

ECU Soccer

It is a privilege to be a student-athlete at East Carolina University. This privilege comes with a corresponding responsibility and obligation to contribute to the best of our abilities to be the best member of this program possible. In the decision to represent ECU Soccer is a commitment to be the best that you can be as a student, an athlete and a member of our community. Team membership, benefits and privileges will be contingent upon fulfillment of this obligation and responsibility. Violation of team policy can result in disciplinary action, suspension, dismissal from the team, or a scholarship reduction and possible cancellation.

Academics

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- Class Attendance is mandatory
- Sit in the front of the class and be on time to class every day
- Introduce yourself to each professor and make them aware that you are a student-athlete
- Maintain academic eligibility per NCAA rules
- Academic dishonesty will not be tolerated and will be dealt with by the institution.

Grades

- Soccer is a privilege, if your grades drop too low you can be suspended from the team.

Non-Academics

Standards & Expectations

- All practices, games, team travel, and team functions are always mandatory. Your priorities should be; school, soccer, then social activities. (Talk to Jason if there is a family emergency)
- The team always comes first; the expectation is to do the best you can in school and athletically so your teammates can count on you.
- Practices and workouts will be demanding and competitive. Observe proper eating, sleeping and study habits in order to be prepared.
- Take responsibility for yourself and be disciplined in details of your daily activities. Be to class and training on time, keep appointments with tutors and trainers who adjusted their schedules for that time, complete assignments for class & forms for athletics promptly, etc.
- Take advantage of opportunities that come every day. Practice, weights, video, individual training, class, study hall, tutoring are all examples of opportunities you have to show us.

Negativity

- Negativity will not be tolerated in this program. You should not be speaking negatively about anyone in our program including coaches, support staff, and especially your teammates.
- Your family should not be negative towards the program, if you are being a good team member and focusing on the positives that should be the way they look at our program.

Conduct On & Off the Field

- Conduct yourself in a selfless, excellent, and competitive manner that is representative of an ECU soccer player. You represent this program wherever you go, regardless of if you are wearing ECU Soccer gear or not.
- Be kind, respectful, and gracious.

Campus Sponsored Activities

- These will not interfere with class or soccer responsibilities.
- Any outside groups of soccer & school will need to be approved by Jason.

Drinking/Drugs/Smoking

Alcohol affects the body for 48 hours; this will affect how you train which in turn will affect your playing time and nobody wants their playing time affected by poor decisions.

- Obey all rules and laws set forth by the federal government, the state of North Carolina, East Carolina University, ECU Athletic Department, dorms, apartments, etc.
- Alcohol consumption is illegal for those under 21 years of age. Public intoxication for everyone is illegal, as is buying alcohol for those under 21.
- Be responsible and if you get in trouble let Jason know immediately.
- No drugs of any kind.
- No smoking or tobacco.

Practice Attire/Appearance

- Always be matching at practice, travel, and public appearances.

Curfew

- Be in your own residence at 10:00 PM the night before a game.
- Be in your own hotel room at designated curfew.

Travel

- There should be no one in your hotel room that is not part of our travel group.
- Represent the university in the most positive way when travelling on the road.
- No cell phones at team meals (leave them on the bus)

Housing

- If you move from one residence to another you need to notify the coaches and give them your new information so it can be updated in team works and ACS.

Equipment/Apparel

- Be in the same gear at all training/lifting/fitness sessions
- No one else is allowed to wear any of the apparel given to you by ECU Soccer
- Do not wear other college apparel!!!

Illness/Injury

- If you are injured go to the training room...you must report your injury status daily to both Jason and Dillon on a daily basis.
- If you are not feeling well, you need to let Jason & Dillon know before practice and make arrangements to go to the training room to be seen. If you miss practice because you are sick, make every effort to make it to class unless you are physically unable.

Communication

- If a member of our staff reaches out to you with a question or needing to speak, you are to be responsive. We should not have to ask you multiple times.

Parents

- Our number one priority is the safety and health of our student athletes, our door is always open and phones always on if a parent would like to discuss something **non-soccer** related that is affecting you.

Contract

As a student athlete on an elite team, you are held to a higher standard. Any behavior that brings you, our team, or the University in disrepute will be dealt with seriously.

Remember that it is a privilege to play for East Carolina University. You are representing yourself, your teammates, coaches, family and the University. NO EXCUSES or COMPLAINING!!! Take responsibility for yourself and your teammates.

I _____, have read and understand the rules and guidelines set forth in the 2019-20 ECU Soccer Rules. I am committed to this program and to doing my best each day to represent East Carolina University Soccer. I understand that all consequences are under the discretion of Head Coach Jason Hamilton. Consequences may include extra team conditioning, suspension, being sent home from soccer activities early, scholarship reduction or cancelation, and/or dismissal from the team. I am "ALL IN".

Signed: _____

Date: _____