Antioch Middle Bears



Team Rules & Regulations Contract

Coach: Sabrina Hart-Meyer

Executive Principal: Dr. Bryan Seay

Athletic Principal: Dr. Vanessa Thomas

Athletic Director: Marquese Jones

Congratulations! You are now a part of the 2024/2025 AMS Girls' Soccer Team. We have an exciting season ahead, and we are so glad you are here!

All rules and regulations are created to maintain an organized and disciplined team. They are not to be taken personally.

Soccer tryouts will be Tuesday, August 13th, 2024 and Wednesday, August 14th, 2024 from 4:15 to 5:30 pm. The final roster will be at the discretion of the coaches. The final team will be announced **Thursday, August 15, 2024. The soccer season will officially start Friday, August 16th, 2024.**

All players must complete and receive a sports physical from their physician or local clinic before participating in the tryouts and practice. The forms for this physical are included in the full athletic packet. These forms must be signed by a physician.

All parents and players must complete the entirety of the athletic packet, the parent contract, the student contract, the emergency contact forms, the concussion paperwork, and the insurance information by **Friday, August 16th, 2024.**

Practice Responsibilities:

The soccer team will **practice Monday through Friday from 4:15 pm-5:30 pm**, unless stated otherwise by the coach. There will be **no practice Thursday, August 15th, 2024** due to AMS Open House and Title I Family Night. If there is any change in the schedule, the coaches will notify parents through Remind as soon as possible.

Players need to have proper footwear for practice. Students should have both sneakers and cleats, so that they are able to participate in practice both outside and inside- weather-dependent. If practice is held outside, players should wear cleats. If it is inside, players should wear sneakers. Players should not wear cleats inside the building, so players should change into sneakers when they go inside.

Parents must pick up players from the gym doors of Antioch Middle School no later than **5:45 pm** on practice days.

Missing practice without having a valid reason will not be acceptable. If you are unable to attend practice, you must contact the coaches. **This is your responsibility!** The only exceptions are **family emergencies, injuries, or doctor's appointments.** Excessive unexcused absences could result in loss of practice, loss of playing time, or dismissal from the team.

Practices are important- they set the foundation for our success this season. This is a time to improve our skills and create a strong and positive team culture. Each player should respect one another. Making fun, harassing, or degrading each other will not be tolerated. You should treat each other the way you would want to be treated!

Family Meetings:

We will have a **family information meeting** on **Monday, August 19th at 5:30 pm.** This will be directly after our practice. We will meet in the gym at Antioch Middle School for this meeting. We will discuss important information for the season and answer all questions!

Family Communication:

Families will be communicated with through **Remind.** This will include updates and reminders about games and practices.

Locker Room and Gym:

Players may go to the girls' locker room in the gym when school ends at 4:05 pm. Players can get ready for practice here until 4:15 pm, at which time they should go to the bleachers in the gym and wait for the coaches to go outside. Players can leave their belongings in the lockers and return to the lockers at the completion of practice to get them. Students should not stay in the lockers after practice- all players will wait with the coaches for their rides to pick them up.

We must always keep our locker room and gym clean! Report anything you notice in the locker room to the coaches.

Financial Responsibilities:

All players will have to pay the **player fee of $40.00** if selected to be a part of the soccer team. **The fee is due Friday, August 23, 2024.** Each player will be responsible for submitting fees by the designated deadline. This will include the cost of uniforms, referees, and line paint. If families have any questions or concerns regarding this fee, please contact the coaches prior to the date it is due.

Parents/families will be responsible for providing socks, shin guards, and other gear (undergarments, braces, sports glasses, etc.).

Game Day/ During the Game Responsibilities:

Make sure to have cleats, socks, and shin guards for each game! You will be responsible for keeping up with all your equipment during the season. You will be provided with a uniform, but are expected to return it, washed, at the end of the season.

We expect all of you to have your uniforms tucked and presentable! We are not only representing Antioch Middle School, but we are also representing ourselves as individuals. ***Parents are not allowed to enter the locker room.***

Cell Phones: You will not be allowed to bring your cellphones out of the locker room during games. They should stay in your bags until games are over.

Game Protocol:

The current game schedule is TBD. Once the schedule is finalized, it will be sent to all parents and guardians through Remind and a letter home.

The approximate start time of games is 4:45 pm and the end time is 5:45 pm. Each family is responsible for transporting their player to an away game. If a ride cannot be arranged with the family, please contact the coach 24 hours before the game. If a student rides with a coach to an away game, a written permission slip must be signed beforehand.

We expect good sportsmanship before, during, and after the games! We are representing AMS and ourselves. All players who are not playing in the game should be sitting on the bench and cheering on their teammates.

Players will be required to take all jewelry off before game time. This includes earrings, necklaces, bracelets, metal headbands, etc.

Parents are not allowed to step on the soccer field or approach the bench, players, coaches, the score table, the referees before, during, or after the game. Any occurrence may be penalized and result in ejection from athletic events for a full calendar year.

It is not guaranteed that you will play every single game. However, because we want every player to receive the experience and fun of participating in this soccer season, we will make every effort to ensure that all players of the team receive adequate playing time.

GRADES:

Each player will be required to maintain a **C average (70)** or better in the classroom. **Academics come first**. **Weekly progress reports are to be turned in every Friday.**

If you need support in a class, please contact the teacher and the coaches. We want to support you in reaching your academic goals and ensuring that you remain on the team.

Behavioral Conduct:

Student-athletes must always uphold school behavior expectations. Soccer team members should act as role models to other students in their behavior and conduct. **If a student-athlete has a school behavioral consequence, referral, or a poor report from a teacher, there will be a meeting scheduled between the coaches, family, and player to determine next steps. These can all result in not being able to participate in games or practice, and potential termination from the team. A student can be removed from the team by an AMS administrator.**

Contact Info:

If you need to contact the coaches for any reason, please call, text, or email.

Coach:

Sabrina Hart-Meyer

603-828-6277

Sabrina.HartMeyer@mnps.org

Community Care Challenge

As your coaches, we want you to have a great experience during this soccer season! We will work together as a team to build a strong culture and skill set, so we are successful. We will learn, grow, and have fun!

We are looking forward to this season! ⚽

I have read and will follow all team rules!

I accept full responsibility of taking care of my uniform, and will always be prepared for practice, games, and events!

I am committed to being a member of this team and do not take this opportunity or responsibility lightly.

I understand that it is a privilege to represent myself, family, school, and community on and off the field.

Team member's signature: _____

Team member's Print _____

Parent(s)/ Guardian signature(s): _____

Parent (s) print_____

Parent(s)/ Guardian signature(s): _____

Parent (s)print_____

Date: _____