silently on your own.

## Team Roles:

**Team Captains** - represent the team's interests before the coach and towards the referee during a game, responsible for checking up on other players' attendance, warm up music before the games, leading warm ups and cool downs, running captains practices and providing leadership. Captains are chosen by the coaches based on the demonstration of leadership skills, commitment and conduct on and off the field.

**Team Captains for the 2006-2007 season will be:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Team Manager:** Takes attendance helps players with homework in study hall, in charge of fundraising efforts, and purchasing additional t-shirts and warm-up gear

## Study Hall, Grades and Behavior:

- Everyone must attend study hall during season in room 271 with Ms. Thorton on Tuesdays and Thursdays between 2:15-3:00pm. If Ms. Thorton removes you from study hall don't expect to play in the following game. On Mondays and Wednesdays you should attend the media center for study hall. If you have an 8<sup>th</sup> period, report to study hall before going to practice. During study hall you are expected to work on your homework, visit a teacher for help or read quietly. No noise or food (other than small snacks from the school vending machines or home that can only be consumed outside of the classroom and media center).
- You must remain eligible. Players who are not eligible by 4<sup>th</sup> quarter will not be allowed to try out. Additionally, if you grades demonstrate inconsistency and/or are lower than 2.00 during the 3<sup>rd</sup> quarter of school you may be told not try out. Ineligible players hurt not only themselves, but the entire team. It is your responsibility to remain eligible. If that means seeking extra help from your teacher, going to academic support or attending Saturday school, then you must do so.
- If you are caught with the possession of drugs or alcohol during school or on the school premise you will be suspended for 10 days, possibly expelled and denied the opportunity to compete in sports. In addition, if you are caught in possession of drugs or alcohol during the second semester of the year, you will not be allowed to participate during the 1<sup>st</sup> semester of the following year.

- On home game days we will wear nice clothes- button down shirt with tie. Remember we are role models in school and representatives of Blair outside of school.

## **Summer Practice and Camps:**

Captains will attempt to organize the team to a soccer summer camp for one week during the summer.

Otherwise, voluntary captain's practices will take place every Monday, Wednesday and Friday between 4:30-6:00 at a location yet to be decided. You are encouraged to attend. It is a sleep away camp that takes place during the course of 4 night and 5 days and costs \$400/ per person. Plan ahead. If you do not think your family will be able to pay or you will not be able to attend please let the coaches know. We will attempt to organize team fundraisers to make sure everyone can attend.

Let the coaches know if you will be able to attend the summer camp as soon as possible.

## **Fundraising:**

We will fundraise based on need. It is obligatory to participate in fundraising activities if they are pursued.

## **Parent Volunteers:**

Parent volunteering is encouraged. We will need a number of drivers to assist in taking players from Blair to the location of our away games and back. If there are not enough parent volunteers to help with transportation we will be forced to rely on school transportation which often results in students missing the last 2 hours of class. Parent volunteers are also encouraged to be home field announcers and enthusiastic supporters of Blair soccer.

## **Off-Season Conditioning:**

In order to prevent injury, rehabilitate chronic injuries, increase speed, agility and strength you should participate in off-season conditioning. Playing on an indoor or club team is an excellent way to stay in shape and improve your ball skills. However, you will be provided with a series of work outs that involve weight lifting, ply metrics and stretching to complete in the school's weight room or in the halls. Mr. McMahon is Blair's conditioning and strength expert- he works in the weight room. You will be provided a series of exercises to begin with in the near future. These sessions will be voluntary and led by the captains.

## **Consequences:**

**Warnings** will be issued for violation of team guidelines. Two warnings will result in a contract and three will result in being thrown off the team. Warnings will be given for skipping practice with a note, disrespectful or insubordinate behavior in practice, 3 yellow cards (coach's discretion), improper conduct in study hall, and whining on the bench. Upon receiving the contract you will be asked to get a parent to sign it and if an additional one is received you will be asked to leave the team.

### **Positive Consequences:**

- Demonstrate leadership by attending study halls, maintaining good grades, working hard in practice and be designated a team captain
- Receive a positive college or job recommendation
- Get more playing time
- Receive high marks and get out of study hall

### **Negative Consequences:**

- Get less playing time/ don't start
- Do strenuous running and ply metric exercises- triangles, suicides, duck walks, frog leaps
- Be responsible for the entire team doing strenuous running and ply metric exercises
- Get placed on a contract which if violated with result in you being thrown off the team.

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**Student Signature**

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**Parent Signature**

