**Expectations of a Yellowjacket Athlete**

1. **We will be better every day. Never settle for what we are, always strive to better ourselves, we will strive for excellence everyday!**
2. **Honor. We will treat ourselves, our teammates, our coaches, our families, our managers, and our teachers with the utmost respect and dignity.**
3. **Pride in our program. We will not be arrogant, but we will have pride in our team, our goals, and our program.**
4. **Set goals and set them high.**
5. **We will be enthusiastic every day! Nothing great has ever been accomplished without enthusiasm! Every day whether it is a practice or a game we will be excited about playing the Beautiful Game.**
6. **Strive to achieve our goals.**
7. **Have courage. On and off the field. If someone is hurting the team, have the courage to speak up!**
8. **Always, Always think in terms of winning.**
9. **Sacrifice will lead to victory. Be prepared to pay the price to win!**
10. **Have grit in the face of adversity! Don’t give up when the chips are down, have the grit to keep fighting and keep going.**
11. **Remember that a coach’s criticism is constructive and for your improvement, never to demoralize. If we don’t coach you then you should worry.**
12. **Be prompt, early, and never miss a practice.**
13. **Eyes on the coach whenever he/she speaks.**
14. **Stay out of the trainer’s room unless you are injured. Being hurt is not the same as being injured...play with pain!**
15. **Never Criticize or make fun of teammates. This has to be a family unit and we should treat each other as such. Otherwise we will not be successful**
16. **Loyalty: Be loyal to your coaches, teammates, and Ferris High School.**
17. **Keep our grades up. We will ALWAYS be in good academic standing. A 75 or below in ANY class guarantees you will not start the next game.**
18. **If you don’t know-ASK. Asking questions helps you improve faster!**
19. **There will be no profanity, illegal tactics, complaining, or bragging. We will have pride but we will not be arrogant.**
20. **No alcohol or drugs. We want the entire town to be proud of our team: Any player indulging in conduct unbecoming of that WILL BE DISMISSED from the squad.**
21. **Our locker room will be clean following every practice/ game. Team excused absence punishment will be issued should the locker room be dirty.**
22. **We will be academics in the classroom. Failing any class will result in a daily punishment of 4x100 air”raids” until the grade is brought to above a 70.**
23. **Fighting will result in a 1 game suspension plus a 2 mile run. Again we are a family unit and must maintain that mentality with each other. We are teammates now and forever.**

**Absence-Tardy Policy**

1. If an athlete is going to be absent, she must message Coach Padilla or Coach Wilds on the SportsYou app or talk personally to either Coach Padilla or Coach Wilds. That coach will determine if an absence is excused or unexcused. NO MESSAGE OR NOT SPEAKING TO A COACH IS AN AUTOMATIC UNEXCUSED ABSENCE. The reason for the absence then becomes irrelevant.
2. An EXCUSED absence will require the student to make up missed workout before competition.
3. An UNEXCUSED absence will require an additional “set” during interval training in addition to the missed workout(s).
4. Absences MUST be made up as soon as possible or the first day athlete is physically able.
5. If an athlete accumulates 5 unexcused absences through the season she will be removed from the soccer program.
6. All extra work must be completed before the athlete is permitted to participate in the next match. (Refer to the accountability chart)

II. Tardy or late for workouts

1. If an athlete arrives within the first 15 minutes of practice- Tardy
2. If an athlete arrives at practice after the first 15 minutes- Absence
3. An excused tardy must be approved by Coach Padilla.

III. Dress:

1. Practice: Grey Top/ Black Short (Pre-Season). Practice Jersey/ Black Shorts (In-Season)
2. Game Day: Travel Suit/Uniform Orange/Black=Home White=Away
3. Bus Trip: Ferris Soccer Travel Warm Ups
4. Consequence: missing dress items will be treated as an unexcused absence.

**Soccer Accountability chart.**

All players of the Lady Jacket Soccer program will be held accountable for their actions. All make ups or punishments must be completed before you are allowed to participate in any matches or scrimmages and they must be completed during practice. Per player and issue, some areas may be adjusted accordingly based on the severity of the issue.

Failing/Accountability Folders Incomplete

2x 100Tires + 3X100 yd “air raids”

Absence

Excused 5x100 yd “air raids”

Unexcused 10x100 yd “air raids”

ISS

20 X 100 yd “air raids” per day of ISS

EX. 2days = 40 X100 yd “air raids”

Tardies

0-30 min: 2X100 yd “air raids”

31-60 min: 4x100 yd “air raids”

After 60 min: Unexcused Absence punishment.

Violation of Team Rules

1st offense: 6X100 “air raids”

2nd: 12X100 “air raids”

3rd: Suspended 1 game plus 2 mile run

4th: Dismissal from program.

Ejection from game (Yellow Card accumulation or straight Red Card)

1st time:Suspended 1 game plus 2 mile run

2nd: Dismissal from program following review. If no dismissal

10X100 yd “air raids” and 2 mile run.

Acknowledgement of Accountability/Punishment Form

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Our signature below indicates our complete understanding of the make up/ punishment policies set forth by FHS Women’s Soccer.

Student Athlete’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Head Coach: Jeremy Padilla

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