



PLAYER EXPECTATIONS

At the Iowa Rush we hold our Coaches, Players, and Parents to the highest level both on and off the field. Our goal is not only to develop and create strong soccer players, but also to provide the best environment for our players to develop as both players and individuals in life. In order to continue to provide the most beneficial environment for our players, we have established Player Expectations that our players are expected to abide by.

Rush Core Values

Accountability~Advice~Accountability~Empathy~Enjoyment~Humility~Leadership~Passion
Respect~Safety~Tenacity~Unity

Player Expectations:

- Players are expected to represent the Iowa Rush positively by following Rush's Core Values.
- Players are expected to be respectful to all coaches, players, parents, officials both within and outside the club
- Players are expected to be ready to start training at their scheduled time—not arriving at start time.
- Players are encouraged to arrive 10-15 minutes early for training to prepare them for the session ahead. Use this time to get touches on the ball – Soccer tennis, juggling, passing or 5 v 2. Not shooting or sitting around.
- Players arriving late are responsible for contacting the relevant coach regarding the situation. Upon arrival, the player has gear on, and is ready to jog to their respective field.
- Players are responsible for wearing proper attire to all Rush Events that are weather appropriate (training, games, tournaments).
- Players are expected to bring a properly inflated ball to all Rush Events.
- Players must bring adequate amount of fluids for all events
- Players are responsible for packing/bringing their gear their gear to all events, not the parents.
- Once the players arrive at an event, there should be no parent contact until after the event. Players should have come prepared with all necessary items prior to arrival. (Training/Games/Tournament)
- If a player has a concern, it is their responsibility to communicate with the coach for an open discussion.
- Players must have open dialogue with parents regarding communication with coaches.

Expectations at Tournaments: (Individual coaches may provide team specific instructions for events)

Use common sense and remember why we are at the tournament – to perform our best as individuals and as a team – What is going to help you be perform your best?

- Players are representing the Iowa Rush at all events and are expected to be respectful to all hotel staff, public places, and other guests (volume control, proper behavior and cleanliness).
- Players are expected to be in rooms by 10:00pm at all Tournament Events.
- Players arriving past 10:00pm curfew should go directly to room to get an adequate amount sleep.
- There should be no swimming between games of a tournament until after the final game of the day. This should be a nice, relaxing swim to help regenerate the body's muscles.
- Between games at tournament, players should be relaxing, and staying in a shaded/cool area in preparation for their next game. Avoid physical activities between games.
- Players are expected to make good nutritional decisions when eating between games.
- HYDRATE – HYDRATE – HYDRATE – at all times!