

UCONN

SOCCER

Men's Soccer – 2020 Season

COMMITMENT SHEET

The following are key points to the future success of the University of Connecticut Men's Soccer team. By signing this sheet, I agree to abide by each of the stated commitments. I understand that failure to abide by any of these commitments could result in disciplinary or punitive actions that will be considered and issued by coaches or team captains:

1. Be on time to all soccer meetings, travel and appointments. (Plan to arrive 15 minutes early to all team events).
2. Practice will begin with Coach West. We leave punctually every day.
3. Injuries must be reported to the trainer. Injured players are required to attend every training session. Rehabilitation is not optional. Rehabilitation programs are monitored and must be carefully followed. The training room is not a lounge.
4. Practice will start at 2:30 PM and end at approximately 5:00 PM in the fall. Goalkeepers may start earlier. We will meet most days prior to training to review the session in the Gampel Video Room. Keep this time slot open.
5. We will all dress the same for practice. (Correct tops and sweat suits). All players must keep all practice gear in the locker room (warm-ups and uniforms) All gear must have same #.
6. We will all travel in the same attire.
7. You represent the University, the Soccer Program, and your families. Always conduct yourself as mature young men —most especially in classes, dormitories, dining halls, restaurants, training rooms and in social situations.
8. Hazing will not be tolerated.
9. Important information will be sent to players via email and text message. Please check your email and telephone frequently.
10. Be polite and respectful to all members of the coaching staff, to our trainers, equipment managers and our support staff. The captains are extensions of the coaching staff and are to be respected.
11. No hats or earrings may be worn at any team function.
12. Cell phones will not be allowed to be brought into any team meeting. It is not good enough to shut them off. The rules will be explained to you. This will be strictly enforced. This is applicable both at home and on the road.
13. Jewelry may not be worn on the practice field.

14. No friends or family at pre-game or post-game meals. No phones out during team meals home or away.
15. No use of the internet, phones, or fax machine in the soccer office without permission.
16. Proper use of bathroom facilities is always expected.
17. All equipment issued to a member of the team is that person's responsibility. You must return it to the equipment room. Failing to return an item of equipment will result in charges being added to my fee bill.
18. I understand that I will be evaluated in December and April and that there may be additions and deletions to our squad based on performance.
19. Exercise good judgment regarding any material posted on Facebook, Snapchat, Twitter, Instagram or other social media.
20. Any consumption of alcohol while on a team trip will result in suspension and possible expulsion from the program.
21. 48 Hour Rule – 48 hours prior to a match all socializing or partying is prohibited. (i.e. A party, A bar, A house gathering).

I have read and understand the commitments I am expected to follow. I know and understand that a violation of any of these commitments can result in suspension and/or expulsion from the Soccer Program. I am committed to helping the University of Connecticut Soccer Program be the best in the country. I will put the team needs first and my personal needs second. I will do whatever it takes for us to be successful.

Print Name: _____ Sign Name: _____

Date: _____