

Fitch Falcons Boys Soccer Rules

General

- 1) Players will respect coaches, refs, parents, and other players.
- 2) Players will display a **POSITIVE ATTITUDE** towards learning, and refrain from any “back talk” to authority figures.
- 3) If you EVER say “I quit” or formally quit the team, you will be held to that. **NO EXCEPTIONS! You will sit out one calendar year!**
- 4) There are more important things in this world than soccer, players will miss team events. If you are going to miss an event, contact the coaches (you are in high school, call them yourself. This is part of being responsible for your actions; your parents do enough for you.) Even if you call, **playing time will be affected***.
- 5) It is your responsibility to be prepared for practice, game, or any other event. Make sure you are properly equipped for all team events.
- 6) As a team we BUILD UP, we do not *BREAK DOWN!* This refers to playing style as well as attitude toward fellow players and coaches.
- 7) **ABSOLUTELY NO SMOKING, DRINKING, CHEWING, OR ANY OTHER UNHEALTHY ACTIONS.** If caught, you will be suspended games!!!
- 8) No swearing!!! We are gentlemen and will act like it!
- 9) All players will address parents, coaches, refs or other adult figures as either Sir, Mr., Mrs., Ma’am or coach (when appropriate)
- 10) Playing time: **Varsity** – Playing time is a privilege, it is **EARNED** based on effort, skill, attitude, commitment and coaches discretion. **JV** – Everyone will play, but it is the coach’s discretion as to how long and what positions.
- 11) You represent the school every time you put on a Fitch jersey, act accordingly and make your coaches, parents, teachers, administrators, and others proud of you!

Conditioning/Practice

- 1) Players will be outfitted and ready to practice promptly at the scheduled practice time. Any players late will earn the **ENTIRE TEAM** a Thompson for each late player. (Players present but not ready will be considered late)
- 2) AJSL, Club team, Band, Cross Country, or any other organization a player may be involved in will be accommodated, however the player **HAS TO** contact the coach when missing events and still must be present at 75% of conditionings a week. Practice and games are mandatory and **can not** be missed unless of emergency.
- 3) Players should bring:

Plenty of Water	Cleats
Tennis shoes	Shinguards (<i>Approved</i>)
Socks big enough for shinguards	
No Jewelry, hats, bandanas, or other objects not used in the game of soccer.	
- 4) Players will be informed of where practice is located. For the most part we will practice at the soccer fields, but as we approach the season we will practice more and more at the stadium. It is the player’s responsibility to know where practice is.
- 5) **WE WILL PRACTICE LIKE WE PLAY! 100% EFFORT AND INTENSITY!!!**

Games

All players will be prepared and ready for the game. Players should arrive 45 minutes before game time for home games, and arrive at least 10 minutes before the designated time for away games. (this means that all equipment is brought, and correct jerseys are in each player's possession) During away games, players may talk quietly on the bus until arriving at the school, this time will be silent and used to reflect on the win the players are about to bring home! If one bus is used, Varsity players will watch the JV game as a team while getting prepared for their game. JV players will watch the Varsity game as a team. **PLAYERS MAY LEAVE AWAY GAMES WITH THEIR PARENTS, BUT A PARENTAL SIGNATURE IS NEEDED.** I would suggest that JV players stay for the Varsity game to learn more about the game, and prepare themselves if they are asked to play on the Varsity team.

Any rules that are not covered above will be dealt with at the coaches' discretion.

Mandatory Events

Each player must participate in the following:

- Spaghetti Dinner
- Car Wash(s)
- Spirit Wear Sale*

Returning letter-winners, juniors, and seniors:

- Fitch Camp

Each player has every resource at Fitch High School to become a better player and student. Here is a month by month breakdown of what is available to the student-athletes.

January-	Indoor Session #1
February-	Indoor Session #1 (cont'd) Weight Training
March-	Indoor Session #2 Weight Training Study Tables
April-	Indoor Session #2 (cont'd) Weight Training Study Tables
May-	Weight Training Study Tables
June-	Conditioning/Practice
July-	Conditioning/Practice Camps Adidas National Showcase* Scrimmages/Summer Leagues
Aug-Oct-	Practices Games
Nov-Dec-	OFF

(Tutoring is offered all-year)