**Tulpy Team Expectations:**

*I have a no nonsense work ethic and behavior policy. All of your actions on and off the field represent the entire team as a whole, not just yourself. You are expected to represent the team respectfully at all times. All school rules and regulations will be followed.*

Practice begins promptly every day at 3:00pm. Every minute late is one, sprint after practice.

All players are to wear appropriate workout gear for practice and games. This includes, shorts (with at least a 3” inseam), or workout pants, sports bra, tee shirt, soccer spikes or turf shoes, a mouth guard, shin guards, and socks.

I expect you to come to the field each day with a positive, hard working attitude. We jog *everywhere*.

You are expected to will work together as a team. These people are your “family” for the season. Just like family, not everyone is always going to click. I expect everyone to be respectful of their teammates at ***ALL*** times, both on and off the field. Do not engage in disruptive or hurtful behavior involving any of your teammates. Show decorum and maturity. I have a **zero tolerance** for drama on the team.

When coach is talking, you should be paying attention, listening, and watching.

Be encouraging to your teammates. If someone does something well, tell them.

If you are injured tell the coach immediately! If you need to visit the trainer before a game, or practice please have a fellow player let coach know where you are.

If you have an inhaler or epi-pen you need to give it to coach at the beginning of each practice/game.

You need to be at school by 10am or you cannot play/practice in that day’s event.

Ineligible students must attend homework help on Tuesdays and Thursdays until 3:30pm. Afterward, they are to report to practice. They may attend home games, but may not attend away games.

I highly suggest double knotting your shoestrings.

There will be no profanity. If I hear it, the whole team will run.

Parents are not to address the coach immediately after a game. Often tensions are high, and it is not the best time to address things. If you would like to discuss the game in any capacity, I would be more than happy to set up a time to talk after a practice.

Players must be signed out of away games if not riding the bus back to school. Coach will have these forms at each game.

**I have read and understand all the of above stated information. I agree to adhere to the expectations of me while a member of the junior high field hockey team during the 2022 season.**

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**Player Signature Parent Signature**