

Minnesota Soccer Team Guidelines 2019

Academic

1. All incoming freshmen will have 8 mandatory study hall hours in the fall as well as mandatory tutoring. After freshman year, if the student-athlete has a cumulative GPA of a 3.0+, she will no longer have mandatory study hall. A student-athlete who falls below a 3.0 GPA will have mandatory study hall hours as well as tutoring. A student-athlete who falls below a 2.3 GPA or who fails multiple classes will have soccer partially/fully (decided by academic coordinator along with Head Coach) taken off her plate and will utilize scheduled soccer time for academics until our academic coordinator & coaching staff feel comfortable with her academic progress.
2. All student-athletes will show up for, be on time to, and be proactive in every academic meeting & tutoring session. Failure to do so will result in sitting out of training.

Social

1. All team members 21 yrs of age & above will abstain from drinking any form of alcohol for the entirety of the Fall season. 1st offense will result in sitting in the stands in full uniform for the next home game. 2nd offense will result in removal from the team.
2. All team members under 21 yrs of age will abstain from drinking any form of alcohol as it is illegal. Same consequences as above in addition to alcohol rehab program.
3. During the Spring Season, there will be a 48/24hr Rule in place for alcohol. All team members 21 yrs of age & above will abstain from drinking any form of alcohol from 48hrs prior to a Spring game or 24hrs prior to spring practice. 21yrs of age & below see rule #2. Offenses from the Fall carry over to the Spring with the same consequences based on the offense.
4. All team members will abstain from using recreational drugs at any time. 1st offense will result in suspension & a rehab program at a minimum...if retained in the program, a 2nd offense will result in removal from the team.
5. All team members must be in their respective housing by 11pm the night before any game, including members who did not make the travel roster for away games (non-traveling team members need to be in their rooms by 11pm each night the team is away to stay on team schedule). 1st offense will result in a warning while a 2nd offense will result in a 1 week suspension from all soccer activities.

Soccer

1. All team members must wear a helmet if they are riding mopeds to/from ELR. 1st offense will result in a 1 week suspension from all team activities while the 2nd offense will result in removal from team.

2. All team members must wear appropriate attire to all team events to include lifting, team meetings/meals, training, games, pregame, travel. Special attention to no jewelry during training/games. DO NOT wear other school's gear while representing the University of Minnesota (i.e. do not show up to breakfast on the road in a Stanford sweatshirt). If you are wearing a school's gear/logo, it is the University of Minnesota. Consequence: meeting with Corey.
3. All team members are required to report to Sarah regarding any injuries and illnesses at the time that they occur or are noticed & are required to do their treatments and rehab with Sarah, in the training room, & to continue doing so until Sarah releases them. All team members will be on time for all medical appointments and treatment times. Failure to do so will result in sitting out of training at a minimum.
4. All team members are expected to return game attire on time, in the correct bags, all facing right side out. Failure to do so will result in doing the team's laundry with our Equipment Manager
5. All team members must turn on & off their heart rate strap monitors & plug them in after use if requested. Always fill out daily survey & HRV. Failure to do so will result in a meeting with Corey.
6. All team members are expected to attend every meeting (academic, athletic, medical, fundraising, student-athlete development, etc) put on their calendar and are expected to be on time. Consequence will be a meeting with Corey at a minimum.
7. Before & after every training session & game, it is the team's responsibility to make sure we have all of our soccer balls & that they are properly inflated.
8. All team members are expected to, at a minimum, meet our fitness standards. These are made very clear & a plan is given to each team member which, if followed, sets you up to succeed. Adjustments are made, in coordination with our athletic trainer & strength coach, for any members who are injured. Failure to meet the standard results in not being eligible for the Exhibition game as well as consistent fitness to raise your level. Not being able to meet the fitness standards of the program could result in removal from team if sufficient progress isn't made throughout the season as there is a base level of fitness required to play at our level in the system we choose to play.
9. Non-travelers will be given specific training to get done while the team is on the road. The expectation is that the soccer piece is done at the same level as if the coaching staff was present. Any conditioning will be set up to be done with a strength/conditioning staff member. It is also the expectation of the staff that the non-traveling group watch the game together & to fill out match analysis sheets for each game.

I, _____, agree to follow all rules laid out to be a part of this soccer program, and I understand that failing to do so may result in consequences up to & including removal from the team and loss of scholarship (if applicable).

x Signature Here... Date _____