

GREAT VALLEY FIELD HOCKEY RULES & REGULATIONS

You, as a Great Valley Field Hockey Player, are expected to positively represent your school, your coaches, and the sport of Field Hockey. Therefore, your personal conduct is crucial both on and off the field. The following is a guide to help you know what is expected of you.

GENERAL RULES

1. When you report to Great Valley Field Hockey practice, **Great Valley Field Hockey must come first before any other sports**, for the entire season. Any other sports that adversely affect the physical condition or attendance of the athlete will not be tolerated.
2. You are responsible to listen to the school announcements each day in case there is something concerning Field Hockey. Everyone should periodically check the bulletin board for announcements and important information.
3. You should keep all your equipment in the locker room in the proper locker. All equipment issued to you by the school is to be returned at the end of your season. Any equipment that you are responsible for that is lost or stolen will be charged to you. There will not be any exceptions. The team room lockers are for after school use only and are not to be used during the day for physical education.
4. We will have to drop any player that is not maintaining passing grades. **YOU ARE IN SCHOOL FOR AN EDUCATION.** Also, if the coaches must worry about your being eligible each week, we might as well work with a player whom we can depend on for all games. Any player that is failing two subjects is ineligible according to the school district policy. See the coaches to get extra help if needed.
5. **All Field Hockey players will be required to take a physical fitness test before they will be able to start practice for the upcoming season. The tests will be designed by our excellent Athletic Training Staff and coaches. The tests will be given on Monday, August 14, 2006 at 8:00 AM as part of our first practice. Minimum standards will be determined and all players will be informed of those standards before the testing takes place. If a player does not meet the minimum standard for a certain test they will receive extra work, to bring up that area of weakness, once the season gets underway.**
6. All Field Hockey players are expected to follow the schedule for the entire season. Field Hockey season officially begins on **Monday, August 14, 2006** and ends **on Saturday, November 18, 2006** (this is the conclusion date of the State Tournament) or when we are eliminated from State play, whichever ever comes first. You have an obligation during this period of time to the Field Hockey Team. **IF THIS OBLIGATION IS NOT MET, YOU WILL FORFEIT YOUR ATHLETIC AWARDS FOR THE PRESENT FIELD HOCKEY SEASON.**

PRACTICES

1. Be on time for every training session. Afternoon training sessions will begin at 3:00 p.m. sharp. This means on the field and warming up. All sessions are mandatory. If you are not able to attend a practice it is **your responsibility** to notify Coach Tornetta. Unexcused absences will result in extra work and possibly suspension from a competition(s).
2. Be prepared with proper equipment: **cleats**, running shoes, shorts, T-shirt, sweatshirt, sweat pants, Field Hockey stick and **molded** mouth guard. Practice gear should be taken home and washed every week!
3. Be respectful to your coaches and fellow athletes.
4. Be cooperative and participate in drills to the best of your ability.
5. If at any time, during a practice or a game you become ill or injured, inform one of the coaches at once. This is for your protection.
6. Coaches will recommend when you should see an athletic trainer. **You are not to go to the athletic trainers without prior coaches knowledge and approval.**

TRAVELING

1. Be on time for all departures.
2. Obscenities or less than classy behavior will not be tolerated.
3. No litter will be left on the bus or playing fields.
4. **All Field Hockey players are to ride on the bus to and from the games!**

COMPETITION

1. There will be a very important curfew set down the night before our games. The times will be based on what is happening at the time of the competition. (i.e. school the next day). Random phone calls will be made by the coaches and or captains. Violation of the curfew rule may result in extra work and, or suspension for that competition.
2. Have all equipment ready for the games.
3. All players are expected to behave in a sportsmanlike manner at all times. No critical comments will be directed at officials, teammates or opponents at any time.
4. On game days the Varsity may sit and talk with parents and friends during the Junior Varsity halftime. The other time is after the Junior Varsity Game when we are finished with our team meeting. **We are all part of one team and are expected to support each other.**

5. Parents and or Spectators are not to stand or congregate behind the players bench. Parents and Spectators should not try to communicate with the players during the game, when the players are to be focusing on the game and their respective positions. If this does occur, the player or players may not be placed into the game.
6. It is important that each player understand that being on the team is not a guarantee that you will play in all the games, this includes varsity and junior varsity. **The Coaches make the final decision on who plays and when.**
7. Players will take directions from the coaches - not from people (fathers, mothers, sisters, etc.) in the stands.
8. All the players shall wear their uniforms to school on the days we have away games (this is because of how much time we have to get ready to leave) and they will dress up on the days we have home games.

