

# NAMS Soccer

## Player Expectations



### Coaches:

Head coach: Tom Remely <tremely@nazarethasd.org> , 610-759-3350 x8404  
Assistant coach: Chad Friend <cfriend@nazarethasd.org>

### Information / Announcements:

Go to the Middle School website <[ms.nazarethasd.org](http://ms.nazarethasd.org)>, then go to School & Parent Information, Athletics, then under Spring Sports, click on Co-Ed Soccer. For the up-to-the-minute game schedule, go to [nazarethathletics.bigteams.com](http://nazarethathletics.bigteams.com). We will use email and/or Remind to get communications out to everybody.

### Represent the school:

As a member of a school team, you represent your school, both on and off the field. What you do or don't do will affect the team, either positively or negatively. You will be held to the standards in the co-curricular code of conduct. Note: inappropriate/threatening social media messages can result in suspension from the team.

### Eligibility:

Please refer to the student handbook for athletic policies. Some highlights:

- You must be present in school for at least  $\frac{3}{4}$  of the school day in order to participate on that day. Exceptions: doctor appointment, emergency, or extenuating circumstances granted on a case by case basis.
- If you are suspended, you may not participate on that day.
- If you are late to practice or a game because of detention or academic reasons, you are still eligible to participate. You must have a pass from the academic teacher.
- You must be passing the equivalent of four credit hours (checked weekly), determined by your overall grade, in order to be eligible for games. If you are academically ineligible for three consecutive weeks, you may not participate in practice or games.

### Uniforms:

You will be given a pair of shorts, a shirt, a set of warmups, and socks. **All uniform parts, except the socks, must be returned at the end of the season.** Players will also be required to wear shin guards and cleats for all practices and games, which are the player's responsibility. Wear sneakers or indoor shoes instead of cleats when we are in the gym. During games, players must have shirts tucked in and all jewelry and wrist accessories removed.

### Locker Rooms:

You may change in the Middle School locker rooms (Kreider and Rotz) prior to practices and games. When in the locker room, there will be no horseplay, do not touch others' belongings, and clean up all trash, bottles, tape, etc.. When entering the building after practice/games, cleats must be removed.

### Dress Code:

The Nazareth Area Middle School dress code is in effect during all team events.

### Practices:

All practices are mandatory. Missed practice = will not start the next game. Continued missed practices will affect playing time.

### Be on Time:

Being on time shows your commitment to the team and to your own improvement. Continued lateness will affect playing time.

### Injuries:

**All injuries and medical symptoms must be reported to a coach.** We have trainers on duty during all team events, who can determine whether it is safe for you to participate. Note that dizziness, lightheadedness, shortness of breath, racing or fluttering heartbeat, extreme fatigue, and chest pains could be an emergency situation.

**Asthma:** Asthmatic athletes must check their PEF 30 minutes before activity, and must inform a coach each time an inhaler is used. An extra inhaler should be kept in the team medical kit for the season.

**Concussions:** Any blow to the head, dizziness, headache, blurred vision, or nausea must be reported to the coach. Playing through it is dangerous; it does not show toughness.

### Sideline etiquette :

When you are on the sideline during a game, you represent our school as much as when you are on the field. Players are expected to be ball runners during the game they are not playing in, on a rotating schedule. Players are expected to be present in the bench area for both games and cheer their teammates on. If there is a schedule conflict that results in a player having to leave early, coaches should be notified by a parent beforehand. Players should not yell comments to or about the referees, opposing coaches, or opposing players. The ice in the small ice chest is reserved for injuries, not for consumption. The large cooler is for drinking water. Players should carry an empty water bottle in your bag that can be filled at the cooler. **At the end of the game, all players are expected to help with equipment and trash BEFORE being dismissed to buses/cars.**

### Bus Rules:

Players are expected to ride the bus to and from away games. If you have to ride home with a parent for some reason, you must submit a transportation waiver beforehand, signed by your own parent/guardian. Before any players board the bus, all equipment must be loaded, and cleats must be removed from your feet. As per Jennings Transportation, you must sit in your designated area, facing forward, with no part of your body or bags in the aisle. Boys and girls will take turns sitting in the front and back. You may play music, but not with external speakers. We recommend calling or texting your parents at the conclusion of the game, before getting on the bus.

### Cancellations:

Please check the team website for up to date schedule changes and cancellations. Players will also be given sign-up information for our Remind account to receive alerts from coaches by text message. Additionally, for any change in our practice or game schedule, an announcement will be given to the players at school. In general, longer messages will be sent via email, while short or immediate messages will be sent via Remind.

# Parent Expectations

1. Be a **positive influence** in support of your child and the team.
2. Refrain from disrespectful, hostile, or unsportsmanlike **comments** toward an official, coach, player or spectator. Never approach an official.
3. If you wish to speak with a coach with any **concerns**, schedule a time other than right after a game. In general, coaches will not discuss dissatisfaction with playing time or game strategy.
4. Help your child meet all of his/her **player expectations**.
5. **Players must be picked up on time or make arrangements to go home with another player.**  
Typical pick up times:
  - Practices – 4:00
  - Home games – 6:00
  - Away games – 6:15 to 6:40, depending on distance. I will send a Remind message to indicate our expected arrival.

Please sign and return the bottom portion of this page.

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## Nazareth Area Middle School Soccer Player/Parent Expectations

I have read and will follow the player expectations for the Middle School soccer team.

Player's printed name \_\_\_\_\_

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

I have read and understand the player/parent expectations.

Parent/guardian signature \_\_\_\_\_ Date \_\_\_\_\_