

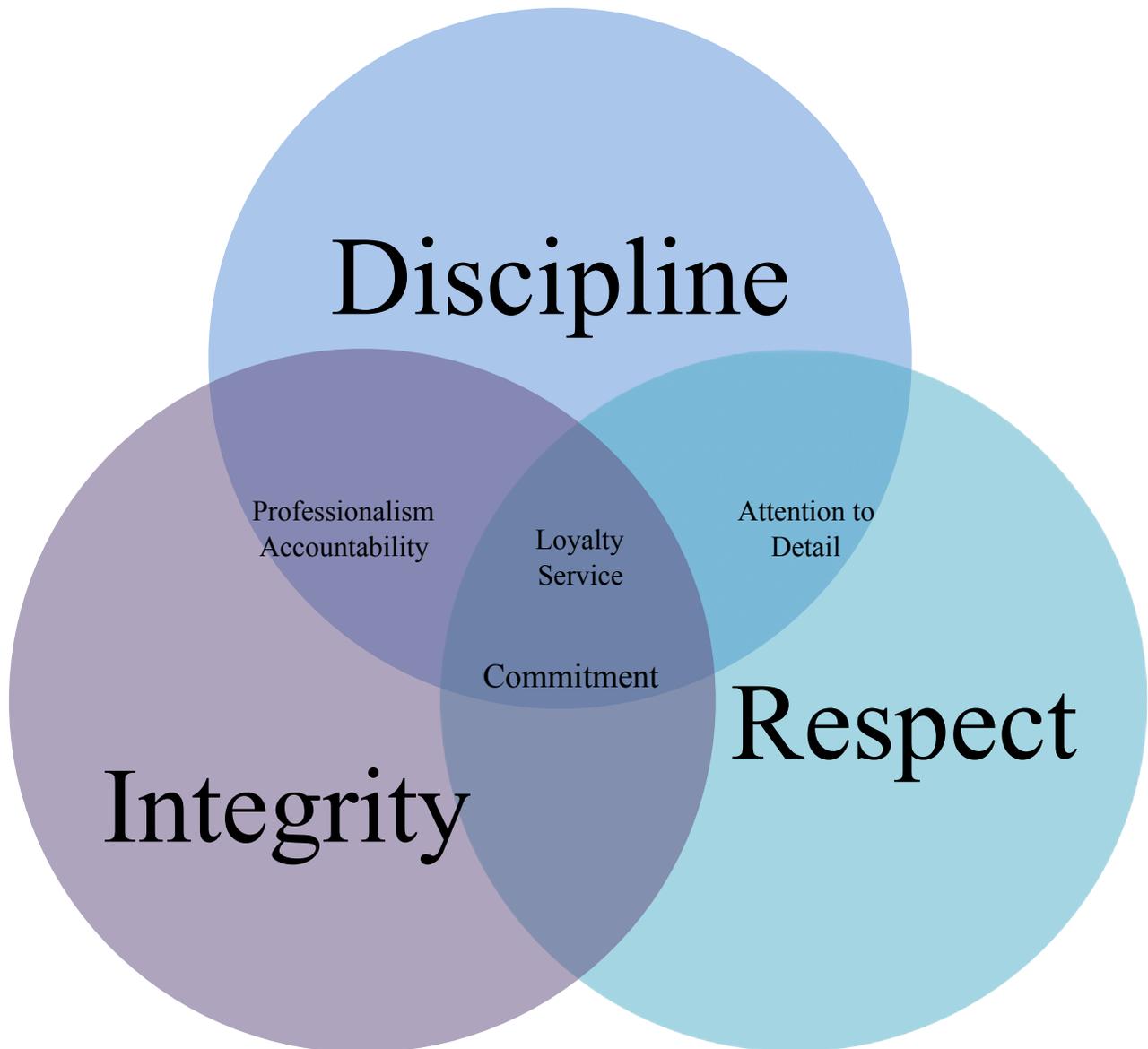
Nevada Soccer Handbook 2019

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**“It’s not the will to win that matters
—everyone has that. It’s the will to
prepare to win that matters.” -Paul
“Bear” Bryant**

Welcome to Wolf Pack Soccer! This team revolves around a commitment to *integrity, discipline, and respect*. We embody these traits and exemplify them through our actions both on and off the pitch.



Equipment

Rules and Expectations

- All equipment must be handled with care.
- All equipment must be delivered to the field 45 minutes prior to the start of training.
- Balls must be pumped.
 - Any more than three flat balls will result in three 120s.
- All balls must be accounted for at the close of each session or match.
- Cones must be color coordinated.
 - If the cones are out of order and not looped appropriately, the team will run three 120s.
- Pinnies must be laundered weekly.
 - If this does not get done, the team will run three 120s.
- Storage Room:
 - The storage area in your locker room must be kept organized and clean. The staff will provide you a warning if the room is not kept up to standard. If the room is not cleaned up and organized by the following day before training, the team will run three 120s.
 - The storage room must be swept (dust pan and broom behind the door) so it can be mopped every Tuesday. There will be one warning if this is not done and team will be responsible for mopping as well.
- If any equipment is borrowed for personal use (individual training), it must be returned promptly. These items are the property of Nevada Soccer and any lost or damaged items will be replaced at the expense of the student-athlete.

