

# Sayles School Soccer Guidelines

**1. Consistent Practice Attendance:** Each athlete is expected to attend **ALL** practices! If the athlete has a valid reason for missing practice (emergency or illness), the athlete must notify their coaches prior to the practice that will be missed!!! **MISSING ONE PRACTICE WITHOUT PRIOR NOTIFICATION WILL RESULT IN A WARNING, MISSING THE SECOND PRACTICE WITHOUT PRIOR NOTIFICATION WILL RESULT IN SUSPENSION FROM THE NEXT GAME, MISSING A THIRD PRACTICE WITHOUT PRIOR NOTIFICATION WILL RESULT IN DISMISSAL FROM THE TEAM.**

**2. Practice Apparel:** Each athlete is required to wear soccer cleats and shin guards. We recommend the students bring the following items to practices and games.

- Water bottle or other drink
- Soccer cleats, shin guards, soccer socks
- Sweat pants & hoodies/jackets on colder days.
- Healthy snacks (especially on game days).

**3. Athlete Conduct:** Sayles School Soccer team members are representatives of our school and community and are responsible for continuing Sayles School tradition of exemplary conduct! Support your teammates, make a positive contribution to the sport, and act responsibly in every situation. Problems must be handled in a mature and rational manner. Communication with your coaches is essential. **IF YOU ARE UNABLE TO LIVE UP TO THESE STANDARDS, YOU WILL BE DROPPED FROM THE TEAM!** Please take this commitment seriously.

**4. Cell Phone policy:** Cell phones are **NOT** to be used during practices or games. Since all practices end at 5:00 you will not need to use your phone to call for transportation. If there is an emergency or you need to call for transportation you may use your phone with **PRIOR PERMISSION** from your coaches. Any students who violate this policy will be dismissed from the team.

**5. Grade Policy:** All students are expected to maintain their grades during the sports seasons. All students' academic progress will be monitored by the coaches and their teachers on a weekly basis.

**6. Physical Fitness:** Soccer requires the athletes to be in top physical condition. Athletes should expect practices to be physically challenging with a wide variety of exercises, running, and soccer drills.