**Tulpehocken High School Field Hockey**

**2019 Team Rules**

Coach Contact Information:

Amber Boyer

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302-236-9911

Players and Parents,

*Please read through the following and sign and date the last page. Signed rules (back page only) must be returned to the coaching staff by the start of practice on* ***Friday, August 16th. We will be having a mandatory parent/player meeting on Wednesday, August 14th immediately before practice at 5:00pm. Each player must have at least ONE parent in attendance.***

Welcome to the 2019 High School Field Hockey Season! Pre-season runs Monday, August 12th through Friday, August 23rd. We should have the numbers for both a Varsity and a short-sided JV this year! Varsity and JV teams will be announced by the end of practice on Monday, August 19th and uniforms will be distributed. Coaches will be selecting teams based on the following criteria:

**Skill Level 🡪** Varsity players must possess a certain level of skill in the fundamentals of field hockey (hitting, pushing, receiving, ball carrying, shooting, defensive tackling, etc.) in order to contribute on the field at a higher level against more experienced opponents. We will be looking for the ability to perform sound fundamental skills consistently.

**“Coachability” 🡪** Varsity players will respond well to all aspects of being coached, demonstrated by the ability to follow instructions and make changes based on those instructions to improve their overall skill level and field awareness.

**Field Awareness 🡪** Varsity players will have an experienced understanding of how to play the game of field hockey with regard to positioning on the field, tactics for moving the ball forward, and an ability to recover and contribute defensively.

**Attitude & Work Ethic 🡪** Varsity players will demonstrate a mature and positive attitude in challenging situations, toward coaching decisions, and toward fellow teammates. They will demonstrate the ability to work hard in all aspects of practices and games, will begin demonstrating leadership skills, and will communicate respectfully and effectively with teammates and coaches.

**A Note about Goal Keepers 🡪** It is an absolute necessity that we select an additional one to two athletes to begin training as goal keepers. The future success of our program will be greatly impacted by our ability to fill this position with athletes we can invest in and train long-term. Selection for this position means that we as Coaches believe that those athletes have the ability to best serve their team in this capacity and in this very important leadership role.

***These criteria are expected of all of our field hockey athletes, regardless of Varsity or JV honors. We view our JV team as the future of our program and one of our most valuable investments. If you earn Varsity honors, please be aware that playing time is NOT guaranteed and is a direct result of the athlete’s development level and ability to contribute successfully at the Varsity level both at practice and in competition when given the opportunity.***

***The following team rules apply to both our Varsity and JV High School Field Hockey Programs this season:***

1. **Eligibility 🡪** Players are student-athletes. Success in the classroom is priority number one! Coaches receive weekly grade reports. Please do not hesitate to communicate to your Coach when you are struggling with a subject or teacher so that we can make sure you are utilizing all of the available resources that will help you be successful.
2. **Attitude & Effort** 🡪 Always come to practices and games with a positive attitude and a commitment to giving your very best effort! We encourage and support you to learn and grow as a person, athlete, and field hockey player. Do not be afraid to ask questions and make mistakes. Please also understand it is our job to provide you with constructive feedback and make decisions in the best interest of the team. We are here to help! We will respect you and expect respect from you in return.
3. **Practices and Games are Mandatory 🡪** All athletes are required to attend all scheduled practices and games. It is important for everyone to commit to the participation requirements of the season for the benefit of individual success and the overall success of the team. Family events, routine appointments, etc. should be scheduled around the hockey schedule.

* 1st unexcused absence: athlete does not start in the next game
* 2nd unexcused absence: athlete is suspended from the next game
* 3rd unexcused absence: athlete is removed from the team

(Please refer to your Parent-Student Handbook for school policy on absence/tardiness from school and participation in sports.)

1. **Bus Policy 🡪** All athletes will be expected to ride the bus TO AND BACK FROM away competitions. Traveling together as a team is an integral part of the team building experience. *Exceptions:* If there is an emergency or an approved situation (24 hours in advance of the away competition) that requires an athlete to travel home with her parent after the game, a note signed by that parent must be provided and the bus roster signed prior to the athlete leaving with her parent. Only parents are permitted to take athletes home from a game, and they may only take home their own athlete.
2. **Communication 🡪** If you are unhappy about a situation, playing time, or have questions or concerns, please follow the chain of command outlined in your Parent-Student Handbook. **First, talk to the Head Coach.** As the Head Coach, I am approachable and available to discuss your concerns. Open and up front communication can clear up most misunderstandings. In an effort to resolve any issues as quickly and efficiently as possible, please come to the Head Coach first; do not go straight to the Assistant Coach, Athletic Director, or Administration. ***Athletes are expected to communicate issues directly with their Head Coach on their own behalf as this is the most effective way the athlete’s concerns can be addressed.***  ***Athletes are expected to interact with the team and respond to all communications requests from Coaches and Team Captains in a timely manner either via Team App or email.***
3. **Sportsmanship 🡪** We as coaches and you as athletes AND parents are representing Tulpehocken school district at ALL TIMES. We are ALL expected to lead by example and proudly represent our school and athletic department. We will have respect for all teammates, coaches, officials, opponents, and our opponent’s spectators. We will look presentable in clean athletic gear and uniforms. On game days, we will be wearing Tulpehocken field hockey gear to school (please no other sports apparel during hockey season). We will provide you with opportunities to purchase field hockey apparel that is as affordable as possible. ***Unsportsmanlike conduct on the field (illegal tackling, penalty cards, verbal disrespect) and in the stands will NOT be tolerated and will result in loss of playing time for the athlete.***
4. **Be Prepared for All Team Activities 🡪** Take care of your equipment, and have everything with you that you need for practices and games. Always be prepared for outdoor AND indoor practices – no excuses!! Keep a sweatshirt and sweatpants with you in case the weather changes. Cleats will not be permitted on buses to away games or at indoor practices so you must have sneakers with you at all times! Absolutely NO jewelry at practices or games. This will be strictly enforced. Coaches will now be carded by referees if our players are not properly equipped (ex: no mouth guard or mouth guard constantly hanging out of the mouth) or have on jewelry during games. (In the past, the offending player was sent off the field.)
5. **Handling Injuries** 🡪 If you are injured at practice, a game, or in gym class and require medical attention from our Athletic Trainer, and the Coaching Staff is NOT AWARE that you have been injured, you MUST first report to the Coaches. For example, if you wake up the day after a game and realize you have hurt yourself and need to see the trainer, we need to know you are going to see the trainer so we are not searching for you when you do not show up to practice. ***Athletes are expected to communicate with Coaches and get to the training room to receive care in a timely manner. Once care has been received, athletes are expected to report to the field immediately. Injured athletes are still required to attend all practices, games, and team events unless otherwise discussed with and excused by the Coaching staff.***
6. **Cell Phone Policy** 🡪 No cell phones at practices and games. If we start to have an issue with cell phone use, we will begin collecting them at the beginning of practice/home games and before you get on the bus to travel to away games. Please be present when with the team. Put the phones away and engage with your teammates –get to know each other and have fun!

THE SCHOOL HANDBOOK AND POLICIES WILL BE IN EFFECT AT ALL TIMES.

“Hustle and Heart Set Us Apart”

*Tulpehocken Field Hockey 2019*

“The only place success comes before work is in the dictionary.”

Vince Lombardi

**PROTECT THIS HOUSE**

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**I fully understand and agree to follow all team rules. My daughter and one parent/guardian will be in attendance at the parent/player meeting on Wednesday, August 14th.**

**Return to coaching staff by Friday, August 16th.**

**Athlete:**  Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent:** Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_