

Hendrickson High School
Soccer Team Expectations

Communication

- The Athletes and Parents are encouraged to maintain an open line of communication with the coaches. If a player has a question, concern, or issue, they are encouraged to speak one on one with the coaches first. If there is still an issue then a meeting can be scheduled with the player, coaches, and parents to find a resolution.
- Please do not approach a coach before, during or immediately after a game with an issue or problem. If there is an issue please wait to make contact until after a cooling off period of 24 hours, to set up a meeting.
- All questions, concerns, issues will be dealt with as a staff on a personalized case by case basis
- All issues, concerns, questions, and notifications need to be communicated to Coach Stern first.
- The **Remind** app will be used to instantly update athletes and coaches
- All communication will be one on one, or through Remind app, or email.

Practices

- Practices will be during the class period during off-season (schedule will be determined for season; all athletes are expected to be on time.
- All athletes must always be properly equipped
- Team members should always prepare for inclement weather. Outer gear is allowed and is recommended for bad weather days. We will practice/play in all weather conditions, so be prepared.
- Jewelry is prohibited for all workouts, practices, and games.
- Athletic shoes should be kept in the athlete's locker for weight room workouts and as back up for inclement weather practices.

Absences

- Athletes are expected to attend all workouts/practices and games.
- If an athlete is going to be absent from a practice/game, Coach Stern must be notified prior to absence if possible. Cell: 281-728-6232 and leave a message if no one picks up and/or email: Jacob.stern@pfisd.net
- As of (start of season) an athlete will miss game time for an unexcused missed practices. Exceptions will be made for illness, family emergencies, and another extracurricular Hendrickson High School activity conflict. **During Season, Hendrickson High School Soccer is priority.**
- Please schedule family trips, vacations, personal appointments, and other personal obligations around practice/games.

Athletic Equipment and Locker Rooms

- All athletes will be issued a locker for their athletic equipment. Belongings should ALWAYS be secured.
- All athletes will be held responsible for keeping the locker room clean.

- Athletes will be responsible for maintaining their equipment throughout the year.
- Athletes will be expected to pay for any loss item.

Injuries

- To prevent athletics injuries all athletes must warm up and stretch before practice games.
- In the event of an athlete injury, the athlete should seek treatment from the athletic trainers. If an injury occurs during practice the coach should be notified first before proceeding to the training room for treatment.
- After treatments an athlete is expected to return to practice as either a participant or observer.
- Any athlete returning from treatment of an injury must have a written note of clearance from the athletic trainers before they will be allowed to resume practicing.
- **If a student athlete is injured outside of school they will be considered injured for school activities. If an athlete is injured for school activities they will be considered injured for outside of school activities.**
- In the event an athlete receives a **diagnosed** concussion, the Hendrickson High School Athletic Trainers will implement the state mandated concussion protocol. The athletic trainers will notify the head coach when the athlete is available to return to activity.
- Injuries will be taken seriously and will be promptly addressed to ensure the quick and healthy return of the athlete.
- **Soccer has risks, Safety first.**

Travel Procedures

- **All athletes are expected to ride the bus to and from an athletic event.**
- **In the event of a family emergency an athlete will be released.**

Academics

- All athletes are expected to maintain a 70% or above average in every class during each grading period. It is the Student Athletes responsibility to be vigilante and maintain constant communication with their teachers regarding their academic progress.
- All Athletes will have progress reports throughout the year to insure Academics are maintained at a high level.
- UIL requires student athletes to maintain a 70% in all classes to be eligible to compete. Ineligible athletes will still practice, but will not be able to travel or compete until they have regained their eligibility.
- All outside tutoring needs to be scheduled around practice/games.
- Hendrickson high school tutoring will be handled on a case by case situation. **Every situation will be determined with a TEAM FIRST mentality.**