

GREAT OAK

S.P.I.R.I.T

Field Hockey Contract



Our Mission

To empower our student athletes with confidence and a work ethic that will carry through to life outside field hockey. Guide the athletes to embrace the concepts of being a team member, which will allow them to flourish within society.



Our Vision

To have a successful program that will make athletes, parents, school district and community proud. To have student athletes and coaches conduct themselves in a respectful manner, regardless of the situation. To have alumni athletes return to enhance future teams because of the positive experience they had within the program.



Guiding Principles

The student athletes and coaches will ...

- respect others and their surroundings.
- conduct themselves as positive role models within the sport, school and community.
- demonstrate an exemplary work ethic.
- participate as team members not as individuals.
- pride ourselves as above average scholar athletes.
- promote high self-esteem in all individuals.
- expect truth and honesty.
- transparency of all aspects of the program.



Program Policies

The student athletes, parents and coaches will abide by the GREAT OAK Extracurricular/Interscholastic Contract.

- **The players and parents will address the members of the coaching staff, officials and opposing teams with respect at all times. Good sportsmanship is always expected.**
- **The players will be at the fields, ready to practice at the time designated by the coaching staff.**
 - **Players must wear shin guards and mouth guards for all practices and games. No jewelry that will endanger players, including self.**
 - **If you are late or leaving practice early, you must communicate with all coaches 24 hours in advance via StackTeamApp. This includes medical appointments.**
- **The only acceptable excuse for missing a practice or game is illness or injury. No school = No practice or game.**
- **Mental Health: We understand that adolescence is a crucial period for developing social and emotional habits important for mental well-being. These include adopting healthy sleep patterns: exercising regularly: fueling the body; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions. Protective and supportive environments at school and in the wider community are important. Coaches welcome meeting with any parent/student-athlete in relation to this subject matter.**
- **If injury occurs, the player may only return to practice when the coaching staff receives a release from the athletic trainer or the player's physician. Notes from parents will not be acceptable.**
- **Reasons for being late, leaving early or missing a practice must be communicated with the coaching staff at least 24 hours in advance. For high school: Emergencies that arise during the school day must be communicated with Coach Gerfen and Coach Ro by 3:30 pm via StackTeamApp.**
- **Players are expected to participate in field hockey events prior to other commitments during field hockey season.**
 - **Failure to abide by this policy will result in the player not starting in the following game.**
 - **Prior communication will be important as athletes' health/welfare is a priority.**
- **Players must ride the bus to and from ALL LEAGUE away games unless:**
 - **A travel release form is completed and is given to the coaching staff prior to game day.**
 - **Non League games, student-athletes are responsible for their own transportation to and from the game(s).**
 - **An injury to the player has occurred and requires alternative transportation.**
 - **Bus transportation is based on mileage by TVUSD.**
 - **Parent/Family member must pick up student-athlete upon arrival. Coaches will wait up to 15 minutes.**

- **Playing time is not negotiable.**
- **The coaching staff will determine who will play on the Varsity team and who will play on the Junior Varsity team. There will be tryouts during preseason, at which time the coaching staff also reserves the right to cut players who do not fit on either team.**
- **The coaches also reserve the right to change the practice schedule. Note: the schedule is tentative and is subject to change. Changes will always be given in advance to help with transportation schedules.**
- **Game day rules – We will be supportive of each other. Both junior varsity and varsity teams will watch and cheer for their teammates from the bench area/bleacher behind the bench.**
 - **Players will be in uniform or “GOHS” attire at all times.**
 - **Players playing the first game of the day will need to set up the field with the appropriate equipment.**
 - **Players will be required to put away all equipment immediately after the games.**
 - **All players will meet for team time before leaving.**
 - **Players and parents cannot visit until after team time.**
 - **Players must have all of their own equipment on game day when warm-ups begin. If they do not, then the player will not play in the game.**
 - **Equipment will be up to the team members to bring to games and practices**
 - **During Defensive short corners masks must be worn.**
- **Any questions/concerns from players or parents should be directed to the coaches after a practice**
- **Cell phone usage will be limited. However, cell phones can be used as hotspots for wifi connections for homework. 30 minutes prior to arrival from away games players may use their phones on the bus to communicate with parents for transportation home. Cell phones are not to be used unless otherwise approved.**
- **DRUG AND ALCOHOL POLICY - No tolerance. Dismissal from team.**
- **SOCIAL MEDIA - Respect self, team, school, community.**

Additional Concerns

Missed Practices

- **1st unexcused = 12 repeats (will not start next game)**
- **2nd unexcused = dismissal from team**

Detention/Lack of Integrity

- **1st offense = 12 repeats (will not start next game)**
- **2nd offense = dismissal from team**

Suspension

- **1st offense = 12 repeats (will not start next game)**
 - **2nd offense = dismissal from team**
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Please sign the contract and return to a coach on June 10, 2024. This will be your ticket to Tryouts/play. No Contract, no tryout/play.

I have read and agree to abide by the GOHS Field Hockey Contract.

Player Signature

Date

Parent/Guardian Signature

Date