**Player and Parent Guidelines**

Listed below are some helpful tips to ensure a safe and enjoyable season for all involved. If you have any questions or comments, please contact the club director or head coach for more information.

**Players:**

* Will wear assigned uniforms to every tournament
* Will not wear jewelry to practice or tournaments
* Will display sportsmanship to teammates, coaches, opponents, and officials at all times
* Will attend all practices and will notify coach within 24 hours of a foreseeable absence (emergencies are excluded)
* Will encourage teammates at all times. We will not allow negativity.
* Will demonstrate appropriate behavior through their words and actions at all times. This means no cursing or inappropriate displays of anger during practices or tournaments
* Will be subject to consequences set by coach if aforementioned behavior persists
* Are committed to each tournament (please contact coach if there is a foreseeable and necessary absence within 72 hours of tournament date)
* Will attempt to sleep at least 8 hours per night during tournament play
* Will commit to hydrate and nourish body appropriately during season
* Will refrain or limit consumption of carbonated drinks during season
* Will arrive on time to all practices, this generally requires arriving 15 minutes ahead of time to begin practice on time
* Will arrive on time to all tournaments. Coach will let players know exact time expected to arrive at tournament site
* Will be coachable; making improvements based upon the coach’s direction

**Parents:**

* Commit financially for the entire season
* Are expected to display team pride by continually encouraging your own child as well as every player on the team
* Are expected to display positive attitudes during all practices and tournaments
* Will request a private meeting time with coach **outside** of tournaments and practice times if a matter needs to be addressed
* Will contact head coach as a secondary option if meeting with player’s coach was unsatisfactory