Training and Competition

- No jewelry (if it's seen, you will be asked to remove it).
- No sitting at practice unless you have a medical excuse.
- Injured players are not permitted to leave training unless cleared to do so by a member of the coaching staff.
- Do not walk across the line during any fitness activity.
- All players must wear matching practice attire.
- All gear must be ADIDAS, no exceptions.
- Poor attitude will not be tolerated during training or matches.
 - Make eye contact when coaches are talking to you—no eye rolling.
 - Don't walk away when being addressed.
- Do not ask for a sub during any match. If you are injured, take a knee and the coaching staff will take appropriate actions.
- No disrespectful language directed to anyone during matches; fans, opponents, referees etc.
- All players are expected to pass at least seven 120s.
 - Any athlete that fails to do so will have injury prevention training until they pass their test.
- No cell phones at training or matches.
- No outside food or drink is permitted during training or matches—only athletic supplements or food provided by Nevada staff.
- All injuries must be reported to the training room staff right away. Treatment and rehab sessions must be attended as instructed.
 - If you are ill, you must report to Kelly and she will determine your practice and if necessary, your class participation.
 - Doctor's appointments and rehab may NOT be scheduled during training times
- Equipment needs to be at the field 45 minutes prior to training and 1.5 hours prior to home games.
 - During matches, the equipment must be stored neatly BEHIND bench seats unless there is inclement weather
- Be on time! For every minute you are late, the whole team will run one 120.
- Class conflicts
 - Coaches will dismiss you 20 minutes prior to the start of your class.
 - If you have a class conflict and need to miss training, you are expected to attend that class. If you are caught skipping practice under the guise of class, there will be consequences.
- Issued bras ONLY for games unless otherwise specified—no pink bras with white jerseys!

Rules and Expectations

- We expect that you take care of your bodies. Recovery is mandatory unless otherwise notified. This includes ice baths, stretching and rolling out etc.

Travel

- Be on time, for every minute you are late the whole team will run one 120.
- Please ensure all equipment is prepared for travel:
 - 2 ball bags (20 balls total)
 - Small cone loop and 2 sets of pinnies
 - Blood bag (make sure all gear is in this bag—extra kits for field player and gk, extra shin guards, pump, field board, cones and pinnies)
 - Recovery bag
- In your carry-on, you must pack the following items:
 - Government issued ID
 - Binder (for scouting reports)
 - Water bottle
 - Uniforms and cleats
- Adhere to the given itinerary.
- Proper travel attire is mandatory.
 - Nevada gear must be worn at all team functions unless otherwise specified
- Curfew is at 10:30pm (unless otherwise specified).
 - You must be in your OWN hotel rooms by 10:30pm, with lights out.
- You are not permitted to prop your hotel doors open. Doors must remain closed at all times. This is for your safety as well as the safety of your roommate.
- You are not permitted to leave the hotel. Family and friends may not sign you out.
- You are expected to attend all team activities and team meals, and travel to and from each destination with the team. Friends and family can visit with you in the hotel lobby during free time. Treat these trips like work, not vacation.
- No one is permitted in your hotel room besides teammates and staff. You are to visit with friends and family in the lobby.
- You must leave all areas clean upon departure. This includes the hotel, fields, buses, locker rooms and restaurants.
 - Please remember that you are representing Nevada so be respectful.
- No cell phones at team meals or meetings.
- Some food orders are done in advance. Please get these to Katie by the requested date. If you don't do so, the staff will order for you.
- ALL players must shower after each game on the road.
- You must provide all professors with your travel letters at the start of each semester. You are responsible for making any arrangements for missed assignments
- All other team rules apply while we are traveling.

