

# Grand Oaks High School-Grizzlies

## Women's Soccer

### Team Policies and Rules

1. When you are suiting up for practice, be ready to perform! Prepare yourself to be both mentally and physically ready to go through the workouts and give 100%.
2. Always be on time.
3. Always put the team FIRST and yourself second.
4. Absolutely never lie.
5. Always keep a positive attitude. Don't complain!!! This means about the practices, workouts, coaches, teammates, decisions made by the coaches and staff, games, opponents, referees, classes, teachers, etc... Being a negative person is contagious. We don't need that in our soccer program and we **WON'T TOLERATE IT**.
6. Being a Grizzly is a privilege, not a right.
7. **Do not let down your teammates!**

### Classes and School

1. Remember that student-athletes are students first and your number one priority is to be the best student you can be. Athletics is purely an extension and addition to your overall educational experience.
2. While in class, you are representing yourself, but also the soccer program, your teammates, and your coaches. Be on your best behavior. Discipline problems (detentions, referrals, ISS, disrespect to teachers, etc...) and academic problems (not doing class work, homework, projects, etc...) will result in disciplinary actions taken during practice, up to dismissal from the program.
3. Practices and team travel will be planned with academics in mind. Take full advantage of the time you have to study and do class work.
4. On game days study hall will be done immediately after school for home games until it is time to walk to the stadium. Tutorials can be attended with a pass.
5. If your grade drops below a 75, tutorials will be required until next grading period. Weekly progress reports will be collected every FRIDAY.
6. Remember: **YOU DON'T PASS, YOU DON'T PLAY.**

### Practices and Workouts

1. You are expected to be on the field dressed (in the correct clothing) and ready to begin practice at the designated time. You can never be too early. If we are doing a field training session you **MUST** wear shin guards and cleats (majority black, white or grey only). Running shoes should be worn for all conditioning and weight room sessions. No jewelry/watches can be worn to practice. You must have your own water bottle at all times.
2. You will purchase practice gear (2 shirts, shorts, 2 pairs of socks). You must wear these practice clothes every day. (In the event of cold weather you may wear warmer clothes layered under your practice clothes). Program practice clothes should be visible at all times. Wear only your clothes, not someone else's. You will have the opportunity to purchase extra shirts, shorts and socks if you choose to do so.
3. We believe you are old enough to be responsible for your gear. Keep your practice clothes clean and presentable at all times.

4. You will be issued a soccer ball that will be brought to EVERY field practice. Your school-issued soccer ball is property of Grand Oaks High School. At the end of the season the ball must be returned. Your soccer ball is not to be used by anyone outside the Grizzly Women's soccer program. When not in the athletic period, your soccer ball should remain in your locker. If you lose your soccer ball you will be required to purchase a new one.
5. Always lock up your personal belongings before, during, and after practices. The athletic department is not responsible for things stolen or taken from an unlocked locker.
6. Coaching staff will not be responsible for items lost or stolen from the lockers if these have not been secured.
7. If you have an injury or are sick, notify one of the coaches immediately. Know the difference between *hurting* and *hurt*.
  - A) When your body aches and hurts because of your effort during practice, you are giving your best, keep going and don't stop.
  - B) When you are injured and you are not capable of performing at your best, you should stop and let your body recover. Your health and safety come first.
  - C) If you are hurt, you are expected to see the trainer in the morning. You cannot sit out of practice if the trainer hasn't been seen in the morning (by 6:30 am)
8. Leave your personal problems outside the field. Concentrate and focus on the task at hand.
9. Be ENTHUSIASTIC and OPTIMISTIC. Clap, yell and always encourage your teammates during workouts and games. Be loyal and supportive of each other on and off the field. Be POSITIVE and have FUN.
10. Missed practices, excused or unexcused, must be made up on the next available date. (the makeup will be a Grizzly Makeup). The make up for an excused or missed practice is not considered punishment. We are only trying to keep you from falling behind.
11. Take pride in the dressing room and keep it clean, no matter where you are.
12. Hair must be a natural color and neatly maintained. Nails must also be kept at a safe length.
13. No profanity, unsportsmanlike conduct, negative attitudes, etc... will be tolerated. Coach will determine the consequence for the infraction.
14. At no point are cell phones allowed to be out in the locker room unless given permission by a coach. If a coach sees a cell phone out, it will be taken up.

### **Conduct during games**

1. No profanity, unsportsmanlike conduct, negative attitudes, etc... will be tolerated. This type of behavior will only make it tougher for us to win. Keep your head under pressure and don't let an opponent intimidate you.
2. The official's judgment will be accepted at all times. Learn to adjust to different officials and their styles of officiating. Do not irritate or in any way make an official mad or upset.
3. When substituted in a game, don't come to the bench "griping" or complaining. Remember that the rest of the team believes they too are capable of playing well, so support them as they enter the game.
4. When on the bench, absolutely **NO** remarks should be made toward the officials, opposing players, teammates, coaches, and/or spectators. Study what is taking place on the field. Know what we are doing so when you are called upon to enter the game, you won't be lost.
5. Before the game, during half time, and at the end of the game, spring to the huddle and be extremely attentive. Nobody talks except the coach. Water will be given to you. Don't go searching for it. Everyone must listen to what is being said during this time, not just the current players on the field.
6. The players on the bench should welcome the players, currently on the field, upon their return to the bench.

