

ESTRELLA FOOTHILLS WOLVES SOCCER

PLAYER/PARENT CONTRACT

We would like to welcome all of you to the Estrella Foothills Soccer Program! We want everyone to have a positive, fun, and competitive season. In order to do this, please read the following guidelines, and then sign the last page of the document showing that you understand and agree with the rules and expectations of the program. Coach A. Markou, Coach M. Markou, Coach Pritchard, and Coach Weathers are excited to coach all of you and to get the season started!

ATTITUDE/BEHAVIOR

1. We ask that you have confidence in yourself and your teammates. Never underestimate your ability and never quit on yourself or your team.
2. We ask that you believe and respect the game that you play and benefit from the experience of being a team member.
3. We ask that you believe in your coaches and perform that which is expected from you on and off the field. Our success must be a collective effort. Remember that we are a PROGRAM and not two divided teams. Encourage and support ALL members of this program.
4. We ask that you bring a POSITIVE attitude to practices, games, meetings, team bonding activities, etc. We know you will have off-days, but this is where you need to help pick each other up.
5. We will have **ZERO TOLERANCE** for bullying or cliques of any kind. This includes face-to-face bullying, bullying on social media, or bad-mouthing your teammates or coaches to other members of the team or outside friends. Please be aware that as coaches, we can't always see or hear what's happening behind the scenes, so you need to let us know if you suspect or become a victim of bullying. You can talk to any member of the coaching staff that you feel comfortable with. We make a promise that we will address and investigate the issue immediately.
 - a. **First offense: 1 game suspension and meeting with parents/guardians**
 - b. **Second offense: Dismissal from the team**
6. Social Media: Remember that you are not only representing yourself on social media, but you are also representing your school and community. All posts about the soccer program, your teammates, and/or your opponents must be positive. Do not bad mouth or taunt opponents or each other on social media.
 - a. **First offense: 1 game suspension and meeting with parents/guardians**
 - b. **Second offense: Dismissal from the team**
7. Bus and travel conduct: Again, you are representing Estrella Foothills High School, and you must be always polite and respectful of others. Follow the bus driver's rules, pick up after yourselves, and leave the bus cleaner than you found it. When visiting other schools, also respect their property, fields, bathrooms, etc. Clean up the bench after games, and always remember that your attitude and conduct reflect on our school and a program as a whole.

8. Classroom Behavior: We expect you to represent the program positively both on the field and off the field. If we hear that you are disrespecting your classmates or your teachers, there will be consequences.
 - a. **First offense: Meeting with player**
 - b. **Second offense: Meeting with player and parent and one game suspension**
 - c. **Third offense: Dismissal from the team**
9. **THERE IS A ZERO TOLERANCE POLICY FOR ALCOHOL, DRUGS, AND SMOKING/VAPING.** This includes both on and off-campus behavior. DO NOT POST PICTURES OF YOURSELF OR OTHERS ON SOCIAL MEDIA DOING INAPPROPRIATE THINGS.

PRACTICE

1. The expectation is that you will attend EVERY practice.
2. Please try not to schedule appointments during practice time. If you do have an appointment, please notify your coaches *at least* 24 hours in advance.
3. If you miss a practice the day before a game, you will not start that game. There are no exceptions to this rule.
4. You are expected to be on the field, dressed for practice by 2:50 pm. Practice begins at 3:00pm and ends at 5:00pm. Any changes to this schedule will be communicated with you as soon as possible. If a player is going to be late, the coach must be notified BEFORE 2:50.
5. Practice locations include the following: Football stadium (turf); upper soccer field (next to softball field); lower practice field (behind the buses); and city field (across from the staff lot). The location of practice may change weekly. We will send out a schedule every week and keep you notified if the location of practice changes.
6. No cell phone usage during practice unless it's an emergency or you have a coach's permission.
 - a. **1st offense: warning**
 - b. **2nd offense: parent contact and suspension from practice**
 - c. **3rd: offense: suspension from next scheduled game**
7. All team members will be responsible for taking out and putting away equipment. Equipment responsibilities will be created each week.
8. You must attend school to practice (unless you are on a field trip for a school-related activity). You cannot practice if you don't come to school.
9. ATTENDANCE IS MANDATORY. You've made a commitment to this soccer program. The coaching staff spends a lot of time preparing and organizing a practice session. Part of that planning depends on the number of players we have at practice.
 - a. **Excused Absences:** All excuses must be turned into the coach prior to practice in person, in writing (via email/text/GroupMe), or through phone call by the participant. It is **not** the parent's responsibility to notify the coach of absences. If a player is absent from a scheduled practice without prior excuse, absence will count as **unexcused**. If a player is absent for an appointment, a note from the doctor/dentist must be provided. If a player is absent for religious reasons, a parent note must be provided and approved by the coach.