General Team Rules/Expectations

- Be on time for all team functions
 - If you are running late and have a valid excuse, you must text or call a member of the coaching staff to let us know.
 - For every minute you are late to a team function, the team will run one 120.
 - If you are late or miss an individual meeting with a member of the coaching staff, there will be an individual consequence.
- No dessert or drink buying at restaurants or the grocery store. Smoothies are the only exception.
- Issued gear is mandatory at all training sessions. If you are not wearing the appropriate, matching attire, you must complete a circuit with Katie/James by the end of the day unless otherwise specified.
- All training sessions, weight lifting sessions, and matches are mandatory. Remember that you have made a commitment to this program and your teammates depend on you. If you choose to miss a practice (not because of illness or injury) your team will run your consequence (TBD) for you. If you choose to miss a match (not due to illness or injury) individual consequences will be determined by the coaching staff.
 - If you are ill, you **MUST** report to the athletic training room to be physically seen by a trainer or doctor to be excused, unless otherwise specified by a trainer.
 - The only other excusable absences are:
 - Death of a family member
 - Terminal illnesses in the family
 - Natural disaster
- If you are unable to participate in any fitness (including injury prevention training) due to an injury, you may not participate in training that day.
- Study hall hours must be completed in their entirety each week. Travel is not an exception.
 - All freshmen will have 8 hours their first semester.
 - Freshmen who get above a 3.5 their first semester will be reduced to 4 hours.
 - Returning Players:
 - Above 3.0 = 0 hours
 - 2.7-3.0 = 4 hours
 - 2.5-2.7 = 6 hours
 - Below 2.5 = 8 hours

Rules and Expectations

- An athlete with a C or below in a course will have MANDATORY tutor sessions in that class. If tutors are unavailable, Drew will make other arrangements including, but not limited to, extra time in study hall.
- An athlete with a C or below in a course will have random class checks. A member of our staff can show up to any of your classes unannounced at any time to ensure you are present. If you are found to be absent you will be issued a warning. A second absence will result in disciplinary action.
- Consumption of alcohol is prohibited 48 hours before competition and 24 hours before practice. Drug and tobacco use is prohibited. *If you are under the age of 21, alcohol is strictly prohibited.*
- No fake nails during fall or winter/spring season. Your own nails should be kept short—long nails interfere with throw-ins and are a safety concern.
- Social media accounts must be appropriate to all viewers. You are representing Nevada. We will not tolerate any degrading pictures or posts of any kind on any social media platforms. All Nevada Soccer players are encouraged to follow Nevada Soccer's Instagram and Twitter accounts.
 - No pictures of drugs or alcoholic beverages in any posts whatsoever!
 - If you are found to have degrading pictures, you may be subject to disciplinary actions.
- You are expected to participate in all team activities; training, games, meals, mandatory camps, hosting recruits, and community service.
- Anyone not traveling (injured or otherwise) will have a mandatory training session on Friday AND Saturday morning with coach Ivan unless otherwise specified. Failure to attend this training session is the same as missing a full team session—the consequence is the same.
- Prior to purchasing tickets for home/vacation, you must clear it with the staff. Do not assume the schedule!
- Treat your teammates with respect—we have a zero hazing/bullying policy on this team. You may be subject to dismissal if this rule is broken.
- No intramural participation is permitted during the fall season.
- Professionalism is key:
 - You must conduct yourself in an appropriate manner no matter where you are. Remember: you represent more than just yourself!
- Scholarships are a personal/private matter that should only be discussed with family and coaching staff. Do not talk about scholarships with the team. If the staff hears about a player discussing scholarships with another team member, you will be subject to disciplinary action.
- Transfer policy
 - You will not be released to any Mountain West team or non-conference schedule opponent during your eligibility years. All gear and equipment received must be returned.

Rules and Expectations

- If you are asked to work a youth camp, you will not be permitted to have your phone out at any time. You must be engaging, actively participate and coach the campers. Take initiative—don't wait to be told what to do.
 - Treat camps as you would a job. Do not bail last minute. We give priority to those that work frequently and have a good track record.
- You are expected to check teamsynced frequently. Missing a notification is never a valid excuse.
- Hosting Recruits:
 - No alcohol or drugs with recruits
 - Never leave them anywhere alone
 - No hazing
 - All money given must be accounted for and receipts provided
 - Recruits are not permitted to drive a host's car
- Binders are MANDATORY at all scouting reports, free kick talk and during team travel
 - If you don't have your binder, there will be an individual consequence
TBD
- Rehab appointments and appointments with the team doctors are a privilege and should not be missed.
- The coaching staff will not discuss playing time with any athlete who has failed to pass the fitness test.
- The coaching staff will not discuss scholarship increases with any athlete who has failed to pass the fitness test or has below a 3.0 cumulative GPA. In order to even begin this conversation, you must also be a positive life-force, uphold our team standards and help us win games.
- As young adults, it is your responsibility to bring all athletic related issues and concerns directly to the coaching staff. We will not discuss issues such as playing time and/or scholarship allocation with your parent/s.
- You must inform the coaches of any legal trouble. (Arrested, charged, DUI etc...)
- We expect that you will be an honest member of our Wolf Pack family. The rules we have laid out are in addition to the rules and expectations of the University of Nevada as well as the laws governing the state of Nevada. We expect that you adhere to all NCAA, Mountain West Conference, University, Athletic Department, Weight room, Training room, Equipment room and Academic Center policies and procedures, as well as state and national regulations. Failure to follow these policies and laws will have consequences, which could ultimately lead to dismissal from the program and/or loss of scholarship.