



TEAM CONNECTICUT CCSU MEN'S SOCCER

CCSU Men's Soccer

Professor, Shaun Green
Rules & Policies 2019

TEAM RULES & POLICIES

"If your actions bring the team together, then it must be right. If your actions split the team apart, it must be wrong." In other words, "If your actions are good for the team, there are no consequences. If your actions are bad for the team, there will be consequences."

Participation on the Central Connecticut State University men's soccer team is not a right, it's a privilege. The purpose of these team rules is to promote reliability, promptness, respect, and unity within our team. All players must abide by the following team rules.

General

- All players are prohibited from using drugs.
- No chewing tobacco.
- No gambling.
- Punctuality -- Players will be on time to all team functions. Remember -- 9:01 a.m. is late for a 9:00 a.m. practice.
- Attendance -- Players are expected to have 100% attendance at practices, games, study hall and other team functions. A soccer team cannot function properly if all members are not present. Obviously, emergencies such as a death in the family are recognized and excused. Major sicknesses are also excused, though you must contact coach Green that day at (860 832 3051) or (860 877 6554). Remember that colds, headaches, stomach aches, and allergies are inconveniences -- not major illnesses. Other exceptional needs will be evaluated on a case by case basis and must be approved in advance by either coach Green or coach Kelly. Also, your professors will receive a complete practice and match schedule in advance of the season. There will usually be a few built-in "off" days for players to complete research projects, schedule doctor's appointments, etc. Please plan ahead so that conflicts will not arise.
- Switch off cell phones at all soccer related activities.
- Behavior -- Players are expected to conform to all Athletic Department, University, NCAA and NEC laws, rules, policies, and standards. That includes showing proper respect to coaches, officials, fans, parents, teachers and team mates.
- Do not sneak into the café if you do not have a meal plan.

Academic

- Grades -- Players are students first. You are expected to maintain a positive academic standing at all times.
- You must attend classes.
- You must attend required study hall hours each week.
- You must be in good academic standing to play and practice.

Practice/Games

- Display self-control in all situations. Never use foul or abusive language - before, during or after a game or training session.
 - No caps/hats during any soccer activity.
 - Do not wear cleats in the gym.
 - You can only wear the official uniform for practice.
 - No headphone/music devices allowed in locker room.
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- Cleats/boots must be kept clean at all times.
 - You must wear shin pads at all practices.
 - Respect teammates, coaches and other staff members.
 - Be a good sportsman, even when you lose.
 - Play according to the laws and spirit of the game.
 - Do not break curfew on road trips.
 - Train and play to the best of your ability, have a positive attitude, and encourage others to do the same.
 - Respect the opposition. Treat them as you would like them to treat you.
 - Respect the referee. No arguing with officials calls during games. They are only human and they make mistakes, just like you.

Social Networking:

It is important for you to remember that you are representing your team and University at all times, even in cyber world. Be extremely mindful of what you write or post on social networking sites such as Facebook. Remember the whole world can see it. Do not post inappropriate pictures or write inappropriate messages or posts that will cast you or our program in bad light.

Injuries:

Injured players are still important members of our team. You are still required to attend all practices, classes, team meeting and study hall hours. It is important for you to keep updated on every facet of the team. You can only do this if you are present.

Athletic Scholarships:

The Department of Athletics can reduce or cancel your athletic scholarship at any time you disregard team rules and policies.

Consequences -- Rules violations may result in a variety of disciplinary actions ranging from simple running to suspension from part or all of a game(s). Multiple or extreme violations may result in dismissal from the team. Other measures, including school discipline, may be taken when appropriate. Your injury will be evaluated on a case by case basis and absence must be approved in advance by either coach Green or coach Kelly.

A have read and understand the above rules & policies.

Signed:_____

Date:_____



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Social Media Rules

1. Complaining about a specific person

Don't call someone out in public; at least do it privately and, preferably, in the real world.

2. Tagging someone in an embarrassing photo

Tagging an embarrassing photo is like pinning a "kick me" sign to someone at a party.

3. Making any sexual references

Do you think that sexual joke is funny? Don't do it. Remember that you are in a public forum, and it's easy to misconstrue a crude joke.

4. Racial slurs

Social media is a wonderful place to share your opinions, and it's even OK to get political or even controversial at times. Any racial slur is 100% wrong, whether it is in person or in a forum like Facebook or Twitter.

5. Death threats

It's amazing how often this happens. Keep in mind that it's illegal to make serious, repeated threats to hurt someone in an online forum.

proper credit. Or at least avoid claiming you are the original photographer.

6. Harassment

There's a reason the term "troll" came into existence. When someone comments rudely on everything you do on social media, that's harassment.

7. Swearing

That's right--it's a form of social cruelty, depending on who is reading your post and the context in which you are posting. The best approach? Just save the profanity for an environment where it is not held in perpetuity for any reader to see years from now.

8. Hominem attacks

Calling someone a doofus or a putz has no place in social media. For one thing, it's attacking the person not the viewpoint. Usually, it makes you look bad, and there's usually no way to explain yourself further.

9. Linking to inappropriate or crude content

Be careful, because the person clicking might not have any idea what is on the other end of the link. You'll be associated with the crude content.

10. Lying

It's not a great way to build up your reputation, and it creates confusion with those following what you say. Besides, they will find out the truth eventually.