7. The coaches determine the changes, not the players.
8. NEVER, ABSOLUTELY NEVER walk on or off the field, RUN!!! Whether it is to warm-up or substitute for somebody, always RUN!!!

### **Policy on Parents/Guardians**

The coaching staff recognizes the importance of family and friends and we welcome their support of both you and our program. It is vital, however, that we establish some guidelines to ensure success for both you and the team.

1. All practices and workouts are closed to family members and friends. If you have business that needs to be taken care of, make sure it is done before or after practice.
2. If an athlete has an issue with any of the coaching staff, questions, or needs to clarify a situation, the athlete needs to talk first to the coaching staff, not the parent. We won't see or talk to a parent/guardian if the athlete has not made the effort to open communication with the coaching staff first. If the athlete and the coaching staff have not clarified the situation after the meeting, then the athlete's parents/guardians are welcome to contact the coaching staff to arrange a meeting. If parents/guardians and coaching staff have not had an agreement on the situation, then parents/guardians are welcome to contact an immediate supervisor (GOHS Campus Coordinator (Head football coach) or assistant campus coordinator).
3. No parents, family members or friends are allowed on the field or in the dressing room prior to the game.
4. No one is allowed on the field before, during and immediately after the game. The coach will determine the appropriate time to be dismissed.
5. Prior to the game, no one is allowed to abandon the field or go and talk to relatives and friends.
6. Parents are asked to refrain from talking to the coaches both prior to and immediately following the game. If parents have a comment or complaint, it should be taken up with their team's coach at an appropriate time and place.
7. Parents are asked to use good sportsmanship while supporting our team.
8. The expectations that we have for our players are the same that we have for their parents or guardians and fans. Family and fans can be banned from games if the coaching staff or team is sanctioned because of their (family and fans) conduct during games.
9. Remember when it comes to soccer and soccer-related business, what the coaching staff says-goes!

### **Uniforms, Home games and Team Travel Policy**

1. Uniforms will be issued to each player. (Bags, warm-ups, shorts, jerseys, parka) The uniforms are property of Grand Oaks High School and will be returned at the end of the season.
2. Items lost, stolen, or returned in a deteriorating manner must be paid in full amount to the girls soccer program.
3. Game Days:
  - A. **During the class period:** Game day practice will consist of working on set pieces.
  - B. **Home games:** All players will remain at school in study hall immediately following school dismissal. All players are expected to be dressed ready to begin warm up at the designated time. If your specific team is not playing, you will be in the stands supporting the team playing. (ball girls will be assigned for each game)

- i. Cell phones: The usage of cell phones on the bench won't be tolerated. In case of an emergency please contact any of the coaches immediately.
  - ii. In the locker-room: motivate one another, support each other, respect one another, and be ready to perform.
- C. **Away games:** Be ready at the designated time. We'll give you time to change before we hit the road. Everybody should be wearing warm-ups and uniforms. Additional clothes can be worn after the game.
  - i. All players will ride the bus to and from **all** away games.
  - ii. On the bus: **NO talking** will be tolerated on the bus at the time of departure. This is the time coaches will use to ensure everybody is present, equipment is ready, and give specific instructions. The safety of everybody on the bus comes first.
  - iii. Once the bus is moving, everyone must remain seated
  - iv. Time will be given to you during the trip to talk, visit, make phone calls (if necessary), and ask questions.
  - v. Never forget the purpose of your trip. Keep your mind, body, and heart focused on the game.
  - vi. Personal music devices will be allowed on the bus as long as it doesn't bother your neighbor or coaches and staff. The coaches will not be responsible for these objects.
  - vii. Cell phones: The usage of cell phones on the bench won't be tolerated from the time the coaches have started talking and giving instructions until the game is over. In case of an emergency please contact any of the coaches immediately.
  - viii. Under no circumstances talking to people who are not related to the Grand Oaks Soccer program **WILL BE TOLERATED**. We are responsible for your safety before your parents and/or guardians. Failure to follow this rule could end in dismissal from the team.
  - ix. **NEVER** leave the stadium or field.
- 4. Be smart about what you take on the road in terms of personal items (jewelry, money, airpods, etc...). We do not always have control of a visitor dressing room and its security. A lot of times we may not even have access to a locker or dressing room.
- 5. All players will ride the bus to and from the game. Some special circumstances will be considered for early release (but homework or test is not a reason)

