

TEAM EXPECTATIONS OF EXCELLENCE

It is a privilege to be a student-athlete in the Mid-American Conference at Ball State University. This privilege comes with the highest responsibility and obligation to contribute to the best of your abilities to the team mission and our core values. The decision to represent Ball State University Soccer is a daily commitment to be the best that you can be as a person, student, athlete, and a member of our community. Privileges and team membership will be entirely contingent upon fulfillment of this obligation and responsibility.

Any violation of team policy can result in disciplinary action, suspension, dismissal from the team, scholarship reduction or cancellation.

Standards

- All practices, games, team travel and team functions are always mandatory. Any excuse or reason for not being on time or present must come from Josh or our athletic trainer. Your priorities should be: Be the best person you can be, school/academics, soccer, then everything else. (Talk to Josh if there is a family emergency)
- Commitment To Get Better Every Day is our motto, our core values, and lifestyle.

Conduct On and Off the Field

- Conduct yourself in a selfless, respectful, but competitive manner that is representative of a Ball State soccer player. You represent this program wherever you go, regardless if you're wearing BSU soccer gear or not.
- Be kind, respectful, and gracious. Always be the first to arrive, in responding to emails, texts, or any requests by our staff.
- There is no drama on this team. We are a family and family members don't speak negative of each other. If you cause it there will be a serious consequence.
- We want to have the tightest knit team possible. In order for this to happen, you are to communicate to your teammates, coaches and staff before anyone else. If you have an issue, you need to speak to that person or one of us. That is your role. Understand that your coaches are here to help you. If you want to talk negatively about others without addressing the problem to that person, or without them knowing, expect a serious consequence.
- The culture on this team is that we don't complain, we embrace hard work, and are proactive communicators and leaders on this team.
- Do the right thing, you are all old enough to know what is right and what it wrong.
- Your graduating class does not matter when performing duties. EVERYONE picks up trash and carries equipment, and sits wherever on the bus and eats whenever, etc.
- Practices and workouts will be extremely challenging, demanding, and competitive. PRIORITIZE proper eating, sleeping and study habits in order to be prepared. Someone is preparing and waiting to take your spot.

Campus Sponsored Activities

- These will never interfere with soccer responsibilities.
- No intramural sports allowed in season.
- Belonging to on campus organizations (professions, Greek, intramural, etc.) and/or working a job must be discussed with coaching staff. Nothing will ever interfere with our core values and becoming the best student-athlete you can be.

Practice Attire/Appearance

- Always be in matching BSU apparel at practice as well as travel.



Illness/Injury

- Your health is the most important thing to us.
- If you are not feeling well, you need to go to the training room before noon and let Bri know. If you miss practice because you are sick make every effort to make it to class unless you are physically unable.
- If you are on the injury report, have something nagging, etc. you are to do treatment. Treatment is mandatory. Missing treatment is like missing practice.
- If physically able, you must figure out how to get more training in, in order to not fall behind. Use our coaching staff and support staff.
- If you are injured, can't train and are not working with Bri, we expect you in close proximity to the coaches to learn and not be on the sideline. We expect you to help with the balls, equipment, etc. If we are playing a game which requires offsides to be called, you will be expected to help.

Recruits

- WE ARE KNOWN FOR GIVING RECRUITS AND THEIR FAMILIES THE BEST VISITS IN THE COUNTRY. Much of their experiences has to do with you! Smile, be friendly, introduce yourself and ask where she is from. Remember your first visit here and why you decided to come here. Be welcoming and inclusive.
- YOU ARE AMBASSADORS TO THE PROGRAM. Recruits go back to their club and city and they spread the word about their time at Ball State University and with the women's soccer program. All of you are the reason for this great news and ascension of this program. Ask yourself, how will the recruit and their family remember their interaction with you?
- KEEP DOING WHAT YOU ARE DOING BECAUSE IT IS TRULY INCREDIBLE!

Drinking/Drugs/Smoking

If you are under 21---It is ILLEGAL to drink alcohol. If you are 21 be advised that drinking affects the body for 48 hours, this will affect how you train, which will in turn will affect your playing time and nobody wants their playing time affected by poor decisions. Make wise decisions! There is NO argument, excuse, scenario that will help you in an underage alcohol violation.

- At every mandated activity, you are always to be of sound mind and body, without the scent, appearance or effects of alcohol, tobacco and /or drugs and/or lack of sleep due to non-approved social activity.
- Obey all rules and laws set forth by the federal government, the State of Indiana, Ball State University, Ball State University Athletics, dorms, apartments, etc.
- Alcohol consumption is illegal for those under the age of 21. Public intoxication for everyone is unacceptable as is buying alcohol for those under 21.
- Be responsible and if you get in trouble call a coach immediately.
- No drugs of any kind.
- No smoking/vaping or tobacco.
- Random drug testing will be happening often, don't take a chance on jeopardizing your entire career.

