

Binghamton University Bearcats

Men's Soccer Fall 2019

Expectations & Team Qualifications – Who we are and what we represent!

Qualifications to be part of our program: We Players and Coaches will represent our Team, Athletic Department, University and ourselves in a professional and respectful manner.

Team Functions

We will be punctual (on time / ready to go) for meetings, training & games etc. If you are going to miss a training session or be late, make sure to notify coaches as early as possible. Phone call (leave message) or email!

- **Meetings & Training**
 - All players are expected to be dressed and ready for training/meetings – shirt, shorts, socks and guards for training.
 - Players receiving treatment who come from the training room to the meetings should also be dressed in training attire.
 - No hats (inside), sleeveless shirts, jewelry... just like the game... (25 pushups)
- **Hazing**
 - **Is Illegal... will result in suspension & possible expulsion**
- Travel
 - Binghamton team gear and/or sharp dress as specified
- No walking in the hallways without a shirt on. Only permissible inside locker room areas.
- **Avoid walking on bare feet at all times.**
- **DO NOT WEAR ANY OTHER COLLEGE APPARREL AT ANY TEAM FUNCTION.**
 - (25 pushups & Apparel change)
- **Hosting recruits**
 - Be Responsible, Positive and Honest with recruit and coaching staff
 - You are their host and representing yourself, our team and University
- Profanity and/or outbursts
 - At all times we must refrain from emotional outbursts that are inappropriate, that include profane and inappropriate language.

We will take appropriate care of our bodies when together and apart.

- The food we fuel our bodies with will have a direct effect on our level of performance. (A Healthy Lifestyle)
- Curfew 11pm night before a match (home / away)
- Responsible to know all NCAA banned substance
 - Any over the counter drug & prescription clear with Sports Medicine
- No Tobacco (Smoking/chewing) NCAA Banned!
- Alcohol Dry preseason...48hr rule for those 21 and older (regardless of circumstances)
 - Underage drinking is illegal - and not condoned
 - No Alcohol at any University Men's Soccer function/event

Bearcat Staff Working For Us

Treat all members of our staff, their rules and their equipment with care and respect at all times. Be courteous and patient with others. If you have any concerns about anything, communicate with the coaching staff first.

If we do not know, how can we understand & help!

- Training Room Staff Strength and Conditioning Staff
- Issue Room Staff Academic Support Staff

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Academic Planning & Monitoring

- Individualized plan, meeting and exceeding the needs of each of you. The plan includes regularly schedule meetings with our coaching staff and our academic support staff, Weekly study hall hours, weekly to do list and daily planner, additional requirements as assigned. More details during pre-season academic group meetings.

Strength & Conditioning

- All workouts will be under the supervision of our Coaching Staff and Strength & Condition staff
- All workouts including those on and off campus must be approved by our Coaching staff S&C/Coaching staff
- If you want to do additional workouts please see our coaching staff before beginning said workouts
- No lifting on Match Day except with approval from the Coaching staff

Active Rehab Program

- No self diagnosis first to know (you), second to know (Coaching and Medical staff). ***Including all vacations!***
- All players who are not fit enough to train and play must work harder than anyone else in daily active rehab. You will be required / expected to put in more hours than the fit players.
- Depending on your physical limitations, you will adhere to a daily-individualized fitness program under the direction of our staff (Coaches, Strength and Conditioning, Sports Medicine).

Issued Equipment

- Equipment that is issued to the players will be signed for and kept under the care of the player until the end of the season or until the player leaves the team (quit or cut).
- At the conclusion of the season the equipment that was signed out will be returned (Coaching staff will notify).
- If you do not return your assigned equipment, you will be given a letter stating you are now delinquent until such time the equipment is returned, or you choose to pay for the equipment.
- If you lose anything, immediately report to Coaching staff and Issue room. You will be responsible for replacing what you lost (reimbursing the program).
- Heart Rate Monitors/GPS are your responsibility, and must be worn at all physical activity. This includes all supervised and unsupervised workouts.

Facilities, Resources and Awards

- When a player leaves the team (quit or cut), the player will no longer be entitled to use any of the athletic department's facilities and resources, academic study center without admin approval.
- When a player leaves the team (quit or cut), the player will not be part of any future recognition given to the team or be entitled to any award given to the team.
- When a player quits/voluntarily leaves the team they will relinquish all athletic aid.
- All privileges that come with being a member of the Binghamton University Men's Soccer will be relinquished from the day a player leaves the team.

We will adhere to all NCAA, America East and Binghamton University procedures and policies. Failure to do so could result in dismissal from the Team. Things such as drug/alcohol/tobacco/theft will result in suspension and or dismissal. Other infractions will be dealt with on an individual basis at the discretion of our coaching staff.

I understand and agree with the rules and policies that come with being a member of the Binghamton University Men's Soccer team.

Print Name _____ Signature _____ Date _____