- b. Unexcused Absences:** In the event of an unexcused absence, players will be suspended for a minimum of one game. Two unexcused absences will result in a two-game suspension. The third unexcused absence will result in your dismissal from the team. Unexcused absences include, but are not limited to work, detention, lack of transportation, unexcused absence to school, social activities, and non-notification of absence to the coach.
 - c. Tardies:** Players who are not on the field, dressed for practice by 2:50pm will be considered tardy. Three tardies is equivalent to one unexcused absence. 9 tardies will result in dismissal from the team.
- 10. All practices are closed to students, friends, and siblings as it can become a distraction. Parents/guardians are permitted to watch practices if prior notice to coaches is made.
- 11. You are expected to hustle and put forth maximum effort at every practice. The coaching staff will not waste your time, and for the two hours you are with us, soccer is the focus.
- 12. Dress code: soccer shorts, shin guards, cleats, running shoes, EFHS shirt (preferable) or another appropriate shirt, no jewelry, hair pulled back.

PRE-GAME AND GAME

1. All levels will be required to be at the field 1 hour and 15 minutes before game time (home games).
2. You are expected to always behave in a respectful and positive manner. Taunting referees and/or opposing players/coaches/fans is unacceptable and will result in an immediate removal from the game.
3. Always encourage your teammates and let the coaches do the coaching.
4. Do not change or take off your cleats/shin guards until we've had our post-game team meeting. All equipment must be put away before leaving the field.

STUDENT FIRST, ATHLETE SECOND

1. Remember that your schoolwork should ALWAYS come before soccer. We will never punish you if you are late to practice because you need to attend tutoring, to make up a test, or to talk to a teacher. WE WANT YOU TO BE ELIGIBLE TO PLAY.
2. We will be monitoring your grades throughout the season. Remember, if you have an F in a class, it is district policy that you must sit out for ONE WEEK.
3. If you are ineligible for **3 WEEKS** in a row, you will be dismissed from the team.
4. Players with a D or below are *required* to attend Study Hall before every practice. Study Hall will be immediately after school in Room 300. If you do not attend Study Hall but show up to practice, that will be considered an unexcused absence.
5. If you have a D on gameday, you will *not* be starting that game. There are no exceptions to this rule.

PARENTS

1. We ask that you encourage your daughters and keep a positive attitude. The girls are going to make mistakes. They know when they've messed up; please allow us to address these issues with the girls and trust that we have the knowledge to help correct their mistakes and help them become better soccer players and young ladies.
2. We ask that you conduct yourselves in a positive manner in the stands as well. Remember that you are also representing Estrella Foothills and your daughters.
3. We ask that if you ever have any questions or concerns about our philosophies, our coaching styles, or anything else that we do as a coaching staff, that you make an appointment to sit down and talk with us. Please do not come up to us immediately after a game or practice. Emotions are often quite high in these situations. We ask that you wait 24 hours to talk about any issues that you have with us.
4. When we have our tournaments, it is fine if you want to visit with your player between games. Just make sure that you check in with the coaching staff before taking her away from the team. **ONLY PARENTS/GUARDIANS MAY SIGN A PLAYER OUT AFTER A GAME** (this is true for all games, not just tournaments).
5. Please feel free to be loud and cheer for our girls! We truly want a positive and exciting atmosphere for the girls this season!

MISCELLANEOUS INFORMATION

1. Schedules can be found on azpreps365.com and on maxpreps.com. The schedules should be solid at this point, but there can always be some unexpected changes.
2. We will be using Gamechanger to keep stats during games this season. This program automatically updates MaxPreps (scores and stats) and parents/fans can watch the status of the game live on the app.
3. **Players are not permitted to play for a club team during the interscholastic season. All club participation must be completed by 11/28/22. Participation of any kind after 11/28 will result in immediate dismissal from the team.**

Per AIA Bylaws: 14.4.1 A student who is a member or becomes a member of a school team shall not practice, have practiced, or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to the following team sports: football, baseball, basketball, volleyball, soccer, softball, track relay and swimming relay teams. For purposes of this rule, the interscholastic season of competition shall begin **on the competition date as set in the policies and procedures of each sport**, and conclude with that particular team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

4. **GroupMe:** This is an app that we will be using to keep the girls aware of upcoming events, weather-related delays/cancellations, and other reminders. It is not a social media app, and it is moderated by the coaching staff (we see everything that gets posted).
5. The following dates will have a modified practice time. Subject to change. Please do everything you can to ensure that your daughter can be at practice.

Nov. 11 – No practice

Nov. 23 – 12pm-2pm

Nov 24-25 – Thanksgiving Holiday, No Practice

Dec. 15-16 – 12pm-2pm

Dec. 19-23 – 8am-10am

Dec. 26-30 – No practice

Jan. 16 – 8am-10am

6. **Tournaments:** We have two tournaments scheduled this season. Since they do not fall on any holiday breaks, all varsity players are expected to attend.

Nov. 30-Dec. 1 – Deer Valley High School Girls Soccer Invitational

Dec. 9-10 – Ben Franklin Winter Classic