Curfew

- Be in your own bed at 11:00pm the night before a game.
- Be in your own hotel room at curfew.



Travel

- There should be no one in your hotel room that is not part of our travel group.
- Represent the university in the most positive way when travelling on the road.
- No cell phones at team meals (leave them on the bus.)
- We will leave everything better than when we arrived. Locker rooms, benches, bus, etc.
- If you are not on the travel squad and you want to be, **YOU MUST DO MORE** work than all the players that are on it. This is the only way to catch up. You will have prescribed workouts with Jerome to complete.
- If you travel, but don't play or play very little, you must figure out how to get more training in, in order to not fall behind. Use our coaching staff and support staff.
- No booking flights or making your own travel plans before clearing it with the coaching staff.

Housing

- You must have your roommates permission for a guest(s). Be respectful, you are not the only one in the house.
- Sleep in your own bed the night before the game.
- If you move from one residence to another you need to notify the coaches and give them your new information.

Equipment/Apparel

- BSU issued apparel is not to be worn in the bar, club, or any other inappropriate place.
- Please refrain from allowing members that are not on our team to wear any of the BSU team issued apparel.
- Do not wear apparel from other schools..

Social Media

- **24 hours a day, 365 days a year**, any harmful content or illegal behavior, and/or acts related to, will be subject to major disciplinary action from the women's soccer program, athletic department, and/or department of student life per the honor code. This includes summer and vacation periods.
- **There are always people watching. Be mindful that nothing ever goes away once it's posted.**

ACADEMICS

Academics

- Class attendance is mandatory.
- Don't miss any meetings with Jackie.
- Sit in the front two rows and be on time to class.
- On the first day of class, introduce yourself to each professor and make them aware that you are a soccer student-athlete.
- Creating a relationship with your professor is very important. He/She will attend your games. The professor is who you should ask questions to because they give you the grade, not the Teacher's assistant. They also will be the ones writing your letters of recommendation etc.
- Returning players should help the new and younger players with class selections and teacher recommendations. We want a culture of serving others. Some of you have taken the same classes and can help your teammates. No, this doesn't mean doing their homework for them.
- Fifth year aid is a privilege and must be approved by Josh
- Maintain academic eligibility per NCAA rules
- Adhere to the Ball State University Honor Code
- Academic dishonesty will not be tolerated and will be dealt with by the governing bodies of the institution.
- Returning players: Your goal is to be above our Team GPA and perform better than you did before.
- New players: You are to do everything to achieve the very highest level of success in your first semester.
- Four unexcused absences result in athletic suspension. You should not have any unexcused absences.
- Each student must provide each professor with a hard or electronic copy of the travel letters within the first week of school.

Study Hall

- Study Hall policies are set by Jackie and are to be followed accordingly.
- You must fulfil your prescribed hours or there will be a serious consequence.

Tutors

- Jackie will help arrange tutors for you. Please do not wait until you are already struggling in your classes. Take advantage of this opportunity. Be proactive and set them up early in the semester.
- Respect your tutor, they are taking their time to help you out. Being late to a tutor is like being late to class or practice, and is not tolerated.
- You must have a valid reason to cancel any tutor session (approved by Jackie or coaching staff). All cancellation requests need to be completed by 5pm the day before the appointment.

Scholarship Bonus

4 THINGS YOU MUST DO TO BE ELIGIBLE FOR A SCHOLARSHIP BONUS

1. Be a great person on this team. You are an ambassador to the program. No off field problems. Be a positive life force. You are always supporting your teammates and coaches. This team is a family. You don't talk bad about your family members. You are always on time, keep your appointments, and have zero off the field problems. Show strong character traits and commitment to get better every day.
2. You are selfless and serve your team.
3. Your grade point average is above the team mean GPA. If the GPA is 3.50, yours must be a 3.51 or higher.
4. You must pass the fitness test on the first try. Get in the playing rotation. Get on the field in each half.

CONTRACT

As a student-athlete on an elite team, you are held to a higher standard. Any behavior that brings you, our team, or the University in disrepute will be dealt with seriously.

Remember that it is a privilege and not your right to play soccer for Ball State University. You are representing yourself, your teammates, coaches, family, and the university. Work as hard as you can, be as committed and competitive as possible, and make sure you are always prepared. **NO EXCUSES AND NO COMPLAINING.** Take responsibility for yourself and hold your teammates accountable.

I, _____, have read and understand the expectations and guidelines set forth in this document. I am committed to this program and to doing my best each day to represent Ball State University Soccer. I understand that all consequences of team rule violations are under the discretion of Head Coach Josh Rife. Consequences may include all but not limited to extra team conditioning, suspension, being sent home from soccer activities early, scholarship reduction or cancellation, and/or dismissal from the team. I am "All In"

NAME: _____

SIGNATURE: _____

DATE: _____

