



How We Define Success

The team's success is NOT defined by the win and loss record of the team. Our success is measured by our performance and effort. When each practice is over, we can leave the field knowing that we did everything we could to become the best that we are capable of becoming and our skills shall have improved. When the week's game is over, win or lose, we know that we gave it all we had, leaving every bit of effort and energy on the field.

Expectations

Practice Times

Practice will start at promptly 6pm to 8pm. All players are required to be at the practice field by 5:50pm. Players shall be dressed in all equipment and ready to participate when the coach calls for "Roll Call" at 6pm.

Conditioning Practices (July 17th - July 28th)

The first week of practice is required to be non-contact, conditioning for 5 days a week, for 2 hours. Each player must have 10 hours of non-contact practice before being able to progress to full contact practice. Make up hours will be done during week 2 practice times.

Week 2 practices will be full contact practices and 5 days a week.

Required Equipment: Helmet, Mouthpiece, Shorts, Cleats, White T-shirt with Last Name written on it. (mouthpiece must connect to face mask)

Pre-Season Practices (July 31st - Aug 10th)

Pre-season practices will be full contact practices and 4 days a week.

Regular Season Practices (Aug 15th until end of season)

Regular season practices will be full contact practices and 3 days a week.

Team / Parent Communications

Team and parent communications will be done through the SportsPlus app. You will receive messages from the coaches and will be able to communicate with the coaches directly as well.



Game Day Eligibility

These rules MUST be followed in order for a player to participate in the weeks game.

During the season a player must have a minimum of 2 practice days to play in that weeks game. *School and church activities are acceptable exceptions.

On a game day, a player must be present at the for checkin and warmup that happens during the half-time of the preceding game and NO LATER than 1 hour before the start of the game.

Team Rules

All players are expected to follow the rules below during the season. A player that is not abiding by the team rules outlined below will be asked to sit out of practice. This may effect the players game eligibility because of the leagues minimum practice time requirements.

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| R espect | <ul style="list-style-type: none">• We will treat all teammates, coaches, parents, officials and opponents with a high-level of respect.• We will Respect your own body by maintaining your health. Healthy eating habits and staying hydrated are important on and off the field.• We will support our teammates to achieve goals, and will NOT criticize them.• We will not argue with an officials call.• We will not talk while a coach is talking. |
| I ntegrity | <ul style="list-style-type: none">• We will demonstrate honest and ethical behavior for everyone.• We will play fairly and inclusively.• We will play by the rules. |
| P erseverance | <ul style="list-style-type: none">• We will fight as one team!• We will honor are commitments to the team.• We will fail, and we will make those failures into successes.• We will practice hard, so that we can play hard. |
| O verachieve | <ul style="list-style-type: none">• We will have an intense desire to succeed• We will progress in our skill set everyday.• We will strive for a perfect practice. |
| N on-Stop | <ul style="list-style-type: none">• We will practice and play until the final whistle.• We will leave everything we have out on the field.• We will leave no doubt that we gave our full effort during practice and games. |