

Pope Soccer Student-Athlete Expectations

Put the team first, if the team does well then so do you.

Grades: 80% or higher in all classes.

Behavior: You should be an example in your classes of how to behave. You are a representative of all of us. What you do represents the entire group. If you get in trouble with a teacher or in any way at school come see me. Don't let me find out from someone else.

Training:

- Train hard, tackle hard, and play at game speed unless told otherwise.
- Perform every activity to the best of your ability.
- Encourage your teammates to work and improve.
- Enjoy yourself.
- Be on time. At 3:45 you should be on the field knocking a ball around.
- If you have questions or concerns talk to the coaches privately before or after practice. Talk to captains and look for advice from them.
- Wear shin guards and bring shoes for either indoor or outdoor every day.

Game Days:

- Be on time.
- Be prepared to play.
- Bring all jerseys and equipment that you were issued.
- On and off the field have sportsmanlike behavior. Treat the other team and their fans with respect, no matter how they behave.

Attendance: Don't miss anything. If you miss any meeting or practice unexcused you will be suspended one game. Don't miss school; don't leave class to go to the restroom if it can be avoided. When you are in class focus on your studies.

Curfew: On school nights you should be going to bed at 10:00. In order to stay fit and healthy athletes need at least 8 hours sleep every night. "Catching up" on the weekend does not work and only makes regular sleep patterns more difficult. Staying up extremely late on weekends also causes athletes to get sick and damage their sleep pattern.

Failing to meet these expectations will result in punishment through loss of playing time, suspension from team, or removal from team.

Off-season:

- Participate in weight training through the school or another outlet.
- Play on the best club team possible.
- Participate in summer camp, indoor, and other opportunities to play with team.