

North Muskegon Varsity Soccer Team Rules

Coach Berends, Coach Potter, and Coach Cutler are looking forward to extending the fine tradition that has become North Muskegon soccer. With commitment and hard work, there isn't a limit to how far we can go. In order to be successful, an element of discipline and team unity must be in place. Here is a list of expectations and team rules compiled by Coach Berends. Please read these carefully and return the acknowledgement portion signed by both player and parent to Coach Berends by Monday's Tryouts. Varsity Team selection letters will go home Thursday after practice. If you have any questions or concerns, please give a call or send an email:

home 719-2517

cell 750-7760

school 719-4134

email: bumperski@gmail.com

Expectations – Players must have physical on file before practicing!

- By trying out for the team, players are making a commitment to the team, the school, and the coaches.
- Players making the team are expected to attend all practices, team meetings, and matches. Players and parents need to please keep this in mind when planning other activities and commitments.
- Team members are expected to hold themselves to high community and school standards on and off the field.
- Team members are expected to make their school work a top priority by attending and being to class on time every day. I will make sure you have the help to be successful academically, but it is your job to get it done.
- Team members are expected to follow all school rules, respect their teachers and administrators, and set a positive example for other students.
- Team members are expected to take good care of themselves before, during, and after the season. Players should get plenty of rest, eat nutritiously, and just say no to alcohol, drugs and tobacco.
- Players are **expected** to participate in any fund raising activities that benefit the soccer program and the general athletic program. Any special concerns need to be addressed ahead of the activity.
- Team members are expected to respect teammates, opponents and officials. It is essential that a positive atmosphere be created in order to have a successful season.
- Team members are expected to play hard, aggressive, and skillful soccer within the laws of the game. Players are also expected to have fun (no joke)!

Rules

1. **School Policy:** All school rules and policies are in effect including academic eligibility and absences. See your handbook.
2. **Attendance:** The coaches are in charge of all practices. Players should treat all teammates, managers and trainers with respect throughout the season. Regular practice will begin March 9th. General practice time will be from 3:15 to 5:30. The opening weeks may be different depending on the weather. Players late or missing practice or matches disrupt the entire team. An unexcused absence from practice will result in a match suspension. An unexcused absence from a match will also result in a match suspension. Two unexcused absences will result in a consultation with the coaches and possible dismissal from the team. Late arrivals will be dealt with individually. Habitual lateness will affect match time. If you will miss or be late to a practice or game, you must contact Coach Berends in person, by phone, or by email prior to the practice.

2. **Alcohol, Drugs, Tobacco:** The use of alcohol, drugs or tobacco is prohibited and will not be tolerated. Besides affecting performance on the field and in the classroom, the use of these substances is **illegal**. Any player using alcohol, drugs or tobacco **will be dismissed from the team**.

4. **Matches:** Players will respect teammates, opponents and officials during matches. Players not adhering to this standard will be taken out of the practice or match. Aggressive play is encouraged, but dirty play or arguing with officials will not be tolerated. Players receiving yellow, “soft” red, or red cards will be subject to the MHSAA rules, and depending on the severity of the infraction, dealt with individually by the coaches.

5. **Profanity:** Profanity and vulgar language are not allowed on or off the field. The school doesn’t allow it, neither do the coaches.

6. **Team Equipment:** All team members are responsible for taking care of the team equipment. Players will be issued home and away uniforms and warm ups prior to the first game. Each player is responsible for her own uniform throughout the season. Please take care to clean and mend uniforms after each game.

9. **Travel:** All players are expected to ride the bus both to and from away matches. Exceptions to this can be made only with a signed note from Principal VanBergen. Please adhere to this school policy.

10. **Media:** Players should contact Coach Berends before speaking to any member of the media outside of the school.

11. **Cell Phones:** Cell phones should be turned off during practices and matches.

Contact Coach Berends with any questions.

Keep these rules for future reference

Return the bottom portion to Coach Berends before Monday’s 7:00pm Practice

I, _____ have read and understand all of the expectations and rules for the 2008 North Muskegon Girls’ soccer team.

Player Signature

Date

Parent Signature

Date

