

Carlisle High School Field Hockey – Expectations/Policies

The outlined expectations of a Carlisle Field Hockey player are designed to hold all players on our team to the same high standard. This will provide consistency and discipline within our team and will ultimately lead our team toward success! **Every decision you make and action you take on and off the field will form the reputation of this team. Commit yourself to these standards to raise our TEAM PRIDE!**

1. **Practices and Games** – Players will attend all scheduled training sessions, practices, departure times for away games, arrival time for home games, team sanctioned events, and all other scheduled in season events and meetings.

PRESEASON- From the official start date until the first game, the athlete must attend each practice and scrimmage to be eligible for the first game, unless prior communication is made. If the athlete missed a practice or scrimmage during preseason other than emergency, illness or school related activity (excused absence), the player forfeits the opportunity at a minimum, to start or play in the first half of the first game of the season.

If the absence involves more than one practice that is viewed as illegal or is not communicated prior to the absence, an appropriate forfeiture of playing time will be determined. Players have the responsibility to discuss their particular situation with the coaches prior to or during the pre-season period.

REGULAR SEASON – From the first game until the banquet, a missed practice/game **must** be discussed with the coaching staff **at least 24 hours prior** to the absence. At that time, the missed practice/game will be determined excused or unexcused. If the missed practice/game is not pre-arranged, it is automatically unexcused, except for illness or emergency. Generally, an excused absence is school-related/academic or educational obligation, a collegiate recruiting visit, an illness, or emergency. An **unexcused absence** on the day prior to a game will result in at a minimum – suspension from the first half of the game. *Note that field hockey takes precedence over employment obligations while in season. An **excused absence** on the day prior to a game will result in the athlete not starting the game. Additional guidelines follow:

1. If the first unexcused absence involves more than one practice, an appropriate suspension will be assigned.
 2. **Second unexcused** absence can result in team dismissal.
 3. It is the player's responsibility to make sure Coach Lindsay (bowerl1@carliseschools.org) or Athletic Office (717-240-6800) is informed that she is ill.
2. **Practice will start promptly at 4:00 pm.** Athletes must be dressed and ready to warm up at the Bellaire or Game Field by **3:45 pm**. Tardiness will not be tolerated for practices/games. An excused tardy must be prearranged with the coach and must be accompanied by a signed note from a parent, doctor, or teacher. Detention, socializing, and teacher meetings due to misbehavior will be unexcused. All players must attend the full practice, leaving early from a practice must be discussed with the coaching staff for an appropriate consequence.
 3. **PRACTICE GEAR** – All safety equipment including shin guards, goggles, mouth guards must be worn during practices and games. A reversible pinnie, sneakers and cleats/turf shoes must be brought to every practice. No jewelry will be allowed during practices/games.

4. **SCHOOL ABSENTEEISM** – If an athlete is absent from school, she cannot participate in practice or a game on that day. Special circumstances are outlined in the current school policy.
5. **SCHOOL TARDINESS** – Athletes must be in school by 10:30 am in order to be able to participate in a practice or a game scheduled for that day.
6. **ACADEMICS** – Academics are considered a priority. Field hockey is a privilege. Student athletes must remain in good academic standing in order to be eligible to play. The student athlete **must** be passing her 5 major classes. Grades checks are done every week.
7. **EQUIPMENT** – Issued equipment is a responsibility. Destroyed or lost equipment **must** be compensated for at the end of the season.
8. **TRANSPORTATION** – It is expected that every player will travel to and from games provided by the school. If there is a special circumstance, a waiver note must be forwarded to the Carlisle Athletic Director (nullg@carliseschools.org) **at least 24 hours** before the event for approval. He will then notify the coach if approved. Emergencies will be taken into account.
9. **CONDUCT**
 - The Carlisle School District's Drug and Alcohol Policy will be in effect. Athletes in training do not smoke, vape, drink, use drugs or stay out late! Good nutrition/hydration and rest are required to perform at your best. Please take care of yourself!
 - Cell phones must be put away, on silent/turned off during practices and games. We should not see cell phones or any other electronic devices at any point during a practice or game. If coaches see or hear your phone during any practice or game, the entire team will run during that practice or the practice following the game.
 - Sportsmanship is expected at all times. Players **and** support networks (parents, family, and friends) must conduct themselves in a positive and respectful manner toward fellow teammates, parents, coaches, officials, and other staff. Rude, negative and obscene language will not be tolerated.
10. **COMMUNICATION**
 - **Players and parents agree** to follow the protocol for communication between athletes/parents and coaches established by head coach, Lindsay Bower, and the athletic director, Mr. George Null. The protocol will be posted on our Field Hockey webpage on the Carlisle Athletic website.
11. **INJURY/TRAINING ROOM**
 - All injuries **must** be reported to the trainer and coach.
 - It is the responsibility of the player to follow the treatment plan and rehabilitation guidelines set by the athletic trainer.
 - Those being treated must be in and out of the training room in a timely manner.
12. **PLAYING TIME** - Playing time is earned. The coaching staff will play individuals based on attendance, attitude, work ethic, ability, technical skill level, team chemistry, personal motivation/character, dedication for the greater good of the team, and competitive nature of the game. Playing time may not be equal for all players.