**Academic Standards and Expectations**

**Every member of our team will:**

- Attend class
- Introduce themselves to professors and T.A.s
- Sign-up for and attend necessary tutoring sessions and study hall hours
- Meet with Academic Advisors in advance of registration
- Deliver “Travel Letter and Information” to Professors
- Prepare for missed class time in a responsible manner
- Be a part of our academic culture of excellence by striving to assist our team in having the highest quarterly Grade Point Average each semester
- Sign up and attend meetings with coaching staff when set up
- Be accountable to reach out for assistance when needed through academic advising, professors, coaching staff, etc.

**Participation and Training Expectations**

**Player Evaluations**

- Each player will receive a formal evaluation with the entire coaching staff a minimum of 2 times a year (After the Fall, and after the Spring seasons)
- You may request an evaluation at ANY time that you would like to receive feedback.

The **expectation** is that you take initiative to improve in the areas that are discussed in these evaluations. The staff will happily provide you with help/opportunities at your request. **If you choose not to address discussed areas of weakness, you will not remain on this team.**

**General expectations**

- Attend all scheduled team training, games, meetings, and functions
- Be punctual: Early is on time
- Absences must be cleared and communicated well in advance with Heather
- Be up-to-date on schedule via GroupMe/Calendar or ASK (respond to required GroupMe within 2 hours)
- Any jobs need to be approved by my coaching staff
- Make sure training equipment is accounted for appropriately and in game condition (balls pumped, etc.) (Leadership Council to oversee, balls counted every session!)
- Bring notebook to every classroom session
- Be upfront and honest (accountable) with any concerns.
✓ Complete CARA hours through ARMS app, when requested (required within 24 hours of request)

Home game day expectations

**Pre-game**
- Pre-game mental preparation/hydration/nutrition
- Treatment if necessary
- Pre-game meeting in team room 45-90 min prior to match

**At Field/During Game**
- Individual equipment/gear stored neatly behind bench seats
- Ready to begin warm-up together
- No cussing on field
- International Walk Out: Captains then starters.
- Be engaged and kind to ball kids/escorts: ROLE MODELS
- Substitutes: on schedule to stay ready to enter match
- Substitutions: *always* a positive exchange with teammates and staff

**Post-Game**
- Thank opponents, officials, fans post-game
- Cool down and brief team discussion
- Report to locker room at designated time for post-game meal/rehab
  - No parents, family or friends to locker room area
  - Uniforms turned in immediately after the game.

Away game expectations

- Adhere to given itinerary
- Behavior same as above
- Family, friend interaction at coaches discretion
- Will be in room and in bed at curfew
- On time for all team functions

**Tickets/Gate Lists**

* Requesting tickets for Home games will be completed through ARMS. Proper procedure on how to do so will be sent to you soon.
* Away games to be determined.

**CONDUCT AND APPEARANCE EXPECTATIONS AND STANDARDS**

**Gear**
- Only NIKE gear should ever be present in a mandatory team environment/functions unless otherwise approved.
- Make sure post-game/post-trip that equipment turned in on time (Home games immediately after game/ Away games 24 hours after returning - NO EXCEPTIONS)
- Take care of your equipment, Heart Rate Monitors, etc.
- Never attempt to sell or trade NIKE equipment at outside retailer- It is a NCAA violation
- Travel gear: flights, bus, home.... as determined by captains Should always be clean, neat and uniform

**Locker Room/Team Room**

- Locker room should be clean at all times.
- Leadership council will check lockers daily/weekly and inform teammates of sub-standard locker appearance
- There should never be garbage in locker room or media room
- Both of these places should look immaculate always.
- Take pride in taking care of our HOME

**Etiquette**

- Language, dress and interact with others in a way that positively represents our university, our team and each other.
- Headphones should not be on when getting off bus, checking in at airport or dealing with people in general.
- Social Media: adhere to all social media training rules from meeting and team standards (Leadership Council overview)
  - No posts deemed inappropriate by staff/LC
- Drugs and Alcohol: Have no positive place in an elite athletes life. Use/Abuse of either will carry mandatory educational meetings and significant consequences.
- Hazing: strictly prohibited.
- Trouble with law enforcement for any reason is strictly prohibited.
- Media relation: be engaging and prepared when doing interviews.

**Cell Phones:** (players and staff)
- On team buses/planes: for music only pre-game (limited time otherwise)
- Never at any team meal or meeting...unless requested for picture taking/music by a coaching staff member
- When at hotels and with teammates, time on your cell phone should be limited to almost no use.
Your team at UNM will become a second family. You will not always agree with everything that is going on, but you are expected to treat each other with respect. Be a positive influence on team chemistry - Team First.

Conduct of Relatives and Friends

- Relatives and friends are supporters of our team. They will be educated on how to have a positive role in our success.
- Relatives and friends interaction with the team on the road will be at the discretion of coaching staff.

All Standards and Expectations are put into place in order for our UNM Women’s Soccer Team and individuals involved with our program to have the best chance at academic, athletic and life success. UNM will provide every opportunity possible for you to succeed, but you will be solely responsible and accountable to utilize opportunities and make the most of your time here.

I have read through the team rules and standards and understand the expectations and responsibilities of being a Lobo Soccer player. I understand that not meeting any of the expectations will have repercussions, which could include removal from the program and forfeiture of athletic aid. Being a Lobo is a privilege and I intend to uphold the standards.

X_____________________________________________________________