

FRISCO HIGH SCHOOL SOCCER POLICIES

Attendance and Academics

Absences:

1. A women's player must call/text either Coach Owings(owingsM@fhscoid.org) or Coach Leraas (469-450-1314) . A men's player must call/text Coach Dollinger (214-499-6627) prior to the start of practice. If it is a day where there is no practice, then the player must call before the start of school that day. If a player fails to call, the punishment will be as follows: 5 Gassers, or 5 "sevens." (Extra)
2. A player who is absent will make up the practice and the conditioning for the day they missed. The conditioning makeup will be as follows: 5 Gassers, or 5 "sevens" (in 50 secs each), 100 up-downs, 100yds crab walks, 100yds bear crawls. The practice makeup will be as follows: 5 Gassers, or 5 "sevens" (in 50 secs each).
3. Makeup running must be done before the next game.
4. After Holiday break-(Dec. 21-30), 5 Gassers, 100 up-downs, 100yds crab walks, 100yds bear crawls.
 - A. If a players misses 1st period/4th period and goes to the rest of school, then double the amount of make-ups!
 - B. If a players misses more than 3 days during the season - make-ups will consist of the pre-holiday make-ups for the remainder of the season.
 - C. If a player misses practice because of a game - no make-ups unless they did not have a game on the day of practice (i.e. missing practice to travel).

Example: Katie misses practice on Monday, and she does not call Coach Leraas. Katie owes 5 gassers for missing practice, 5 gassers for the conditioning she missed, and 5 gassers for not calling. Therefore, in order to participate in games after the following Monday, she will have to complete 15 gassers plus 100 up-downs, 100yds crab walks, 100yds bear crawls.

Tardies:

1. Being tardy to practice or class will also result in up-downs.
 - 0-5 minutes - 25 up-downs and 2 minutes of wall sits.
 - 5-30 minutes - 50 up-downs and 3 Gassers
 - 30 minutes or more - regular make-ups

TARDIES WILL DOUBLE IN PUNISHMENT FOR EACH TARDIE!!

Definition of Running Terms:

"Gasser": Player will run across the width of a soccer field and back two times (app. 200 yards).

"Seven": Student will run across the worth of the indoor facility and back seven times (app. 210 yards).

Makeup times will be on and Wednesday 40 minutes before practice, or at other times with prior arrangement with the coaches.

Academics:

Academics are a vital part of the "student-athlete" experience. We take pride in the fact that many of our players are on the "A" or "A-B" honor roll. We understand that players may need to attend tutorials from time to time and encourage them to do so. Whenever possible, tutorial times should be scheduled in the afternoon, so practice time is not affected.

Quitting Soccer:

1. The athlete has 24 hours to return after quitting the team.
2. If the athlete quits again after returning, they will be out of soccer for the remainder of the school year.

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Conduct:

1. Frisco soccer athletes must show exemplary behavior and attitude at all times.
2. Respect will be given to all teammates, official, coaches, teachers, opponents, fans, visitors, and school officials. Any violation will result in a punishment ranging from running to suspension, or expulsion from the soccer program.
3. Automatic expulsion from the program will result from using inappropriate language towards a coach.
4. Unsportsmanlike conduct (including, but not limited to yellow and red cards) will result in a punishment ranging from "special" running to suspension, or expulsion from the soccer program.
5. ISS Placement/Principal Referral will result in a certain amount of "specials" designated by the coach.

Locker Room, Equipment and Theft:

1. Athletes will wear their issued equipment only during practice and games. Up-Downs for not wearing.
2. Players are responsible for the upkeep of the locker room.
3. Lost or stolen equipment will be paid for by the athlete that was issued the equipment.
4. If an athlete is caught stealing, she will be removed from the program.
5. Jewelry will not be worn during workouts (including in the weight room) and games.

Substance Abuse:

1. The soccer program will follow the guidelines set forth by the Frisco Independent School District.
2. Retribution for any offense that falls under the "substance abuse" heading will be a "special" for each day suspended.
3. "Special"- 200 yards bear crawl, 200 crab walk, 10-100—yard sprints in 18 sec each, 25 sets of bleachers, and a mile under 7:00 minutes.

PLAYER'S SIGNATURE _____

PARENT'S SIGNATURE _____