

PARENT RULES:

1. Get your player to practice 15 minutes before start time to allow time to walk to their field.
2. Pick up your player from practice on time.
3. **GAMES: Players should be at the field ready and warming up 45 minutes prior to the first game of the day. 30 minutes for the following games of the day.** This means to be at the field, bag down, ball out ready to warm up.
4. During games, parents are expected to show courtesy to the opponents, opponent's parents, and the referees. The decision of the referee is binding. Do not whine over bad calls.
5. Learn the rules of the game. "Offsides" is a good one to learn.
6. Coach Oz will be happy to entertain questions and concerns regarding the team/your player. However, please refrain from approaching the coaches directly following a game. There are more appropriate times to address issues than at the fields in front of other spectators, coaches, and referees. Wait 24 hours before approaching the coach with concerns.
7. Practices are always on as scheduled *unless you are notified* otherwise.
8. MPSC is discouraging noisemakers from now on at games (Vuvuzelas, air horns, etc.).
9. Per Coach Oz Dallas email: "Absolutely no coaching from the sidelines. If I hear coaching from any parents, I will remove your child from the game. These young girls need to learn from their mistakes and make game decisions during the run of play. Please do not distract them from their soccer playing. If I have to remove your daughter from a match because of parent coaching, we will have a meeting as parent and coach directly after the game to make sure this does not continue. It will not be tolerated."

Expectations of Parents/Players

- **Punctual** - Practices and games are a priority.
 - **Please arrive 45 minutes before the first tournament game of the day, 30 minutes the next games.**
 - Please arrive 15 minutes before practice is to start so you are ready for the coach to begin.
- **Attendance** - Your player is needed and important! This is a travel/competitive team and your fellow teammates and families choose to be in MPSC because they want the best competition for their son/daughter and the best coaching soccer has to offer in the area. When players are absent from practices or games - it not only affects your player, it affects the whole team and how that team performs in a tournament game where your player, who was needed, is absent. Please strive to have your player at all practices during the week and all tournaments. Other team parents will be more than happy to carpool your player if needed to get them to a game.
- **Communication** - If your player will be late or absent from practice or a game please always text or call Chris 657-9524. Feel free to bring any issues you have directly to your team manager first. Please try to refrain from talking about your complaints with other parents on the team.
- **Play time** - This is competitive/travel level soccer, play time is not equal. The coach will play who he feels is best on the field to win that game. Please be patient, positive, and supportive of our team and your coach. We don't always agree but remember he doesn't want to lose a game any more than the player or parents.

A player who normally starts may be having an off game and not start or a coach may change a player's position, etc. Trust his judgment and leadership and be supportive. If your player is not getting as much play time as you/they would hope, encourage your player to practice, practice, practice at home apart from regular practice to continue to improve and progress.
- **No sideline coaching** - No coaching from the side please (example: Yelling "shoot!" "Pass!" "Dribble!"). The coaches need their player to be able to hear their voice on the field directing them. In fact, the player should be blocking out your voice completely during a game, so do not get upset if they don't look your way. Please only cheer and encourage your players, never yell play commands to them.
- **Cheering** - I highly encourage parents to get involved in the game and clap, cheer, yell but not just for your player - for all players.
- **Stay Positive** - Remember that these kids play because they love soccer but most are also always striving to please their parents and to receive adoration from dad or mom, so even when they make a mistake - don't point it out from the sideline. They already know they goofed, they don't need us pointing it out, especially in front of everyone.
- **Swimming at tournaments** - Though we cannot tell you that your player cannot swim, Coach Oz highly discourages swimming in between games on Saturdays at tournaments. It drains their energy. The team trains 2-3 nights a week for these few tournaments, it's only fair to all the players on the team that every player conserves her energy for game time to be at their very best.
- **New players/families** - It's not always comfortable coming into unfamiliar environments where people already know each other. Please introduce yourself to new parents and players. Go out of your way to ask if they would like to sit by you so they aren't sitting alone at the end of the field by themselves, ask if they know where to go or if you can help direct them, ask if they have any questions about cookie dough or fees or uniforms, anything at all. Don't assume someone else will or already has. :) Make them feel welcomed to the team and to MPSC! We're glad to have them and we want everyone to have a great experience!! Our parents and players are the greatest ambassadors that this program has. Let's create a nice environment for everyone.

Some Player helpful extras:

- **What to eat the morning of a game:** If you have an 8 a.m. game, eat a high-carbohydrate dinner the night before and drink extra water, recommend Paul Insel, a Stanford University School of Medicine professor. The morning of the event, have a light meal of a banana and yogurt between 6 and 6:30 a.m. or one or two sports bars and extra water. If you want a larger meal, get up early and eat between 5 and 6 a.m. For a game starting at 10 a.m., eat a high-carb meal the night before and your regular breakfast by 7 a.m., to allow three hours for the food to digest. If your body cannot handle any breakfast the morning of the game, eat a late snack before going to bed the night before, Insel advises, to boost your glycogen stores in your liver and prevent low blood sugar.
- Good article: **Tips for Playing Soccer in Hot Weather** :
 - During hot weather, hydration (drinking water or a sports drink) is VERY important and can make a big difference in the second half of a soccer game. I think it can be worth a goal or two. Hydration is also a VERY important health issue for soccer players - dehydration (the lack of adequate water in the body) is a serious matter and can cause illness or stroke. Every soccer coach and parent needs to be concerned about proper hydration and how to avoid dehydration.
 - Hydration is a subject on which there is a great deal of misunderstanding, misinformation, and disagreement, yet it's very important. It's both a health issue and a performance issue. No soccer coach wants to allow a player to become ill due to the coach's unintentional neglect or ignorance, but that is what could easily happen if dehydration occurs. Energy replacement isn't a health issue, but it is a performance issue. Soccer coaches who understand hydration and the need for energy replacement, and who take some simple steps, will give their team an advantage over teams that don't, assuming they are fairly evenly matched (phrased differently, if the opposing coach is proactive about hydration and energy replacement and you aren't, then your team is at a disadvantage). You can't control a lot of things, but this is one thing you can control that can make a difference between winning and losing, and it's something you should do for health and safety reasons and for the good of your players.
 - **A study by the University of North Carolina found that it takes 20 minutes for 8 ounces of water to hydrate the body. The point was that you need to drink it before you really need it.** In the study they tested triathletes. Those who drank 24 ounces of water at least 20 minutes before the run averaged 1 minute 19 seconds faster in the run than those who drank the water right before the run. (Water drank right before the run didn't have enough time to be absorbed for optimal benefit).