

Standards and Expectations:

A 22-player game day squad will be announced the day before a scheduled game- for both home and away games.

The remaining 10 that are not selected for game day will participate in a practice session on game day, so to gain the training load of their teammates. A recovery will then take place during the warm up of the game. Only the 22 selected game day players will wear the game day uniform. The remaining 10 will wear and remain in the selected practice shirt during the game but will sit on the bench.

On an away weekend, the players who do not travel will be required to practice/condition every day to the same level as their teammates, so that training loads remain the same. This practice/conditioning will be with a strength coach.

You will find yourself in one of four groups subjective to game day.

Group 1: The starting 11

Group 2: The 5-6 subs that may be used on game day

Group 3: The 5-6 unused subs on game day

Group 4: The remaining 10 players not selected for game day

It is down to YOU to fight your way into the next progressive group. It is not your teammates fault they are picked and you are not, it is not your coaches fault your teammates are picked and you are not. It is down to YOU.

Every player has a role to play. If you find yourself in the starting lineup, or in the game day squad, it is your role to give everything to your team in order to attempt to win the game, whilst supporting your teammates. If you find yourselves in a 'scout' team, or not selected in the game day squad, it is your role to support your team, whilst working hard to make your teammates and yourself as good a player as possible.

Excellence and effort are 100% an expectation on this team. A team first mentality is an expectation on this team. A willingness to support and enhance all teammates is an expectation on this team.

A chain of command is pivotal to success. If you have any on or off field issues, you are more than welcome to talk to the coaching staff about it. This meeting will commence once an appointment has been made. This appointment will not happen on a game day, unless absolutely necessary.

If we have an issue with you, we will not talk to your parents, or your professors or advisors about it- we will come to you. We expect the same respect and courtesy in return.

It is an expectation that you give 100% in the classroom, and on the field in every aspect and opportunity.

Team Rules

At ASU, you will be placed in a professional environment at all times, therefore you are expected to act in a way that mirrors such an environment. You are not only representing yourself, but your team, and your University. Being a student-athlete, the spotlight will be on you on and off the field. It is essential, we act in a way that is coherent with the standards that are expected of us.

Team Rules:

1. You are expected to be on time to all team functions and events. Early is on time, on time is late, and late is unacceptable.
2. Smoking and substance abuse are prohibited
3. Alcoholic Beverages are not to be consumed at any time during season. It is a DRY SEASON. This rule applies to the non-travel party also.
4. Scholarships/stipends will be discussed with your coaches only. You are NOT to discuss this with each other by any means.
5. You are a representation of so much more than yourself. What you put on your social media accounts does not go unnoticed. Make sure they are clean of any and all derogatory/profane comments/pictures.
6. You must make yourself accessible on social media to ASU Soccer (Including but not limited to Facebook, Twitter and Instagram)
7. If a coach/representative of the soccer program texts/calls you and you are unable to answer, make sure you respond to them as soon as possible.
8. All relationships within the program are to be kept within a professional level. No inter program romantic relations.
9. Playing time/travel team will not be discussed day of a game, or day of travel. Appointments can be made for office hours' post game/travel.
10. Your cell phone should not be in view at any time during any team function. ASU staff can be an emergency contact for you, or you can have access to your phone, provided you have a pre-determined arrangement with the coaches.

11. There is a curfew of 11pm the night before matches. If we are at home then we need you to be at your home and resting. If we are on the road, then you will be in your **designated** room.
12. It is very important that you replenish your body immediately after the game. We will now be introducing post game meals/shakes which are **mandatory**. These will be supplied for the selected 22 players only.
13. If you are attending a football game the night/day prior to our game, you are only to attend half the game.

Academic Rules:

1. You will be assigned study hall hours if necessary. These are not optional. Any missing hours will have consequences
2. Study hall on the road is **mandatory** in the designated room assigned. It will not take place in your room unless otherwise stated.
3. Do not drop a class without speaking to a coach/academic coach first
4. Sit in the front three rows of all classes
5. Do not use your Cell phone in class
6. Bring study materials on the road with you at all times; away games are not excuses to take a break from school.
7. If you are missing consecutive classes for any reason (EG. International duty), please be proactive and reach out to your teachers/academic advisor.

Soccer/Equipment/Training Room Rules:

1. If you are sick/injured, a coach, as well as your athletic trainer must be notified as soon as possible
2. If treatment is required of you, then you must attend at whatever location at time, the Athletic Trainer requires if you
3. If treatment is required of you Pre practice, then you must be at treatment an hour before practice time, unless otherwise stated by the Athletic trainer

4. Your athletic trainer is an extension of the head coach, as are the strength coaches and assistant coaches. If they ask you to do something/be somewhere, you must adhere. That includes rehab/treatment. If you miss a treatment, it is like missing a practice and will not be tolerated. If you are late for training, treatment will not be accepted as an excuse.
5. If you are late for a weight session, it is the same as being late for a practice.
6. You are fortunate enough to have your kit washed for you. Make sure on your loops, you include ONLY your kit
7. Do not take towels home to use. These are also washed and are to be kept in the locker room at all times.
8. You must dress the same during all team functions. This includes everything from Jackets to tennis shoes. This includes all travel, all team meals, practice and game day
9. No other college or University apparel can be worn at any times.
10. If you need any new attire, you must take it up with the coaching staff first, before going to the equipment room. If you lose any apparel given to you by Arizona State, it is your responsibility to replace it, including cost.
11. You cannot sell any item of clothing/equipment provided to you by Arizona State
12. No jewelry at practice/games and strength sessions. This includes watches, fit bits etc. This also includes you if you are injured.
13. Shin guards have to be worn at all time unless stated by a coach otherwise.
14. No new tattoos during the course of the season
15. Nobody can use the field, locker room or team room except you and your teammates
16. Student athletes will travel with the team to and from all team functions. They will also all sit together during team meals and functions.
17. Parents are able to stay in the same hotel as the team, but you must stay in the room you are assigned at check in and must be in your room by curfew.
18. If you miss practice/partial practice due to injury, or pull out of practice due to injury, you are expected to talk with the Athletic trainer post practice to determine treatment time.

19. Pre-practice treatment will finish 10 minutes before practice. I.e. If practice is at 9, you are expected to be treated and ready to train at 8.50.

These expectations are a general guideline to keep a professional environment. If the coaching staff feel your behavior is unprofessional at any time, they have the right to act in what they feel are the best interests of the program.

Failure to adhere to these rules could result in suspension or dismissal from the program, or any other disciplinary action.

I, _____, have read and understood all standards and expectations expected of me as a member of the Arizona State soccer team. I hereby promise to adhere and abide by these standards and expectations fully and cooperatively to the best of my ability.

Signed _____

Date _____