



Adelante Soccer

**Welcome to another FUN filled Soccer
season at Adelante Academy!!**

Rules, Regulations, Expectations and Procedures

Academics

- All players will be required to maintain a 2.0 GPA during the entire soccer season in each subject/class. Any player, who does not maintain a 2.0 GPA, complete homework or maintain good behavior, will be placed on contract and thereafter will not be allowed to continue playing on the team. Your responsibilities at school are the most important factors for YOU academically. Remember that playing on the team is a privilege.

Punctuality

- The team will meet in (Room 24) at exactly 3:00 p.m. for practices here at Adelante. Practices will end at 4:00 p.m. There will be the occasional extended practices for players wanting extra help when able. Practices will be Mondays and Wednesdays. Games will be Tuesdays and Thursdays.
- Games begin promptly. Once the line-up has been created at each game, it is up to the coach whether or not a player can be added to the line-up for that particular game.
- All players are to be at practice or games at the required time. Any Player who is late will run extra laps at practice and may possibly not get playing time if late to a game. If players miss a practice, they may not start the following game and/or may not get playing time.

Equipment

- Take care of our team equipment. Ensure it is kept tidy and packed up at the end of practices and games. It is everyone's responsibility to help out. There will be consequences for players who do not help.
- Players will not use "Mom" or "Dad" as an excuse for not having their gear or missing practices and will run extra laps if they do so. It is your game/practice and you need to take ownership and be responsible.

- All players are responsible for ensuring that the appropriate equipment is brought to all games and practices.
- All shirts must be tucked in at all games during the entire game. Players are required to wear **black** sweatpants, soccer shorts, or yoga pants. No jeans. Nonmetal cleats are acceptable but not necessary. Wear comfortable sporty shoes.
- Bring water to keep hydrated. No “junk” food or snacks will be allowed during practices or games. Healthy snacks are suggested before or after practices and/or games.
A well put together team = a positive, good looking, good playing team.

Attitude

- Listen and learn. Questions are important, if it is unclear, ASK. There are many girls who are still learning and we need to work together to teach each other the necessary skills.
- Support your team mates whether they have made a mistake or done something well.
- No Bad attitudes – Leave them off the ball park. Negative comments will not be tolerated. Show respect to ALL players, refs, teachers, parents and helpers at all times.
- Try your best!! You will learn from your mistakes. Team “slackers” will cause the entire team to run sprints. Remember this is a TEAM effort. We need to work cooperatively!
- Students who are not part of the team are not allowed near or around the team bench. Players must stay with the team or on bench at all times unless instructed otherwise.

Transportation

- We need everyone’s help in ensuring that players are transported to the necessary locations safely. Parents or Guardians who will be helping in transporting students to the designated locations will need to fill out the necessary documents and provide a copy of a driver’s license and proof of insurance.

I am looking forward to working with all of you!! Let’s make it another positive season of learning, FUN and excitement!!

