

## 2010 NEW TRIER FIELD HOCKEY RULES

### Regarding practices:

- 1.) All practices are mandatory and are held from 3:45-5:45pm Monday through Friday. If there is not a game on Saturday, plan for there to be a practice and the time will be announced.
- 2.) Bring to every practice: stick, shin guards, mouth guard, molded cleats, running shoes, scrimmage vest, and water bottle. No shin guards and mouth guard, no practice!
- 3.) If you are to miss a practice or game due to unusual circumstances (death/sickness in family and college visits), it must be presented in writing and cleared by your coach.
- 4.) If you are sick and do not attend school that day or leave early, your coaches must be notified by leaving a message. Do not let your coaches know of your sickness by relaying the message through a teammate, it will be considered unexcused.

### Varsity

Coach Nykaza (847) 784-6575	nykazas@newtrier.k12.il.us
Coach Kind (847) 784-6350	kindd@newtrier.k12.il.us
Coach Siegel	squidze17@gmail.com

### JV

Coach Loftus (847) 784-6488	loftusp@newtrier.k12.il.us
Coach Schaefer (847) 846-7844	heatherschaefer2003@yahoo.com

### FR

Coach Raue (847) 256-7280 x413	stephanieraue@gmail.com
Coach Davis (847) 609-7155	melissa.leahy.davis@gmail.com

- 5.) If any practices or games are missed and considered unexcused, there will be consequences and will be handled per situation by the coaching staff and athletic department.
- 6.) After practices and games all team members will be responsible for gathering up water coolers, equipment, athletic gear, etc. before you can leave.

### Regarding games:

- 1.) We will travel to and from away games in the bus as a team.
- 2.) If you miss a practice the day before a game due to sickness, you will not play on game day. You are still expected to attend the game.
- 3.) All players will dress for each game, even if injured.
- 4.) There will be some back-to-back games and whichever team is finished first, plan to stay and cheer on the other NT team for a half. GO TREVS!
- 5.) During playoffs for the varsity team, the JV and Freshman teams are **required** to come to the playoff games and support the varsity team.
- 6.) Unsportsmanlike conduct from players on the field or from the bench will result in immediate disciplinary action. We pride ourselves on being a respectable team!

**Simple and clear rules...let's have a great season!**