- Respect yourself and others (including coaches, teammates, opponents, officials, and parents). Only coaches and/or captains will address the officials.
- Act in a mature manner. Remember, we represent the school first and foremost, but we also represent the team, the coaches, and ourselves.
- Use judgement when making decisions and always remember the team rules.
- Manage time wisely. Doing so will greatly enhance the team's chances for success as well as your own.
- Accept differences. Differences are unique and they are what make a team a team.
- Be honest with yourself, teammates and the coaching staff. The coaches need to know if something is negatively affecting you in order to help.
- Give 100% at practice. Giving minimal effort hurts one's chances for playing time, and it minimizes the success of the team as well as the individual.
- Possess a willingness to listen, learn, and improve.
- Possess technical, tactical competence and come into camp physically fit.
- Keep up with academics.
- Report any academic or physical concern to the coaching staff.
- Have your PIAA medical card and insurance information fully completed and turned in no later than August 13th. You will not be allowed to practice if this is not done.
- Bring a ball, indoor/outdoor footwear, water, shin pads, and rain gear to each session.
- During the first week of August pre-season, we will be eating lunch as a team between the morning and afternoon practices. Many athletes in other sports will be doing this as well.
- ALWAYS, ALWAYS put the team interests above your own personal interests!!!