



HANDBOOK

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Introduction

It is an honor to participate at the club level in Field Hockey, I recognize that the Rebels Field Hockey Club expects me to experience personal growth, academic achievement, and athletic success. I appreciate that membership of Rebels FHC is a privilege not a right. I acknowledge that I am expected to behave as a respectful member of Rebels FHC and in a manner that is consistent with the values of Rebels FHC. Because Rebels Field Hockey Club members will be held to a higher standard of conduct, I understand I need to exercise good judgement and conduct myself with honesty, integrity, and respect for others at all times. I also acknowledge that I am not just an individual on a club team. I am an intricate part of a team and I will play for the name on the front of the jersey not the name on the back.

Team Rules

1. ***If you do not practice, you do not play.*** I understand that attendance will be taken at every practice and tournament. Attendance is required to be above 80% at all times during the season or I could lose playing time, be suspended or expelled from Rebels FHC. Any and all absences must be coordinated with my team coach. If I do not make an attempt to be at practice, I understand that my coach is not required to play me. If I miss the last practice before a tournament, I understand that I will not play the first game of the tournament. I will be expected to arrive at my team's scheduled time of arrival.
2. **Social Media:** I will not author, forward, or post vulgar or offensive notes, texts, photographs, or any other content that reflects negatively on me, my team, or Rebels FHC.
3. **Violence:** I will not engage in and will not tolerate any act of violence, including assaults on persons or property.

4. Behavior: Behavior at any host site, including but not limited to; hotels, restaurants, busses, trains, or airplanes that is unacceptable will not be tolerated.
 - Including but not limited to;
 - Vandalism, theft, unauthorized use of equipment
 - Unsportsmanlike conduct
 - Inappropriate horseplay or other misbehavior which physically endangers any person or property
 - Any disruptive behavior that is considered a nuisance to others at any site while representing Rebels FHC

5. Travel: When traveling to/from competitions or training as a representative of Rebels FHC, I will behave responsibly and portray a positive image of Rebels FHC at all times. I, along with Rebels FHC, my friends, and family are guests of the host site, including but not limited to; competition venue, hotel, restaurants, etc. It is my, my parent's, and Rebels FHC's responsibility to these sites to ensure that all members and guests of Rebels FHC are adhering to the Rebels FHC Handbook. I understand that traveling with Rebels FHC is not a vacation, I am here to play field hockey. Therefore, I will abide by all curfews and lights out times.

6. Practice: I understand that when I arrive at practice, I am there to practice not socialize. I will be prepared with my red/white practice jersey, shin guards, glove, mouth guard and stick. Shin guards, glove and mouth guards are mandatory and must be worn in order to participate in practice.

7. Dress Code:

Competition Dress: I understand that being a member of Rebels FHC is a privilege, and with that, there is a standard to which I will be held at all times, when representing Rebels FHC. When I arrive at a competition venue, I acknowledge that I will be in full warm up/uniform and prepared to play before I enter the venue. This entails; hair ready and uniform to include, but not limited to: jersey in our starting

color, skirt, shin guards, covers and warm up shirt or jacket. All of the above will be expected of me before I check in with the coaches/parent representative.

Hotel Dress: I understand that when we travel to competitions, I am representing Rebels FHC at all times. I understand that I will need the required uniform/warm up for any and all gatherings, to include, but not limited to breakfast and meal outings. This will include a pair of black sweatpants or black shorts and a plain red T-shirt as well as any Rebels FHC jacket/warm-up jersey.

8. Alcohol/Drug Use: At no time will I or any member of Rebels FHC, that is under the legal drinking age, consume alcoholic beverages on trips or at events with Rebels FHC

At no time will I or any member of Rebels FHC use any illegal substance or prescription medication unless directly under the care of a physician. Prescription medication must be prescribed to you by a medical professional. At no time will any member of the Rebels FHC distribute or receive any illegal substance or prescription medication that is not prescribed to you by a physician.

9. Respect: Rebels FHC's core values are good sportsmanship and respect for others. As a member of Rebels FHC, we expect that you will be an exemplary example of these values on and off the court/field.

- This includes, but isn't limited to:
 - Officials- Do not argue with an official, approach them in a respectful manner and tone.
 - Coaches- Do not talk back to your coach. Do not disrespect your coach.
 - Teammates- Respect your teammates, any form of violence or bullying will result in loss of playing time and/or suspension or expulsion from Rebels FHC. When faced with a loss, do not come off the field blaming one another. Ask yourself what you could have done differently to help your team win. Blaming one another is not acceptable. If we hear this, you will lose playing time.
 - Yourself- Be an example. Take pride in the uniform you wear.

Consequences

1. Being responsible for property damage and being liable for all repair/replacement costs.
2. Partial or full restriction from host site. If sent home, it will be at the expense of the member.
3. Warning. Repeated warnings will result in loss of playing time or being suspended for a number of games to be determined by the coaches.
4. Suspension from the program
5. Expulsion from the program

USA Field Hockey Membership

Rebels FHC is a member of USA Field Hockey. All members of Rebels FHC must also be a member of USA Field Hockey. You can purchase an annual membership at <http://www.teamusa.org/USA-Field-Hockey>. You will be asked for a club affiliation and the region, we are region 7 and listed under Rebels. Please verify all of your information before you submit your membership form.

