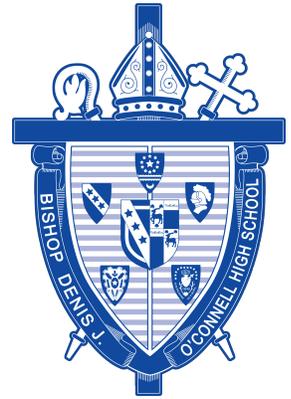
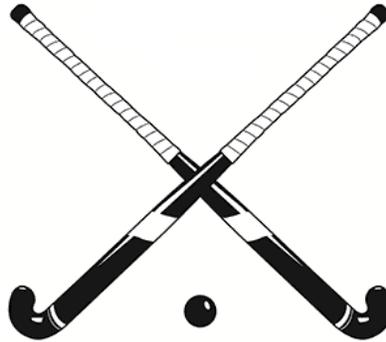


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## **Bishop O'Connell Field Hockey 2017 SEASON GUIDELINES**



## **Athlete Expectations:**

The Bishop O'Connell field hockey program adheres to the Student Handbook so make sure you are familiar with these policies.

**Substance use/abuse of any kind will not be tolerated and will result in automatic dismissal from the team.**

### **Dedication**

Bishop O'Connell players and coaches will give 100% of themselves to the team and the sport at all times. This means trying your hardest in both practice and games to positively represent Knights athletics. All athletes will be expected to attend all practices and games, illness and emergencies are the exception to the rule. If you choose to miss a practice or game due to family vacation, recruitment, other school activities, a club travel team, etc. do not expect to receive playing time. You have chosen to play field hockey, the coaching staff and your teammates are counting on your time and commitment to the program.

### **Sportsmanship**

Win with pride and lose with dignity.

### **Unity**

There is no "I" in TEAM. We will play as one team whether you play varsity or junior varsity. We will support one another, our fellow spring athletes, and the Knight community. Varsity athletes are expected to support JV games and vice versa. Varsity players **MUST** attend at least the first half of the JV game before being allowed to leave, remember that JV players attend the entire Varsity game.

### **Respect**

Players and coaches will respect each other, the Bishop O'Connell community, all opposing teams, referees and other adults. This includes: positive communication, encouragement, and overall considerate behavior of not only your teammates, but the other parties previously mentioned.

### **Academic Expectations**

You are a **STUDENT** athlete. The coaching staff expects you to attend class, maintain your grades, and represent Knight field hockey in a positive manner. While the coaching staff understands that as a student you are involved in many activities, ***field hockey is a commitment you made and it must be a top priority.***

Please note that if you choose to attend the Fall Foreign Language week abroad you will lose playing time. Upon your return you will be expected to attend every practice and dress out for

every game, in order to show continued support for your team. The coaching staff must be made aware of any other school/extra curricular conflicts within the first week of the season.

The field hockey program will follow the Bishop O'Connell guidelines for eligibility, however, if a member of the Bishop O'Connell field hockey program has a C or lower in one or more classes the coach will encourage the student to seek tutoring. The coach may also reach out to the teacher of the specific course(s) to see how the student can improve their grade. No excuses will be accepted for not seeking out a tutoring session before practice. Please see the policy for players that receive detention or allow their grades to drop during the season.

## **Practice**

Be on the field and ready to warm up at least 10 minutes prior to the practice start time. If you are on time you are late – absolutely no excuses. Practice times will vary throughout the season due to field availability and when the sun sets.

An absence and/or tardy must be pre approved by the Coach no later than 24 hours prior to practice time. **YOU** must inform the coach, not a third party, except in the case of an emergency. Being late because you were waiting to be taped by the athletic trainer is not an excuse unless you are doing pre approved rehab. We are a TEAM; help your teammates get to practice on time.

Please note that practice is incredibly important to helping the team improve and increase individual playing time. While the coaching staff understands that as a student you are involved in many activities, ***field hockey is a commitment you made and it must be a top priority.***

**\*IF YOU SKIP PRACTICE WITHOUT APPROVAL YOU WILL *NOT* PLAY IN ANY GAME THAT TAKES PLACE THAT WEEK\***

## **Punishment for tardiness**

**1<sup>st</sup> offense** = sprints for the individual (minutes late X 5)

**2<sup>nd</sup> offense** = sprints for the entire team (minutes late X 5)

**3<sup>rd</sup> offense** = sprints for the entire team (minutes late X 5) + ½ game suspension for the individual

**4<sup>th</sup> offense** = full game suspension and a discussion with the coach and parents about continuing to play for the team.

## **Punishment for demerits/detention**

**1<sup>st</sup> offense** = sprints based on how many demerits you received that day times 10

**2<sup>nd</sup> offense** = ½ game suspension

**3<sup>rd</sup> offense** = full game suspension and a discussion with the coach and parents about continuing to play for the team.

