



## Spokane Scotties Select Program Expectations

Select Soccer is demanding.

Spokane Scotties soccer club recognizes the value and special significance in participating in Tournaments outside of our immediate area. That is why the Select Program is a **travel program**. There are many benefits to the program involving travel including:

- Gaining experience in playing higher level of competition
- Playing in a competitive atmosphere
- Building team camaraderie
- Seeing and playing against different styles of play
- Participating in a professional soccer environment
- Showcase our Teams and Players to the outside soccer community

### Spokane Scotties Guidelines

#### Pre-Trip Activities

- It is highly suggested that all Players travel and lodge together in the same hotel. Special accommodations may be made to take advantage things such as Frequent Flier Miles
- The coach should outline the minimum requirement needed for transportation and lodging keeping in mind that cost is an integral factor in the decision making process.

#### Team Behavior Rules

- Coach, players, and parents should review and agree on general travel behavior requirements and consequences if violations are committed.
- At the coach's discretion, players may be sent home at parent's additional expense if they violate serious behavior rules related to drugs, drinking, illegal activities, tobacco products or having members of the opposite sex in rooms at any time.

#### Player Responsibilities

- Because of the importance of tournament play to the development of a team, all Spokane Scotties players are encouraged to participate in every event possible.
- The Club insists on making player safety the top priority when players are traveling.
- Players are to act like young ladies and gentlemen at all times in any public places.
- Each Player is required to be where the Coach wants you to be at the time the Coach sets.
- Players should always be together with no less than two players together at any time. No players should be by themselves unless they are with a parent or guardian.
- Hotel rooms must be kept neat and organized. A player should be designated just prior to check-out to inspect the room for any items (clothes, uniforms, money etc.) left behind.
- We are guests of the hotel. Footwear and proper attire should be worn in the public areas of the hotel. Our reputation for future overnight stays by Club teams is on the line.
- Players are to be punctual and strictly follow all curfews.
- Any problems must be communicated to the Coach immediately.

- REMEMBER THAT YOU ARE Spokane Scotties!!

#### Team Activities

- Parents and players should remember that team activities take priority over any personal agendas you may have.
- Soccer trips are not vacations. Obviously having fun is a part of all trips but we must remember that soccer must remain the top priority at all time.

#### Travel Dress

- Players should wear a standard outfit such as team polo shirt, warm up top or some other appropriate team attire at any team activity such as flights and opening ceremonies.

#### Guest Players

- Guest players are invited to play at the discretion of the Team Coach.
- They will be expected to pay their share of team expenses unless other arrangements have been directed by the Team Coach.

#### Hotels

- If more than one Spokane Scotties soccer team is going to a particular event, it is desirable that teams try to arrange to stay at the same hotel to promote camaraderie amongst teams
- Hotels that include continental or full breakfasts are preferred.
- If players are sharing rooms, and someone leaves early, they are still responsible for their share of the total cost of the room.
- Team meetings should be in the common area of the hotel.

#### Transportation

- Once at the tournament, all players will travel to and from games either by transportation provided for the team, or with parents. Players are not to drive any rented vans.

#### Meals

- Teams should strive to eat together at team meals if possible.
- Players should eat a healthy and hydrate properly so they can achieve top performance.
- Teams are encouraged to uphold healthy eating and hydration habits.