ALCOHOL AND OTHER DRUGS

1. When it becomes known that a Field Hockey player is abusing drugs (underage drinking is included) she will be:
 - a) referred to the Athletic Director to have the athletic department policies and procedures implemented.
 - b) referred to the Student Assistance Program.
 - c) removed from the team if any further drug use occurs.

****Note: You are considered as a member of the Field Hockey team both in and out of season. This time includes the summer months. As a high school athlete you are responsible to be positive role model year round.**

If you are willing to abide by these rules and regulations, we welcome you as a candidate for the team. In order to have a successful season, it will mean that everyone will have to cooperate with the coaches, your teammates, and abide by the rules of our school. It will require work!! If you want to be a champion and have a championship team, these rules and regulations will not be a problem.

PLAYER CODE OF CONDUCT

As an athlete you also have responsibilities outside of school as well as in. If you choose to be a member of our team this needs to be understood. Your behavior at anytime has a direct impact on your high school team and teammates. Thus the following Code of Conduct must be adhered to or you may be suspended from the team or be removed permanently. I will try to be as specific as possible and I am sure this will grow as time keeps moving on.

1. **YOU MAY NOT HOST ANY DRUG/ALCOHOL PARTIES.** This will lead to immediate dismissal from the team.
2. **ATTENDANCE AT A PARTY WHERE DRUGS/ALCOHOL ARE PRESENT, WHETHER YOU ARE PARTICIPATING IN THE USE OF THE SAID SUBSTANCES OR NOT** will lead to suspension(s) from upcoming events. You should not be there and you need to take the initiative to avoid the situation. (Exclusions would be family functions with adults, i.e a wedding, etc.)
3. **PERSONAL USE OF DRUGS AND OR ALCOHOL IS PROHIBITED.** You will be referred to the Athletic Director and school policies/practices will be administered. A minimum of 3 week suspension will follow.
4. **DETENTIONS FOR ANY REASON DURING THE SEASON** will result in extra work to make up for the time you are missing from practice. If detentions continue to be a problem, suspension from competition and or dismissal from the team may occur.
5. **IN SCHOOL SUSPENSION IS NOT ACCEPTABLE FOR AN ATHLETE. YOU MUST SHOW SELF DISCIPLINE AT ALL TIMES!** If you are assigned In-School for any reason you will be suspended from the next competition.
6. **ANY PROFANITY OR OTHER FORMS OF DISRESPECT TOWARDS THE COACHING STAFF** will result in suspension from competition or dismissal from the team.

If you are willing to abide by these rules and regulations, we welcome you as a candidate for the team. In order to have a successful season, it will mean that everyone will have to cooperate with the coaches, your teammates, and abide by the rules of our school. It will require work!! If you want to be a champion and have a championship team, these rules and regulations will not be a problem.

**GREAT VALLEY FIELD HOCKEY
PERMISSION SLIP**

We assume that everyone who signs this sheet, and takes the physical exam, has read and agrees to abide by the rules and regulations on these sheets. Any violations of any of these rules on these sheets could result in extra work, suspensions, or dismissal from the team. We will assume that your parents have been made aware of the rules you are to abide by before they sign this permission slip.

**** NOTE: YOUR SIGN-UP FORM, PERMISSION SLIP, PHYSICAL FORMS, AND RISK FORM MUST BE FILLED OUT PROPERLY AND RETURNED TO COACH TORNETTA BY FRIDAY, AUGUST 4TH, 2006.**

These forms are considered your first official responsibility. You will receive extra work/assignments for everyday they are not turned in to Coach Tornetta.

I have read the above rules and agree to help my daughter abide by them.

Date: _____ (Signed) _____
(Parent)

I have read the above rules and discussed them with my parent(s). I agree to abide by these rules as a member of the **Great Valley Field Hockey Team.**

Date: _____ (Signed) _____
(Field Hockey Player)

I would like you to e-mail me at jtornetta@gvsd.org if you are signing this form and you intend to play Field Hockey this season. This will give me an up to date e-mail address for any communications that need to be made during the season and throughout the year. If parents would like to receive info from the coaches, (i.e. schedule changes, etc.) please e-mail me to the same address and I will save the address for communications to you. If you e-mail me, please be clear who the e-mail is from.

The Current Field Hockey Calendar and schedule can be found at the following web site at any time:

<http://fcis.gvsd.org/hsfieldhockey/>

This will be kept current with practice schedules and any schedule changes, etc. throughout the year. So bookmark the site and keep yourself up to date.

Thanks
Coach T