

Pine-Richland Field Hockey Code of Conduct

Expectations of PRFH Coaching Staff for Team Success:

1. Team comes first, in all our decisions and in all we do.
2. It is our intention to positively lead, communicate, and encourage.
3. We strive to instill the necessary skills for our student-athletes to compete at the highest level and work to maintain consistency throughout our PRMS and PRHS Program.
4. Building a safe environment and professional rapport with our players is critical in developing a successful team and program.
5. In addition to skill development, our coaches will strive to teach our student-athletes lifelong lessons such as the importance of individual and team purpose, healthy competition, hard work, respect, responsibility, and accountability. Field Hockey is a team sport and therefore a team effort.
6. Every player on the team has a purpose, and with our support, the coaching staff will help each player understand their role on the team so that success occurs.
7. Practices will blend positive reinforcement, accountability, and game-like pressure situations.
8. Positive and constructive feedback will be provided to all players.
9. We emphasize the word Student-Athlete and “student” coming before “athlete”. School is a priority, and field hockey is a privilege.

Expectations of PRFH Players for Team Success:

1. Abide by the P-R Student Code of Conduct.
2. Avoid conflicts in season. Everything in season is mandatory – practices, games, team events, team building activities, and community outreach activities.
3. **Demonstrate accountability by emailing coaches (while cc'ing parents) in as much advance notice as possible in the event of an absence.** Absence will be reviewed on its own merits by the coaching staff and handled accordingly (i.e., added practice time, not starting game, loss of game time), at the coaches' discretion. Excessive lateness/absences may result in dismissal from the team.
4. Show responsibility by wearing practice jerseys, **taking off all jewelry**, being prompt and ready to warm-up at the start of practice time, and assisting with equipment.
5. Ride the team bus to and from games per district policy. We go together as a team, play together as a team, and come home together as a team. **PRSD Athletic Travel Release Form allowed only for extenuating circumstances.**
6. Set an example of good sportsmanship by being respectful of all players, coaches, officials, and opponents.
7. Be supportive of the entire team.
8. Communicate any concerns directly with coaches in timely manner.
 - Appropriate concerns for players to discuss with coaches: academics, injuries, illnesses, playing time, or role on team.
 - Concerns not appropriate for players to discuss with coaches: positions or assignments, team strategy or play calling, other student athletes and their playing time, or game schedule including opponents selected to play and when make-up games are played.
9. Playing time is earned through attitude, ability, and effort at practice every day and through game performance.
 - JV – the purpose is to develop players. Playing time is fair, which may not mean equal.
 - Varsity – the purpose is to field a competitive team, and the goal is to win. Best players start and receive playing time.
10. A player must be in school to participate in a game or practice on that day.
11. To be eligible for interscholastic athletics, student-athletes must be in good academic standing. A student who does not meet PIAA eligibility standards will not be permitted to play in games or practice.
12. Players must be cognizant that information or images they post on the various social media networks are a direct reflection on the Pine-Richland Field Hockey program. Players need to represent our program with honor and dignity.

Pine-Richland Field Hockey Code of Conduct

13. Players must promptly report any injuries to both the Head Varsity or JV Coach and the Athletic Trainer.
 - If the injury requires medical attention by a doctor, the player must obtain the doctor's written permission to return to the activity.
 - If a player is under a doctor's care (physician, oral surgeon, etc.) for any reason, they must submit, in writing, a note from their doctor that clears them to participate.
 - The Athletic Trainer reserves the right to hold a player from participating in practice or games.
14. Players are expected to:
 - a) Hustle and give 100% during practices and games.
 - b) Participate in all conditioning exercises unless they are injured or ill.
 - c) Stay current with team news, handouts, scheduling changes, etc. by checking for team communication daily.
 - d) Watch game clips as assigned.
 - e) Assist with all team equipment, including water and ice.
 - f) Use bus time to work on academics and mentally prepare for the game.
 - g) Remove their trash from the bus and playing fields.
 - h) Help with loading and unloading the bus and returning equipment to the storage area.
 - i) Come to practices and games with mouthguards (colored), shinguards and goggles, and wear protective equipment at all times during practices, pre-game warmups, and games.
 - j) Properly maintain their uniforms and any team equipment and must turn them in at the end of the season.

Expectation of PRFH Parents for Team Success

1. Set an example of good sportsmanship by being respectful of all players, coaches, officials, opponents, and other parents. Your support and positive attitude are vital to our success as a program.
2. Support and encourage the entire team, but please do not coach from the stands.
3. Appropriate concerns for parents to discuss with coaches regarding their child: academics, injuries, or illnesses.
4. Concerns not appropriate for parents to discuss with coaches: playing time, positions, assignments, team strategy or play calling, other student athletes, or game schedule including opponents selected to play and when make-up games are played.
5. Players are evaluated by the coaching staff each day at every practice and game. Playing time is determined by performances during these evaluations and will not be discussed with parents. Please encourage your child to work hard and be positive about her team and her own abilities.
6. ****24-Hour Rule** Provide 24-hour grace time, immediately following a game to discuss any appropriate concerns.**

Chain of Command

The best way to solve any issue is through a discussion involving those closest to the issue, the individual student-athlete and coach. If we communicate effectively in a timely manner, we should be able to address issues at Level 1.

Level 1 - Student-Athlete and Coach

Level 2 - Student-Athlete, Coach, and Parent

Level 3 - Student-Athlete, Coach, Parent, and Athletic Director

Level 4 - Student-Athlete, Coach, Parent, and Athletic Director, and Assistant Superintendent