**Red Land Players will:**

Red Land Team Rules

* Demonstrate academic achievement by being PUNCTUAL, working to ability level, respect teachers and classmates, complete all classroom requirements, participate actively in physical education and avoid any disciplinary problems.
* Attend every practice unless excused by the coach or absent from school with an accepted excuse.
* ![MCj03499950000[1]]()Treat coaches, players, team managers, and **officials** with respect.
* Not use profanity.
* Always display positive sportsmanship on and off the field.
* Be responsible for all of her equipment and team’s equipment.
* Comply with the rules and regulations set by the school district.

**Additional Rules:**

1. Attendance at Practice is Mandatory. Being late for Practice, Skipping Practices/Games for Vacation(s)/Work, Appointments, Swearing, Personal Reasons, Disrespect or Bullying of others will **NOT** be tolerated. Punishment for these actions may result in:
* Loss of playing time in game(s)
* Sprints or other physical activities
* Contact of Parents
* Removal from field

 Note: All disciplinary actions are at the discretion of the coach. Just because you inform a

 coach of an absence does not mean it is excused.

1. Any player missing practice the day before a game/scrimmage may not start the game and possibly will not play, unless absence is approved/excused by the coach staff.
2. At some point each player will have equipment responsibilities they will be expected to carry out. Failure to complete duty will result in Water Duty and possible loss of game time. It is each player’s responsibility to know what her duty is for the week.
3. Remember that riding the bus is a PRIVILEDGE not a right. If you fail to behave

 appropriately on the bus; you will not be riding the bus or playing in any away game.

1. No Varsity player is guaranteed any amount of playing time (anytime at all) during games. Game time is not a topic that a coach will discuss with a parent if the player has not spoken to the coach concerning their playing time prior. JV and Middle School Players will play in every game unless a team violation has occurred.
2. Unsportsmanlike conduct will not be tolerated from players!!! The coach will determine disciplinary actions for inappropriate behavior.
3. The Training Room is not a place to socialize and hangout.
4. On away games be punctual, the bus will not wait for you. Students cannot drive themselves to a game with the exception of Home Games played at West Shore Stadium.
5. All Players are to ride to and from Games on the transportation provided by the school district. Only players experiencing emergencies and pre-approved situations will be permitted to ride home with a parent and not the bus. Pre-approval is not asking for exemption the day of the game or when the bus is being loaded to leave the premises with emergencies being the only exception.
6. Parents are not to converse with their daughter(s) during game time, unless it is an emergency. This is to allow players to remain focused on the game.
7. **Players are not to eat food during the game unless approved by the coach. For example, hot dogs, candy, soda etc. from the concession stand are not acceptable.** Fruit, water and Gatorade are acceptable foods for the bench. Players may visit the concession stand after their game with approval from the coaching staff. Visiting the concession stand is a privilege, not a right.
8. It is **mandatory** for players to participate in pregame warm-up drills with their team. Choosing to sit out, eat on the bench or socialize with others will result in no game time for the day the incident occurs.
9. Players are not permitted to use cell phones during practice or a game unless a situation is approved by the coaching staff prior to use.
10. Eligibility
	1. The WSSD policies are in effect regarding student eligibility. However, the coach and the parents have the final say if grades are below the expectations of either. A copy of the Code of Conduct is included please read and sign off. The Sign Off Sheet for the Code of Conduct must be returned the fifth day of practice to be eligible for practice.
	2. No player will be permitted to practice without a properly signed physical card, which includes the signature of the parent or guardian and the doctor in the proper location, a signed insurance waiver and a completed medical release form.
11. Rules of Participation
	1. Practice
		1. Players are expected to be in school on time. This includes the day after a game especially. Students must be in School by 11:00 am in order to come to practice or to come to a game unless they have a legal excuse such as a doctor’s appointment, bereavement, or other situations deemed legal by the school. Parent notes will not be accepted as legal excuse for being late to school.
		2. If a player cannot attend practice or a game, they are expected to notify the coach personally beforehand (if possible).
		3. If a player cuts practice, is unexcused from practice, is late to practice or a game
			1. 1st offense- extra workout assigned/possible loss of game/scrimmage playing time
			2. 2nd offense- dismissal from the team

Any questions or problems should be directed to the coach for additional clarifications.

Please keep the rules and expectations for your reference. Sign and return to the coach by the next practice or assigned date.

# A final note:

# If you as a parent would like to discuss any situation that may concern you or your daughter, please follow the four-step process, which has been put in place by the administration.

STEP 1: Encourage your daughter to approach and discuss any situations with the head

coach first.

STEP 2: Arrange a meeting to discuss the concern with your daughter and head coach after the concern has been previously discussed with the head coach. Note: These meetings should be arranged after practice is completed and never after a game.

STEP 3: If the problem remains a concern, please ask the head coach to arrange a meeting with you, your daughter, the head coach and Mr. Hagerman.

We, the coaching staff, are looking forward to the 2019 season. We are excited about the challenges having a new and young team will bring. We are committed and prepared to provide your daughter with a positive and constructive learning environment. Practices will be physically and mentally challenging while working towards success. We will try to make each practice entertaining; however, hard work cannot always be fun when learning and winning are the common goals. We encourage all players to feel free to talk with us when any problem may arise, and we will do our best to address and resolve the matter in a timely fashion.

 Respectfully in Field Hockey,

 The 2019 Red Land Coaching Staff ☺

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I have read the rules and by signing agree to abide by them for the upcoming 2019 season.

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**Athlete Signature Date**

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**Parent/Guardian Signature Date**