

PCEP 2019 Field Hockey Player Expectations

Attendance: It is our expectation that when a student-athlete chooses to participate in field hockey, she will be in attendance, on time, at 100% of the scheduled practices and games. You should not schedule doctor appointments, haircuts, work, outings with friends, family vacations, etc. during practices/games. Athletes cannot have more than three (3) unexcused absences from mandatory practices and games. Excused absences are illness (note), emergency situations, death, etc. Attending a practice for a different sport is not considered an excused absence. If an athlete has more than 3 unexcused absences (including mandatory practices and games), they will be suspended from playing in the next two games. They are still required to dress, warm up, and be on the bench with the team at the game. If an athlete has an unexcused OR excused absence from a practice prior to a game, they will not start that game. Their playing time in that game as a whole will also be up to the coach's discretion. For home games only, athletes are expected to attend both the JV and V games, despite what roster the athlete is on. If an athlete arrives late to practice or a game on more than 2 occasions, that player will be suspended from playing in the game that occurs after the third tardy. The player will still be required to be in attendance of the game. In order to participate in any game or practice, you must be in attendance for at least half of the school day of the game or practice. Exceptions would be pre-arranged doctor appointments, scheduled court appearance, or a funeral. **If you are absent from school, you must call, text, or email your coach to notify them you will be absent from practice as well.**

Academic Eligibility: Grades will be checked mid-season during the academic year. Student athletes must be passing 80% of a full-time course load. If a student has one "E" or other non-passing grades on their current grade report, students must have a GPA of 2.0 or higher in their remaining five courses. Students failing to meet this requirement will be placed on probation for a minimum of one week, or until an updated progress report can be provided. The probationary period will require the athlete to attend any practices or games, but she will not be able to participate.

Work Ethic & Attitude: The coaches and captains want only highly motivated athletes who desire to make themselves and the team the best that they can be! We expect nothing less than 100% effort and cooperation from every player on and off the field. Team first is our priority! Representing PCEP as an athlete is a privilege. As a P-CEP field hockey player we expect you to be a good ambassador for our school and for our league. Bullying, name calling, gossiping, and rumor spreading will not be tolerated.

Communication: Players are expected to directly seek understanding and resolution when questions or problems arise with coaches and teammates. Athletes should not approach a coach during a game to ask about playing time. Instead, players should seek out their teammates for questions regarding field play during the game. Parents will discuss player and/or team concerns and problems directly with the coaches. It is imperative that both coaches are included in all communications to ensure an honest, fair, and consistent result. These discussions will not take place right before or after a game. A meeting will be scheduled with the coaches to address any issue or concern. If any issue/concern is unresolved, the parent may then bring to the attention of the team's Booster Club. During the meeting, playing time and comparisons to other players will not be discussed. Athletes should have access and regularly utilize all avenues of communication including Teamsnap, Group Me, and email.

Playing time: Playing time is based on effort and ability shown in practices/games as well as attending practices and maintaining good academic standing. Coaches will make all decision regarding playing time, without input from athletes or their parents. Every attempt will be made to get player playing time that will contribute to the success of the team; however, this is a non-equal playing environment. Players who are concerned with playing time need to speak with the coaches directly, at an appropriate time (before or after practice). Remember, it is not the eleven best players. It is the eleven players that work together the best!

The details matter: The little details of how we take care of our program will make a huge difference in whether or not we are successful. Some of those details include: taking great care of our equipment, maintaining our fields with pride, picking up all trash...even trash on the walk to and from our field, coming to practice prepared every day, dressing for practice in a strong, athletic way (no bellies or bottoms showing), running to and from all drills, always on your feet during practice, listening intently when your teammates and coaches are talking. Conduct yourself in a manner that brings great pride to our program.

Cell phones/ipods: When you embark on our practice fields, please leave the world behind you. We are offering you a vacation from the stress of your day, and we ask that you respect your coaches and teammates by not using electronics once you've arrived to practice. Turn them OFF or leave them in your car.

Season Schedule: A copy of the season's practice and game schedule has been provided to you. It is your responsibility to plan ahead in order to attend practices and games. Practices prior to August 15th are voluntary. Most practices will be held at Discovery Middle School, with a few held at High Velocity. All home games will be played at Liberty Middle School. Do not wait until the last minute to ask for a ride to a practice or a game. All away games require personal transportation. Practices and games are subject to change based on field availability, weather, etc. Changes to the schedule will be announced through Teamsnap and/or Group Me.

Athletes are expected to abide by all rules stipulated in the PCCS Code of Conduct and the PCCS Activities and Athletics Handbook

We are so excited for the season, the growth that will take place, memories that will be made, and adventures we'll go on together. Don't hesitate to contact us!

Meagan deBruin	JV/Varsity Head Coach	313-585-4373	meagan.debruin@pccsk12.com
Emily Moczulski	JV/Varsity Head Coach	313-348-0410	emily.moczulski@pccsk12.com

The undersigned have read, understand, and agree to abide by the above/below expectations. If there are questions or concerns, please seek out communication with the coaches directly.

Student Name: _____

Student Signature: _____

Parent Signature: _____

Date: _____

Varsity Letter Eligibility

Wearing a varsity letter is a significant honor for an athlete. A student sporting the letter knows that her hard work, determination, dedication, and talents have earned her the opportunity to represent their home school, the staff and faculty, the student body, her family, the coaches, and the Plymouth Canton community in interscholastic competition. The achievement of a varsity letter is not a right, but rather the result of a personal responsibility to act and behave all season in a varsity manner, meaning an absolute commitment to the team, the sport, hard work, and to improvement. The varsity letter is designed to be a valued award for hard work, dedication, and ability. To earn a Varsity Letter in Field Hockey, an athlete must be an active member of the Girls Varsity Field Hockey team. This includes an injured athlete who continues to attend practices and games to lend support to their team. A player who quits the team at any point during the season will not be given a Varsity Letter. Criteria: Hold and maintain a 2.0 GPA or higher. Passing all classes. You cannot have more than three (3) unexcused absences from mandatory practices. Excused absences are illness (note), emergency situations, death, etc. Athlete must display a positive attitude toward the team, the school and the sport of field hockey. They must practice good sportsmanship towards teammates, opponents, officials, and coaches, both on and off the field. Any Junior Varsity player who participates in two or more varsity games AND meets all of the above criteria will be eligible for a varsity letter. All eligible candidates should also abide by all expectations and policies of the PCCS Activities and Athletic handbook policies.