



Saint Thomas Aquinas Girls' Soccer Team Rules and Guidelines



1. General Rules

- There will be strict adherence to all St. Thomas Aquinas school rules.
- It is a privilege to be a member of this team. It is, therefore, your obligation to be a quality teammate.
- Effective communication is vital, please talk to your coaches and teammates.

2. Practice Rules and Guidelines

- I believe that practices are just as, or more important, than games. It is expected that we all give 100% in every practice.
 - Run from station to station or drill to drill
 - Practice as though it is a game
 - Play hard and intense at all times, we only get better as a team if we push each other every practice.
 - Challenge yourself, push yourself, punish yourself, drive to be the best you can.
 - Understand that the coaches might be working with one set of players, i.e. the defenders, and that everyone else, forwards etc., must be focused and on task assigned.
- All practices are mandatory - You should never miss a practice without communicating it to your coach. unexcused will result in the following...
 - 1st absence - discussion with coach
 - 2nd absence - discussion and potential game penalties
 - 3rd absence - meeting with Coach & AD for possible dismissal from the team
- Tardiness will not be tolerated! Extra conditioning or loss of game time will be at coaches' discretion. You can always communicate if there's a chance you might be late. When practice time is designated, it means you're ready to go at that time. You should be dressed and booted 15 minutes prior.
- When you are injured you are expected to be at practice unless agreed upon by Coach.
- Excused absences: Doctor's appt., illness, academic issues, religious reasons, urgent family business (accompanied by a written note).
- When a coach blows a whistle and/or speaks, everything stops but your circulatory system.
- Understand that if a coach singles you out, consider it a compliment, he/she wants you and your teammates to improve.
- Pay attention to what is said on the practice pitch even if it isn't directed at you personally, your coach is likely teaching and talking to everyone.
- Communication, communication, communication.

3. Specific Team Rules

- Abusive/profane language is unacceptable and will result in penalties at the discretion of the coach.
- The players will not question the referee's decisions in any way.

- Sportsmanship is a top priority. We will be classy at all times. Please don't talk back to your coaches or officials or argue with your teammates or opponents.
- Social media can be a source for potential problems, please be careful, sensitive, and understand the consequences of any actions.
- All athletes must be present and on time to school. It is expected that you will NOT be tardy to school.
- Detentions (school or teacher) are inexcusable. We must act and behave as young ladies in school. They will be dealt with severely.
- Suspensions could be looked at as grounds for removal from the team. A meeting with the coach, player, and parent/guardian will be required to address such a situation.
- * The breaking of more serious STA policies such as drugs, alcohol, tobacco, etc., may result in penalties above what the school sees fit. You won't be doubly punished, but when your TEAMMATES continue to work while you are out you should expect to see them improve & you fall behind. We will not tolerate training rule infractions.

4. Equipment and Uniforms

- You are responsible for the uniform and any equipment issued to you. If anything is lost or ruined, it will be replaced at the cost to the student. Take care of your uniforms etc. as if they were your own. (You are issued about \$200 of stuff)

5. Varsity Letter Award

- A varsity letter will be awarded according to the following criteria
 - A) An active, participating, contributing member of the team in good standing.
 - B) Participation in 50% of available games throughout the season.
 - C) Coaches discretion and special consideration may be given to a 4th year/senior who may not have met criteria B.
 - D) Coaches discretion and special consideration may be given to an athlete who fails to meet criteria B due to a long-term injury.
 - E) Coaches discretion and special consideration may be given if criteria B is close, i.e. time played in games will not exclude an athlete if A is met

6. Player/Coach Relationship

- Coaches will be addressed as Coach, Mr., Ms., accordingly
- Respect all head and assistant coaches decisions, they make them for the best of the team and St. Thomas.
- For 2+ hours each day, your coach is your boss. He/She will treat you with respect, but also ask you to perform to the best of your abilities each and every time you step out on the field. Do what is asked; it will always be geared to making you a better teammate, player, and person.

6. Student Athlete & Team Priorities

- You are expected to keep up with your studies. This should be an important priority. I will expect you, your parent/guardian, and teachers to let me know if your grades are not up to par.

- Although I expect our team to travel together, I understand the nature of our community. Parents who wish to transport their student home from an away game must sign a release form that the coach will have. No student will be allowed to travel with another student's parent unless a note has been given previously to coach and/or AD. In very rare circumstances a student may drive herself to a game, but permission forms must be filled out 24 hours in advance - they will not be allowed to drive a teammate.
- Remember all your actions in the classroom, around school, and in the community are under close scrutiny and often will be stricter than the rest of the school population.
- Respect all your teammates, they are working to the best of their abilities just like you. Any form of hazing will be held accountable by the harshest of penalties.
- Think of your teammates 1st. Always be ready to lend a helping hand. I don't expect you all to be the best of friends, but our goals should all be similar, and thus when we practice and play we are all "sisters".
- It is a privilege to be a part of Saint Thomas Aquinas Athletics. Do not let your teammates, coaches, parents/guardians, community and yourself down. Think responsibly!!

*** ANY CONDITIONS NOT COVERED IN THESE RULES ARE SUBJECT TO
TEAM AND COACH DISCRETION. ***

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