## **Training Rules**

1. As an athlete you should show respect for yourself, your teammates and the soccer program by not participating or associating with the following:
  - a) use of illegal drugs
  - b) use of alcohol
  - c) smoking (including vaping)
  - d) cheating on exams, quizzes, projects, or homework
  - e) mistreating teammates/bullying
  - f) inappropriate social media post
  - g) stealing
  - h) violating the policies in the Conroe ISD Student Handbook

### **Violation of any of these rules could result in immediate dismissal from the program.**

2. You should be aware of the proper food to eat. Don't eat junk food. We are what we eat. If you don't know what is good for you, ask one of the coaches. (this includes energy drinks)
3. Take care of your body and get plenty of sleep.
4. Hair should be of natural color (someone should be able to grow that color) be kept out of your face in a way that is not distracting
5. Nails should be kept at a length that is not dangerous to others on the field
6. Limit excessive make up during games and training so it doesn't stain uniforms
7. Undergarments under uniform should not be seen through seen clothing (ex. wear flesh tone bras/underwear with white uniforms)
8. Remember, you are a Grizzly 24 hours a day!!!
9. HAVE FUN!!! Rules are given to you as a tool that will enable you to be a better player and person everyday. Remember, you are here because you want to play soccer, not because you have to.

**\* If any of these rules are broken, the coaches and staff from the soccer program reserve the right to dismiss an athlete.**

## **Fundraisers**

1. Fundraisers will be done before the start of the season to offset the cost of participation in soccer (game day meals, shirts, tournaments, equipment, etc.).
2. Any money collected in the name of the Grand Oaks High School soccer program during the fundraiser window will be deposited into the Girls Soccer Activity or Booster Club account and cannot be refunded if the player does not make the team or decides to not play.
3. Monies cannot be transferred to another activity/sport or Booster Club.
4. Fundraising does not guarantee any player a spot on any team or a certain amount of playing time.

# **Grand Oaks High School – Grizzlies Women’s Soccer**

## **AGREEMENT**

**I \_\_\_\_\_, agree with the policies and rules established by the coaches and staff of the soccer program. I commit myself to follow and obey these rules. I understand that if I violate any of these rules, I will face the consequences of my actions.**

**I also understand that being part of the soccer program is a privilege, and as a privilege, I assume all responsibilities that come with participating in the program.**

---

**Student’s signature**

---

**Parent(s) or Guardian(s) signature**

---

**Date**

Grand Oaks HS Girls Soccer  
Commitment Contract 2024-2025

Initial each statement and then sign the bottom of the page as your commitment to this program

\_\_\_\_\_ I understand practices start on time. I will arrive early to set up and help with equipment as needed. I understand it is my responsibility to have the appropriate clothing/shoes for any possible practice situation.

\_\_\_\_\_ I understand to best play as a team it is necessary to practice with all team members in attendance. I will schedule appointments, makeup work, and projects around practice time. If it is absolutely necessary to miss practice I agree to notify the coaches in writing 24 hours in advance. I understand I will be required to make up any missed practice time no matter the reason.

\_\_\_\_\_ I understand the season starts after Thanksgiving and goes until mid March. I will make all vacation plans before or after the season and not during. I understand that the coaches give us enough time over Christmas and during Spring Break and I will not miss practice or games for non-school related trips.

\_\_\_\_\_ I agree to have a positive attitude during practice, games and team-building activities. I will approach any activity as an opportunity to improve my contribution to this team's success. If I have a positive suggestion to improve or expand upon an activity I will share with the coaching staff at an appropriate time.

\_\_\_\_\_ I agree to discuss any problems or concerns with coaches after practice, not during. If I am angry or upset I will wait to discuss any issues until I can do so calmly. I understand coaches make decisions with the whole team in mind, not just one person. I agree not to take any constructive criticism or feedback personally, but as an opportunity to improve my skill and game vision.

\_\_\_\_\_ I understand that I need to advocate for myself and talk to my coach if I have a concern about anything. I understand and will follow the chain of command with any and all issues.

\_\_\_\_\_ I agree to utilize practice time as efficiently as possible. I understand the "one voice" concept and agree to not talk during practice while coaches or designated others are talking. I agree to not give my unsolicited instruction to other players.

\_\_\_\_\_ I agree to be respectful and civil to all my teammates and coaches as I expect the same from them.

\_\_\_\_\_ I agree to not use profanity/inappropriate language (or behavior) in class, at practice or at games.

\_\_\_\_\_ I understand I will be given the opportunity to fundraise and that all money raised stays in the program regardless if I make a team or not.

\_\_\_\_\_ I agree to practice good sportsmanship both on and off the field. I will treat referees and opposing players/coaches with respect. I understand that the team captain and coach are the only people authorized to speak to the referee therefore I will voice my concerns to my captain or my coach.

\_\_\_\_\_ I understand the team captain is part of the authority structure of the team and will follow her direction without hesitation.

\_\_\_\_\_ I agree to have FUN!

\_\_\_\_\_  
(player signature)