## **Unexcused Absences**

- Attending a collegiate football game over a game day or practice.
- Attending college family weekend over practice or game day.
- Attending a recruiting event over a practice or game day – if that coach wants you they will respect your commitments.
- Attending a club team practice or event over field hockey practice and game day.
- Missing practice or a game because of a holiday weekend.
- Student Council or other school club event that takes place over practice time.

## **Cell Phone Policy**

There will be no cell phones at practice – lock them up in your gym locker or school locker. If the coaching staff sees you on your phone during practice the device will be confiscated and you will run a mile after practice.

During games cell phones will not be allowed in the competition area. If the coaching staff sees you on a cell phone during competition the phone will be confiscated, the athlete will get the phone back after competition. The athlete will then be suspended for one game.

## **Equipment**

We are a team; everyone will put away equipment. No one is allowed to leave the field until all equipment is accounted for and properly stored, to include goals. It is **NOT** okay for Varsity players to delegate the JV team tasks for cleaning up the field – if this occurs, Varsity will have straight conditioning for an entire practice. For any equipment that is lost the team will stay after practice for extra conditioning. If you are not prepared for practice the coaching staff will make sure you do conditioning the entire practice.

**Field players:** at least 1 stick, mouth guard, goggles, shin guards, appropriate work out clothes\*, cleats, and turf shoes.

**Goal Keepers:** Helmet, mouth guard, all pads, a goalie stick and turf shoes or tennis shoes. Goalies should also bring a field stick and goggles in case they are rotated out for field play.

\*Appropriate work out clothes constitutes weather specific gear. If it is cold please have long sleeves and work out pants on. If it is warmer please make sure your shorts meet Bishop O'Connell dress code guidelines. On game day make sure any under layers are Bishop O'Connell colors.

**Note:** After the season is over all equipment will be turned back in. If you do not turn every piece of equipment back into the coaching staff you will be fined for the equipment, as a senior this could delay your ability to graduate.

## Game Day

***Playing in a game is a privilege, not a right.*** The coaching staff will evaluate athletes who have made a commitment to the team, work hard, and have improved their skills. This is another reason practice is so important – if you don't practice you will not improve and you will not gain playing time.

Away games – if you are not on the bus at the time you were told it would leave you will be left behind. We will not be late because one or two people could not follow a time line. As stated previously both squads will be required to support each other at games. If parents have traveled to a game and plan on driving their athlete home, the coaching staff must be made aware of this 24 hours prior for liability reasons.

***\* IF YOU CHOOSE TO MISS A GAME DO NOT EXPECT TO START OR PLAY IN THE FOLLOWING GAME DAY. \****

## NO Cursing

There will be no foul language during practice or games. If the coaching staff hears you or is made aware of your language by a teammate, referee, or opposing team you will run sprints and serve an automatic game suspension.

## Referees

Referees are trained individuals who are provided to keep you, your teammates, and the opposing team safe while playing field hockey. Do not yell at a referee during the game. If you have a question about a call you may ask the head coach or the assistant coach for an explanation. Only the head coach or assistant coach may speak to a referee, or designate a Captain to speak to the referee. Do not call foul's during the game, play until the whistle blows. Allow the coaching staff to handle any missed calls or questions about the game.

If you cannot respect this rule you will receive this punishment:

**1<sup>st</sup> offense** – a warning from the coaching staff

**2<sup>nd</sup> offense** – substituted off the field

**3<sup>rd</sup> offense** – ½ game suspension

**4<sup>th</sup> offense** – Full game suspension with a discussion with the coach and parents about continuing to play for the team based on team values.

## Captains

The team will choose team captains. Both JV and Varsity will vote for overall team captains. Those captains will come from the Varsity squad. The JV squad will choose their own captains. This is the criterion that captains should meet:

- Leads by example

- Communicates the vision of the coaching staff
- Visible during the off season
- Encourages teammates
- Holds teammates accountable – in a positive way
- Contributes on the field

**Personal Conduct**

Strive for a positive mental attitude daily

Put in 100% effort and commitment to the field hockey program.

There will be no bullying of others on or off the field, to include over social media. There will be a zero tolerance policy. If coaching staff is informed of any bullying it could result in immediate team suspension.

Clean up your social media accounts – not only do your current coaches see your accounts so do prospective coaches and colleges.

I, \_\_\_\_\_, have read the Bishop O’Connell Field Hockey Guidelines. I will conduct myself in a way that represents the Bishop O’Connell field hockey team in a positive manner.

I understand and agree to abide to these guidelines and the punishments for violating these team guidelines.

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date