

York Dukes Soccer

Team Rules & Procedures

School Conduct:

1. Show respect to teachers, administration and peers.
2. Excel in the classroom. If you need help ask your teacher.
3. Follow the Duke Handbook & Athletic Code of Conduct
4. You are responsible for your own actions.

Program Expectations:

1. Academics come first.
2. Respect the Game.
3. Exhibit exemplary sportsmanship.
4. Be respected by opponents for your work ethic.
5. Be actively involved in the Elmhurst Community.
6. Provide mentorship to Youth Soccer Players.
7. Take accountability for your own actions.
8. Display respect and a positive attitude at all times.
9. Respect officials at all times.
10. Work hard year round to become mentally and physically tough.
11. Build bonds with teammates.

Practice Expectations:

1. Be on Time. Ready to practice.
2. Concentration is a key for success. – Listen and learn. Be attentive.
3. Give your best effort at all times.
4. Make your teammates better.
5. Accept responsibility for mistakes.
6. Be enthusiastic.
7. Wear shin guards and proper soccer attire at all times.
8. Criticism towards fellow teammates is unacceptable.
9. Become a coachable player. Accept constructive criticism for what it is. It is meant to make you a better soccer player.
10. Acknowledge a teammates effort.

Expectations during game:

1. Remain supportive whether you are on the field or on the bench.
2. Demonstrate teamwork.
3. Respect opponents, officials and fans at all games.
4. Positive Sportsmanship is the rule.
5. Only Captains are allowed to speak with officials.
6. Concentrate in all situations.
7. Playing time is not guaranteed.

Attendance Policy:

1. Attendance is required at all practices, games, and soccer related functions
2. The only reason to miss is an excused absence.
3. Communicate with your coaches if you are absent. (24 hour notice by phone, email)
4. Players are required to attend practice sessions if injured. Players will rehab at field or in training room.
5. Players absent day before practice will not start game.
6. Unexcused absence will result in a 1 game suspension. 2nd unexcused will result in 2 game suspension. Etc...
7. Tardy to practice or game will result in loss of playing time.

Uniforms & Equipment:

1. Wear York soccer gear with pride & often.
2. Wash uniform after every game. Please follow washing instructions.
3. Wear shin guards at all practice sessions and pre game warm-up. IHSA rules.
4. Help maintain and keep York equipment, school fields, & Park District fields clean.

Injuries:

1. Report all injuries to coaching staff immediately.
2. See athletic trainer and follow treatment aggressively.