University of Iowa Women's Soccer
Team Rules
2019

Introductory Provision

It is intended that all rules and policies in this handbook comply with those of the University and Athletics Department. Inadvertent conflicts or confusion between these team policies and the University and/or Athletics Department policies will be resolved in favor of the institutional or departmental policies.

Department Policy Expectations Provision

The *Student-Athlete Handbook* contains Athletics Department policies that apply to you as a student-athlete. You are expected to review and understand these policies.

Social Media

Participation in intercollegiate athletics is a privilege. Therefore, you are expected to abide by the *Guiding Principles For Iowa Student Athletes in Their Use of Social Media Sites Policy* and avoid engaging in derogatory, profane or discriminatory language or views that can damage your sport, the Athletics Department or the University. It is grounds for removal from the team.

Team Expectations for Improvement

At the core of our program we must display the passion, dedication, and discipline necessary to uphold a culture that fosters continuous improvement and achievement. These values will drive our attendance, accountability, and life management skills over the course of our years here at the University of Iowa. At all times, we will respect ourselves and teammates, the Athletics Department, and the University of Iowa while we are members of the team.

We will then continue to benefit from these trained and acquired skills upon graduating from the University of Iowa in pursuit of successful careers and future life paths.

We will conduct ourselves in a first-class manner. Any conduct that is detrimental to the team or University will be dealt with accordingly. This includes (but this list is not all inclusive):

DO THE RIGHT THING

- **Attend all team functions**
- **Bring your soccer notebook to all meetings**
- **Wear a helmet while riding a moped**

- **Arrive 15 minutes early to all functions at a minimum**
- **Being compliant with coaches, training staff, strength and conditioning personnel, academic support services, or any other support personnel we utilize during the year**
- **Comply with any school or department policies (ex. plagiarism, cheating, s-a handbook rules)**
- **Comply with any state or federal laws (ex. underage drinking or fake IDs)**
- **If you are cited for a legal violation, please notify your head coach within 24 hours of the incident.**

No alcohol consumption within <u>24</u> hours of ANY countable soccer activity (lifting, conditioning, games or training) and No alcohol consumption within <u>48</u> hours of a game.

<u>Academics</u> - Attend all classes, meetings and tutor sessions required of you by John Bruno or academic advisers
Be leaders on campus and in the community
Achieve a minimum team GPA of 3.0 or the best of your ability
Be accountable for all work turned in and required tests
Proactively communicate with professors concerning missed class days
ASK EARLY for HELP

<u>Soccer</u> - Be mentally and physically prepared for each game and practice
Be consistent and commit yourself to each and every game and practice
Attend required and recommended training treatments including strength and athletic training consistently
Take care of your body during the season including rest, nutrition and treatments

Improve your technical and tactical skills by investing time in improvement

Understand that all players in this program want to play and are very competitive. Your role may not be what currently you desire but **<u>creating drama and dissatisfaction can be destructive to our team and will not be tolerated</u>**

<u>Travel Parties</u> for away games will vary dependent on if they are flight or bus trips. If you are deemed fit by accomplishing a 34 on the NIKE SPARQ test then you will be eligible to travel and play in games. On all away trips in the non-conference portion of our schedule, players that pass the test will be allowed to travel for bus trips. Flights will be more selective. The Big Ten has a travel party restriction of 28 total players for away game.

<u>S&C</u>- high level Doing work on your own may be necessary to keep conditioning at a

Accept consequences for not achieving fitness benchmarks or being fit to train at a high level
Be responsible for filling out the Wellness questionnaire 30 minutes prior to your first function of the day

Listen and commit to the strength training programs and coaches
Concentrate on technique in weight room; Do all reps
Keep improving as individuals and set obtainable goals for individual improvements
Improve each month and year on your **NIKE Sparq test and any other measured tests-SHOW GROWTH AS A PLAYER**
Achieve the following on the Nike Sparq and Man U test to help reduce fatigue, injuries and optimize performance.
Man U Test- minimum score of 18/20
Nike Sparq Test- minimum scores: Field Players 34
Maintain conditioning during any breaks from school within an acceptable range

The coaches will hold each player accountable to these standards. Players, who are unable or unwilling to meet them, will be disciplined on a scaled basis. Any breach of expectations could result in suspension, reduction of aid, and removal from the team among other disciplinary action.

The coaching staff will carefully and promptly consider any team rules violation and decide as to the appropriate consequence given the circumstances and the past behavior of the student. Students have the right to appeal per the *Student-Athlete Grievance Policy*

Communication

Solving problems within the team and in conjunction with the coaching staff is essential to success. Any issue or problem you may have over which the coaching staff has control, such as playing time, training styles, teaching techniques, etc. should be discussed **directly with the coaching staff** or brought to the attention of your team captains. All matters related strictly to playing time are to be dealt with between the coaches and student-athlete and are not subject to review or consideration outside of the coaching staff.

Although your coaches are available for you to report concerns about possible misconduct, you may also contact others inside and outside of the Athletics Department. Reporting avenues and other resources for misconduct include the following:

Athletics Resources

- Coaches
- Sport Administrator
- Athletics Administration – any member
- Sr. Human Resources Rep
- Senior Women's Administrator (SWA)
- Deputy Director
- Director of Athletics

Law Enforcement

- UI Police

- Iowa City Police

Campus Resources

- Dean of Students
- Equal Opportunity & Diversity (EOD)
- Sexual Misconduct Response Coordinator (OSMRC)
- Ombudsperson
- University Hotline-Ethics Point
- University Counseling Service
- Women's Resource and Action
- Rape Victim Advocacy Program (RVAP)
- Domestic Violence Intervention Program (DVIP)
- Faculty Athletics Representative

We must commit to behavior, individual improvement and team accountability for this team to reach expectations. We will not be afraid of failure and commit to the mentality needed to support a culture of improvement

I, _____ , understand the 2019 Team Rules and team Expectations. I also understand it is my duty on this team to hold myself and my teammates to these standards.

_____

_____

(Signature) (Date)