

2019 Boise State Soccer Team Rules/Expectations

Welcome to Boise State Soccer. In 2014 there were 3,055,148 registered youth soccer players in America. 1,466,471 of them are female. There are 334 Division 1 Women's soccer teams hosting 9169 athletes. You now truly are one of the elite. This truly is a privilege, not a right, to play for at this amazing level, for this incredible institution.

Our pillars of Humility, Hard Work as a Given, Toughness in Tolerance and Legacy give us a framework as to how to carve a great path toward success with Boise State Soccer. You will see their influence riddled throughout the varying rules and regulations below. Ultimately if we fill each pillar up with action that displays our understanding and support of what they stand for, we will be fine. To add clarity you'll find a general rules section and more specifics below.

General "Common Sense" Rules

While these are broad in nature and designed to guide you, they still retain the power for disciplinary action. By outlining our core behavioral expectations the essence of our standards will be clear, enabling you to make judgements on the varying scenarios you face on and off a college campus.

- If you think your action may be frowned upon by our coaching staff, DO NOT DO IT. Err on the side of safety, lawfulness and choices that would make you proud, not be questioned by you coaching staff, support staff or Administration.
- Respect your teammates on and off the pitch by:
 - a) Allowing sleep
 - b) Enabling an environment to study and academically excel. Leave a Legacy
 - c) Training maximally by following the guidance of your coaches
 - d) Preparing maximally by following the guidance of your coaches. This includes making good entertainment, nutritional and rest decisions along with your technical, tactical, physical and psychological preparation. Leave a Legacy, Hard Work as a Given and retain Humility.
 - e) Playing maximally. All minutes will be given to those that have earned them and to those that best serve the success and development of the team. Those that play maximally will enable us the best chance of success and so will be duly rewarded. Hard Work as a Given and have Toughness in Tolerance of your coaches decisions.
- Respect your coaching, support and administrative staff. All communication toward those within our department should in format, content and tone reflect the respect due to those that only work to serve, support and enhance your collegiate experience. Retain Humility, leave a Legacy
- Respect your community. From patrons in hotels we visit to restaurant and airline employees to boosters and fans. Treat all with the upmost grace and respect. Retain Humility, leave a Legacy.
- You are at all times to represent Boise State Athletics in a manner becoming of a Boise State Soccer player. Avoid any action that may result in a substantial disruption to the program

Team Initiation Commitment

I commit, as a member of the Boise State Soccer Program and Athletic Department, to uphold the tenets below in protection of my team and University and acknowledge the coaching staff and athletic administration have made it completely clear to me that initiation and hazing ARE NOT accepted, permitted or condoned in ANY fashion.

- 1) I commit to not participate in any activity that may be deemed to be, or emulate in any way, a hazing or an initiation process.
- 2) I commit to proactively reach beyond myself to my teammates and other members of the Boise State Athletic Department to ensure they do not participate or become associated with any activity that may be deemed as or in any way emulate an initiation or form hazing.
- 3) I accept the responsibility that any individual or group may perceive my actions differently to what I intend and endeavor to ensure everything I do or am a part of will only be looked upon in a positive light and in no way reflect or emulate an initiation or form of hazing.
- 4) I accept that participation in an initiation activity or any form of hazing will result in my immediate dismissal from the Boise State Soccer team and Athletic Department with an immediate cancellation of my athletic aid.
- 5) I understand that this commitment extends through the full duration of my athletic eligibility at Boise State University

We do these things as the institution of Boise State Soccer and Athletics are paramount to us and the driving force we compete for each day and week.

Team Initiation Commitment

Name	Signature
Tara Fisher	
Janelle Flores	
Alex Qualls	
Addy Standlee	
Aubree Chatterton	
Jess Vogel	
Allegra Weeks	
Jazel Dennison	
Laura Buck	
Alexis Lloyd	
Kennedy Oleson	
Mikayla Schachtall	
Melissa Symmes	
Madi Campbell	
Jennifer Turnek	
Sarah Taylor	
Michelle Reed	
Annie Hoffman	
Raimee Sherle	
Ashleigh Harrison	
McKenna Kynett	
Baylee Blaser	
Eva Herrera	
Kris Serres	
Delaney Watson	
Lili Finch	
Taylor Osnaya	
Jim Thomas	
Maite Zabala	
Ed Moore	
Kelly Lopez	
Brandon Voigt	

Specific Rules

- All trainings, strength and conditioning sessions, treatment, academic meetings, team functions and matches are to be attended at all times for your betterment as a student athlete unless explicit permission has been obtained from the Head Coach, IN A TIMELY FASHION.
- All timelines outlined by itinerary and schedule are to provide optimal performance in all that we do. Arrivals late, leaving early, missing curfews etc without prior permission will not be tolerated.
- While traveling please adhere to the travel dress code and be aware of acceptable standards of dining and relaxing attire.
- While traveling please do not have any non team members, including family members, in your room without permission from the coaching staff.
- Family time on the road will be preset and at the Head Coaches discretion. Communicate clearly before acting in order to prevent poor choice or unfortunate outcome.
- Please do not exit the home facility without direction from the coaching staff
- Please do not exit the hotel without permission from a member of the coaching staff.
- Unless explicitly permitted by the Coaching Staff or Athletic Training Staff please arrive 3 hours before kick off (on Game day) to receive treatment, 2 hours before on any other occasion. The pregame meeting will be held 1 hour before kick off.
- Please wear preassigned warm up and sideline gear at all times throughout the warm up and match
- Please seek out pre and post game responsibilities when it comes to the fan/booster/recruit experience.

Department rules.

- Please, at all times, abide by the Boise State Athletic Department Code of Conduct including the Drug and Alcohol policy
- Please follow the Boise State University Code Of Conduct at all times.
- Please consider and apply the Initiation Commitment presented to you during the opening team meeting at all times throughout the year.
- Please consider all guidance points referenced during the Opening Meeting presentation. Please ensure you have a copy of the presentation for your records.
- Please be aware you are to abide by and follow any amendments or additions made to either of the above policies as a result of unique scenarios.

Failure to follow the above tenets AND THE IMPLIED ACTION THEY PROVIDE will result in disciplinary action. All actions will be considered by the full coaching staff and if necessary with the Administrative Team and Support Staff.

Continual failure to follow the above rules will result in escalatory sanctions including but not limited to:

- 1) Verbal admonishment
- 2) Short term suspension (from team activities, training/lifting, match play, travel squad but for limited time (i.e one training session or game)
- 3) Extended suspension (from team activities but for anywhere from 10% to 100% of the remainder of the season or academic year)
- 4) Expulsion from the team.

By signing the team signature sheet below you acknowledge you have read, understood and accept to follow the above rules.

Name	Signature
Tori Gutierrez	
Sydney Smith	
Julia Lewis	
Macie Nelson	
Kennedi Paul	
Emily Curry	
Morgan Stone	
Aubree Chatterton	
Kiara Simpson	
Keile Hanson	
Jazel Dennison	
Tatum Seastrand	
Haley Apple	
Grace Kaufman-Fuller	
Mikayla Schachtall	
Melissa Symmes	
Sarah Nehring	
Jennifer Turnek	
Kendyl Hedberg	
Gabby Gillespie	
Kevyn Hillegas	
Raimee Sherle	
Ashleigh Harrison	
McKenna Kynett	

Name	Signature
Kris Serres	
Delaney Watson	
Lili Finch	
Lauren Bennett	
Lillie French	
Raven Sweeney	
Jim Thomas	
Max Weber	
Ed Moore	
Nicoya Benhammarin	
Brandon Voigt	