

2017-2018 Greenbelt Soccer Alliance U17 Girls Lightning

Expectations

During this fall season, we will be practicing on Sundays until the high school season ends. Due to all the physical demands of being on a high school team, the practices are intended to be light physically so will focus on such topics as full-field tactics, defensive coordination, set plays, goalie training, etc. It is very important that you attend these practices so that we are preparing for our fall tournament. Here are the things expected of you as a member of the Lightning:

- You are expected at all practices. Acceptable reasons for missing practice are an excess of homework or exam preparation, illness or church conflicts. Unacceptable reasons for missing practice are other sporting events or other optional activities. If you are missing practice, I expect an explanation for why you are missing practice.
- Be responsible, get your homework done so that you can arrive on time for practice. You should be well rested and ready to have fun with your team. Saturday should be a rest day.
- **ALL** players on the roster are required to fill in TeamSnap with their availability for **EVERY** practice. Coaches need to know how many players will be at practice. If you see that teammates have not filled in TeamSnap, contact them and make them do it. We will discuss the penalties for not doing so.
- Always give your best effort. Every player should be focused on how to improve their game and if you are not trying your hardest you are not learning the most you can.
- The formal start time of practice is when you are expected to be ready to participate. Cleats and shin guards are on, jewelry is off, you are hydrated and ready to go.
- When a coach or teammate is talking, everyone else is listening.
- Cell phones are off from the beginning to the end of practice unless you are given permission to use them.
- No excuses, no complaining.
- Encourage each other. That's what a team is for.
- Clean up after yourselves. Clean up after others. No trash.
- If on the bench, you are expected to pay attention to the game and support your teammates. It's much easier to follow the play from the bench so this is a great learning opportunity and you are expected to take advantage of it.
- During games, the bench is for Lightning players only. No friends or family on the sideline.
- Help clean up and take away equipment after games and practices.
- If you can't meet these expectations...we will run laps, do sprints and you will lose playing time.