

SSHS WOMEN'S SOCCER EXPECTATIONS AND POLICIES

1. Communication! Each player is expected to communicate with appropriate/proper intent, timeliness with coaches and teammates with concerns, problems, and issues
2. Each Player is expected to embrace SSHS Women's Soccer Program's Core Values and contribute our championship culture.
3. Respect the strong SSHS Soccer Tradition. Meet the challenge to be the best you can be and be proud of your efforts.
4. Each player must possess HARD WORK ETHICS and SELF DISCIPLINE.
5. Each player must strive to meet personal and team goals. Establish a purpose and make that your focus.
6. Players must be able to properly manage their time (practice, homework, family, friends, personal time.)
7. Each player must represent SSHS and SSHS SOCCER in a positive/respectful way on and off the field.
8. Attendance for all team functions (practice, meetings, game) is mandatory unless a player has an excused absence, and has communicated with coaches.
9. Each player must be punctual to each practice, meeting and game.
10. Know and honor the SSHS athletic contract.
11. SSHS is a competitive program. In order to be competitive, improvement and development must be ongoing. Realize that match performances are largely developed by your practice connection (focus) and work ethic.
12. Player are expected to be Triple Impact Soccer Student Athletes:
 - a. **Personal Mastery:** Players must work to become the best player that they can be.
 - i. Effort over time develops players - so give a best effort every time.
 - ii. Establish a mistake/disappointment/setback ritual to develop the ability to bounce back quickly.
 - b. **Individual contribution:** Personal accountability. Players must work to make team and teammates the best it/they can be.
 - i. Must be brave and willing to putting themselves out there. It can be tough as coaches make decisions within a competitive team environment. Players will have own opinions on starting line ups, player placement, positions, etc. Players must focus on their job and support the decisions of the coaches.
 - ii. Incorporate Leadership. Support teammates. Support the Team. Leadership is not just for captains. Leadership is not asking someone to do something – it is about **inspiring teammates and the team.**
 - c. Players must work to make the game better by honoring the actual game competition –
ROOTS:
 - i. Honor the **R**ules
 - ii. Honor the **O**pponents.
 - iii. Honor the **O**fficials.
 - iv. Honor **T**eammates.
 - v. Honor **S**elf.

EQUIPMENT NEEDED FOR EVERY PRACTICE

1. Equipment bag.
2. Soccer cleats; running shoes or training flats.
3. Shin guards.
4. White shirt; black soccer shorts; white socks; team issued warm-ups/jackets.
5. Appropriate layers/hat/gloves for changing weather conditions.
6. Water.
7. Garbage bag.

Varsity Letter Criteria

1. All players that have participated in 75% or greater in Varsity practices and games.
2. Players (with 75%-100% Varsity time) that have remained a member in good standing of the soccer program throughout the season.
3. Coaches will be the final judges as to who will receive a varsity letter.

Player's Name (Print): _____

Player's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____