



# High Point Field Hockey Team Rules

The “Team Rules” are to help both, new players and veterans, understand what will be expected as a member of the HPRHS Field Hockey Program. This is designed to ensure that the “team” always comes first in your decision making process.

**The Most Important Rule: Do not make any decision that could adversely affect your team, your teammates, your coaches, your family, and/or your school.** The integrity of the program is ultimately the responsibility of the coaches, however, each player is expected to do her best in ensuring all team rules are respected and followed.

Please remember that participation in athletics at the high school is a privilege, not a right!

The coaching staff will do their best to handle each and every situation fairly and objectively. The field hockey program’s standards are extremely high and we, the coaches, expect each player to do her best. In return, we will do our best to foster your self-confidence, self-image, and self-esteem.

The decisions that are made regarding the consequence of violating team rules will depend on the seriousness of the offense, and if the player has had required previous disciplinary action. Please note that school policies are in addition to “team rules”.

We will not excuse serious team rule violations. This means that every decision you make while participating in this program can and will be taken into consideration if disciplinary action becomes necessary.

Parents are welcome to speak to the coaching staff about concerns relating to their student athlete. Please be advised that the coaching staff **will not discuss** playing time, team strategies, practice organization, the selection of captains, and other athletes with parents. The Athletic Guidelines and Information Handbook for Parents recommends a scheduled meeting with the Athletic Director to address these prevalent concerns.

Though we respect a parent’s right to know... we ask that you support and encourage communication through the athlete / coach relationship. Athletes must learn to self-advocate and make appropriate decisions in regards to their commitment to the team. This is a great opportunity for an athlete to build self-confidence, self-esteem and character... Please don’t take that experience away from them.

Disciplinary action for serious team rule violations and repeat offenses will be discussed with the Athletic Director prior to speaking with the athlete and/or parent.

## **Consequences for Team Rule Violations**

Participation in a make-up session

Loss of starting position

Loss of playing time

Suspended from the next game

## **Consequences for Serious Violations & Repeat Offenses**

Suspended from 3 games

Removal from team for the season

## **TEAM RULES**

You must be present and on time to all practices, scrimmages, and games. “On Time” means being where you need to be 10 minutes beforehand.

Practices (when school starts) will be held Monday – Friday from 2:45 until 5:15.

Saturday morning practices will be held during the month of September anywhere from 7:00 – 12:00.

Work schedules must not interfere with the team’s schedule. This also includes other activities in which the athlete participates.

Family vacations and any other extracurricular activities that interfere with scheduled practices and/or games will result in the loss of a starting position and/or playing time in the following game.

Medical appointments will be considered and “Excused Absence” with a doctor’s note, however, the appointment should not be scheduled the day of or before a game. You must notify your respective coach or the absence will be considered “Unexcused”.

Absences from practice the day before a game will result in loss of starting position and/or playing time in that game.

Academic extra help will be mandatory for those players who are not performing well in the classroom as defined by the student handbook.

Students should not schedule extra help on game days. The teacher must verify every extra help session with a note to your coach. Notes must state the following: start time, end time, teacher signature, and date.

You will have no more than 15 minutes to get to practice after an extra help session.

The bus will leave for away games at 2:45 p.m. (with or without you)

All players are expected to travel both to and from an away game or scrimmage on the bus with the team. Players will only be permitted to be signed out for transportation home with a parent in the event of an emergency. (not as a matter of convenience)

Family emergencies that can lead to missed practice time and/or games, will be reviewed on a case-by-case basis to determine whether or not the absence will be excused or unexcused.

Absenteeism and tardiness will not be tolerated. Excessive absences and tardiness will result in removal from the team for the season.

Smoking, the consumption of alcoholic beverages, and use or possession of illegal substances will not be tolerated. The school and the coaches will address these matters seriously.

You are strongly advised to not attend social events where alcohol and/or smoking are occurring.

Captains will decide "game day" dress code. Proper dress will be announced prior to the event(s).

Players are responsible for all equipment issued to them. They will be responsible for replacing any equipment that is lost or damaged at the end of the season.

Shin guards, mouth guards, hockey stick, practice ball, sneakers, cleats, proper attire, water bottles, and inhalers for asthmatics must be brought to all practices and games. Players not properly equipped will not participate.

Cleats are not allowed to be worn in the building.

Hazing and harassment of any player will not be tolerated and may result in the immediate removal from the team. All players are to report any incidents immediately.

The hockey field is to be cleaned after every practice and game, as well as all other fields that we visit.

High Point athletes and their parents are strongly encouraged not to speak to referees and the players, parents, and coaches of opposing teams. We ask that you conduct yourselves with the highest degree of respect for all the individuals with whom we will come in contact over the course of the season.