Email and Text Alerts

Each Rebels FHC family is required to create an account on our website and sign up for text and email alerts. You can also sign up for alerts for calendar updates, reminders, and you will be able to get up to the minute alerts from the coaches. You will have to update your information each season you return to Rebels FHC. Rebels FHC also has a Facebook, Twitter, and Instagram page. Please follow one of these for updates as well.

Calendar

Each team has an individual calendar. Please note that all tournament times are tentative on our calendar. We will not know the tournament schedule until the week of. Please arrive 30 minutes prior to the first game, ready to play.

Parent/Family/Friends Sideline Guidelines

1. Please remember that these are children playing.
2. Please do not coach your child or any team member. We have coaches for a reason. Let them do their job. Coaching from the sideline makes it impossible for our coaches to direct his/her team. You may be telling them something completely opposite of what their coach wants from them. With that being said, please encourage and cheer on your child and their team. They love positive words from their friends and family.
3. Please do not yell or disrespect the referees. Any verbal abuse towards any referee or opposing team/coach will not be tolerated.
4. The coaches make every effort to ensure everyone gets a chance on the court/field. Please do not count the minutes your child is in. Decisions are made in the moment and depending on what is working on the court/field will determine every player's playing time.
5. We ask that you make every effort to help your player give 100% at all times. Make sure they are adhering to curfew and lights out while traveling. Making sure they eat and hydrate properly before tournaments and they get the sleep they need the night before.
6. Part of playing any sport is learning to lose with class and win with humility. Of course we want to win, but that isn't always the case. We want to make sure you are helping your child to ask themselves what they could have done to help the team win instead of pointing out what others could have done. If we hear a player talking poorly of a teammate, this will result in loss of playing time.

Communication

We at Rebels FHC want to establish an open line of communication with our members and their families. If you have a question or concern regarding your player we ask that you follow the proper chain of command. The first step would be your player to speak to the coach directly about her concerns. If they cannot resolve the issue, please contact your player's coach to set up a meeting or call. Please do not approach the coach at practice or at a game/tournament. If you, your player, and her coach cannot resolve the issue, we will schedule a meeting with you, your player, her coach, the club administrators and head coaching staff. We will always work our hardest to resolve any issue. Our coaches will not discuss team strategy or other players. If you are concerned with your child's playing time, they will discuss your player's strengths and weaknesses and how she can earn more playing time. Playing time is determined by attitude, effort, ability to listen, and following the coach's directions. We will not ask our coaches to defend the decisions they made based on what they believe is best for the team. All coaching staff and administration information is listed under the Club Contacts tab on the website.

PLEASE NOTE: It is never appropriate to approach a coach at a tournament or immediately following a game. Emotions are high and we ask that you use the 24 hour rule. We ask this to keep you from embarrassing your player, our club, and yourself at a venue.

Fees: All registration fees are non-refundable. This includes but is not limited to College Showcases, season registration fees, and tournament fees. If a showcase is canceled because of Rebels FHC and not rescheduled, your account will be credited the amount you paid for that tournament. No refunds will be given.

Equipment Needed

Purchased through Rebels FHC

- Uniform- reversible skirt and jersey, red and white shin guard covers \$100
- Red and White Striped Rugby Warm Up \$50
- Harrow Elite Backpack with Rebels Logo and Last Name \$80
- Red and White Practice Pinnie (included in the registration fee)

Player to purchase on own

- 2 colored mouth guards
- Protective gloves ****Mandatory****
- Shin Guards
- Stick- Indoor for winter, Outdoor for spring
- Tennis Shoes for winter
- **ALL PLAYERS MUST HAVE TURF SHOES OR CLETES FOR SPRING.** We will no longer allow tennis shoes for spring. You will not take the field if you have tennis shoes.

ACKNOWLEDGMENT

I/We have read the Rebels Field Hockey Club Handbook and I/we understand and are willing to abide by all guidelines and rules. I/We understand all consequences and actions taken will be for betterment of the Rebels Field Hockey Club. All violations must be turned in immediately to the coach/parent representative. The coaches and/or parent representative shall have the authority to take disciplinary action in case of a violation of the handbook. As a member of the Rebels Field Hockey Club and signing this acknowledgment, I/we am/are also agreeing to bring any violation to our attention. I/We understand that once I/we accept a position on a team, I/we are making a commitment to that team. This means: communication with the coaches, attendance at all practices, being on time and focused at practice, participate in all tournaments, positive attitude and support of teammates, coaches, and officials

Photo Release: I/We hereby give my consent to the Rebels Field Hockey Club to photograph, film, videotape and then use, reproduce, and publish said images of me and/or my child/children. I agree that photographs/negatives, film, or videotapes thereof shall constitute the sole property of the Rebels Field Hockey Club with full right of disposition in any manner whatsoever, including the right to publish on any of their websites and/or social media pages.

I hereby release Rebels Field Hockey Club and his/her legal representatives and assigns from any and all claims whatsoever in connection with the use, reproduction, publication of the images thereof.

Please note that both parents/guardians must sign. By signing, you are agreeing that these guidelines will also be effective for all guests that accompany you and/or your player to any Rebels FHC event and/or tournament.

Member Signature

Parent/Guardian Signature

Member Printed Name

Parent/Guardian Printed Name

Date

Parent/Guardian Signature

Date

Parent/Guardian Printed Name