**Helena High School - Girls Soccer Expectations and Guidelines**

***Please sign and bring to the first training session***

The Helena High Soccer program is a competitive athletics program. Teams will be selected, and cuts will be made on the merits of each athlete. Coaches will consider the following attributes: Technical Ability, Tactical Ability, Physical Ability, Attitude, Commitment, and Ability to Execute Direction. These abilities will be evaluated within the context of creating competitive teams at all levels (Varsity, JV, Sophomore, and Freshman). Seniors **will not** be placed on the JV Team, Juniors on the Frosh Team.

However, players that do not adhere to all the following expectations may find **their playing time reduced, cut, suspended, or removed from the program**.  All members of the Helena High Girls Soccer team will abide by the items listed below throughout the soccer season.  Only players who follow these guidelines will be considered for a varsity letter at the end of the year.  Furthermore, players who do not follow these guidelines may be dismissed from the team. These are not to be confused with the Girls High School rules. Players must adhere to both team and high school rules or risk losing some or all playing privileges.

Show ***RESPECT*** at all times.  Players must respect:

* **Themselves**-no illegal substances know yourself and act accordingly.
* **Teammates**-participate in an environment of healthy competition.  Help each other overcome obstacles on and off the field. To bully a teammate is to weaken a program, support each other in the face of adversity.  Post training clean up should be done by all, not just freshmen.
* **Coaches**-pay attention, follow directions, provide appropriate feedback.
* **Referees**-without referees we cannot play, and we cannot afford to alienate ourselves from the officials. Don’t expect referees to be flawless until your playing is flawless.
* **Other Teams**-win humbly and lose gracefully.
* **Fans/cheerleaders**-support them so they will be more likely to support you.

Be ***PREPARED*.** For all aspects of the game

* **Equipmen**t-bring all the necessary equipment to training and games
* **Physica**l -care for all injuries, Dr.’s release if necessary, let the coach know of any ailment or injury, proper cool down (injury prevention) is ultimately the responsibility of the player.
* **Mental** -leave non-soccer issues off the field, if you are having trouble doing so, talk to a coach.
* **Punctuality**-to be on time is to keep a promise, to be late is to break a promise.  You must let the coaching staff know ahead of time, in writing, if you will be absent or tardy.  If you cannot let us know, you must bring a note.  Detention is not an excused absence.

Be ***COMMITTED*** to the Helena High Soccer Program

* *Always leave it better than you found it*-this applies to fields, busses, locker-rooms, classrooms as well as team morale, personal skills, and the Helena High Soccer Program
* *Lend a helping hand*-to your teammates, boys’ team, school, ground crews, coaches, referees, and your community.

Minimum expectations.

* NEVER lie, always be honest even when it’s difficult
* NEVER whine
* NEVER put a teammate down for your own personal gain
* NEVER cheat (this includes diving)
* NEVER steal
* NEVER talk trash
* NEVER use a social website to air your dirty laundry.
* NEVER use your CELL PHONE to facilitate confrontation.

We will hold you ***ACCOUNTABLE*** for your actions, on and off the field
Behave Yourself anytime you are part of the soccer program including bus rides and restaurants
Abide by all state, local, and school district laws-you are responsible for knowing what these are.

***Understand our common goal – to play the perfect game.***

Lettering requirements

* Lettering is at the coaches’ discretion.

I have read and understand all of the above and understand that participation in Helena High Soccer is contingent on adherence to these guidelines.

Player\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_

Parent\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_

Print Player’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_