



PROGRAM GOALS

- Have FUN and ENJOY the game.
- Make it a quality experience.
- Be a WINNER. Be a CLASS ACT.
- Be your best athletically and academically.
- Strive for continuous improvement.
- Improve with each match and within the match.
- Represent yourself and the team in a positive fashion.
- Respect and accept coaches' and teammates' individuality.
- Support teammates and coaches.
- Contribute to the total team effort at all times.
- Deal with conflicts head-on through open communication.
- Be responsible.
- Be disciplined. Give 100% effort in practice, during the game, and in the classroom.
- Stay in shape physically and mentally.
- Be honest with yourself, teammates, and coaches.
- Learn from your mistakes and handle them positively.
- Never surrender or turn against yourself.
- Play with pride and poise and PLAY TO WIN.
- Love the battle, the competition, and the challenge.
- **Work as a team to achieve these goals through dedication to the program.**

ADDITIONAL TEAM GOALS

1. _____
2. _____
3. _____

PERSOANL GOALS

1. _____
2. _____
3. _____
4. _____

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PLAYER POLICY AND EXPECTATIONS

Coaches' Policy: Whatever is best for the team, we do!

Personal Conduct

- Attend all practices, physical conditioning workouts, games, fund-raisers, and promotional events.
- **In the event you are unable to attend any function due to work or personal emergency, contact the coaches immediately.**
- All players on the squad are required to attend all matches and assist with home team responsibilities.
- Failure to do this will result in additional conditioning, and inability to practice and/or play.
- Be on time to every team function. It is inconsiderate to teammates and coaches to be late and it will not be tolerated.
- Make Mustangs Soccer a priority in your life. Manage your time accordingly so that there are no conflicts. Missing regularly scheduled practices, games, and functions is **not acceptable**.
- Conduct yourself in such a manner that you bring credit and honor to yourself, your teammates, the team, and your school.
- Do all assignments requested by the coach whether or not you feel they are important. Failure to do this will result in additional conditioning, and inability to practice and/or play.
- Report all injuries to coaches. Minor injuries not properly treated can become serious.
- Do all therapy prescribed by physical therapists or physicians.
- No swearing in practice or games.
- Treat teammates, coaches, officials, and opponents with courtesy and respect even when you are down or in a bad mood.
- Never criticize teammates to their faces or behind their backs, on or off the court!
- Work out personal conflicts with teammates immediately. Avoid passing rumors or gossip. If the problem cannot be resolved, all parties must meet with the coaches until it is resolved.
- Do not sulk. If you have a problem or complaint, speak to the team captain(s) or coach.
- Drinking alcohol, smoking, or the use of drugs of any amount will be dealt with severely.
- Maintain good nutrition. Continue to cut down on junk food while working on improving your diet.

Academics

- Make academics a priority in your life. Attend all classes, and do all assignments on time and to the best of your ability.
- Remember the difference between HOMEWORK and STUDYING. You may finish your homework, but there's always some studying to do.
- Meet every academic obligation.
- Stay academically eligible.
- Discuss class conflicts with teachers as soon as you are aware of them.
- **Inform coaches immediately of any academic challenges. Study groups and tutoring are available.**
- Weekly progress reports sent out by coaches are mandatory, and must be returned to coaches, completed, by the end of that week.

Practice and Game Expectations

- Come to the 1st practice of the season in shape. It hurts you and the team when you are not able to practice at full strength.
- Come to every practice. This is "your" and "our" opportunity to improve.
- If you know you will miss practice, personally communicate this to your coaches immediately.

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Practice and Game Expectations (cont.)

- Be on time to practice. This means shoes on, dressed for activity, and ankles taped, if necessary.
- Be mentally ready to practice. Leave your problems outside the field.
- All player will participate with field set up and take down: waters, corner flags, nets, balls, etc.
- Be ready to warm up as a team, suited up with gear on.
- Do not use practice as time to socialize with teammates.
- Practice conversation should be directly related to the practice session.
- For liability reasons, visitors are not welcome during practice sessions.
- Check in with the coach immediately if you are late.
- Notify the coach prior to practice if you must leave practice early.

Uniforms

- Uniforms are to be worn for approved events only. You are financially responsible for any lost or stolen items.
- You are responsible to turn in uniforms after each match. Failure to do so in a prompt fashion will result in fines.
- Place bags in an orderly fashion behind the bench.
- Only official team gear is worn at scrimmages and matches.
- Do not wear jewelry in practices or the matches.
- Your personal appearance and dress are important. The emphasis is on neatness and cleanliness.

Travel

- Arrive before the departure time. We will leave without you if you are late.
- Everyone travels with the team, on the bus to the game and back to Otay Ranch High.
- Everyone is responsible for keeping the van's or bus's interior clean. Pick up your own trash.
- Fields, Locker rooms and team rooms are to be left clean. Dirty towels, tape, paper cups, water bottles, etc, are to be placed in the proper areas.
- Players are responsible for loading personal and team gear into the vans or buses.

CONSEQUENCES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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PLAYER CONTRACT

I *understand* that, as a member of the Mustang Soccer Program, I will be expected to make ACADEMICS and ATHLETICS a priority in my life.

I *will* not be satisfied with less than my best effort on the field or in the classroom.

I *will* strive to earn A's and B's in all my classes.

I *understand* that if I do not maintain an overall GPA of 2.0, I will be ineligible to play in matches.

I *will* attend every class. I will arrive on time for each class and I will turn in every assignment on the assigned date.

I *will* take advantage of tutorial services and study groups.

I *will* attend all practices, games, fundraisers, and promotional events. In the event I am unable to attend any function due to work or personal emergency, I *will* contact the coaches immediately.

I *understand* that if I miss any soccer function, I *will* be expected to make it up by contributing in other areas at another time.

I *will* be on time to every soccer function. I *understand* that it is inconsiderate to my teammates and coaches to be late.

I *will* treat my teachers, coaches, managers, teammates, and opponents with courtesy and respect, even when I am down or in a bad mood.

I *will* give 100% effort in every practice and game, as it is my intention to become the best soccer player that I can be.

I *understand* that for my personal success, and the success of the program, I must follow these guidelines and, furthermore, encourage my teammates to do the same.

I *have read and agree* to the above guidelines. I understand that failure to meet the requirements of the contract may result in loss of opportunities to continue as a member of the Mustang Boys Soccer Program. If any of the previous expectations are not met or a player becomes ineligible to participate in the Mustangs Soccer program, he will not receive a varsity letter from Mustangs Soccer program.

Athlete's Name (printed)

Athlete's Signature

Date

I, as the parent/guardian of the above athlete, I *have read and agree* to the above guidelines. I *will* do my best to support my son and the Mustang Soccer Program.

Parent/Guardian's Name (printed)

Parent/Guardian's Signature

Date