



## **ISC 15U-19U Commitment Expectations Training and Game Attendance Rules for 2018-2019 Season**

### **Summary of Training Requirements for the 2018-2019 Season: All Rules Below apply to both our “A” and “B” players on each roster.**

There are four periods of time that you must meet required standards for practice attendance. Of these four periods of time, there are two seasons that we have designated as the 2 **main seasons**. Each player must designate one of the two main seasons as their high commitment period unless they declare both seasons as equal commitment.

During the main season that a player declares as their high commitment period, the athlete must attend 3 team practices per week in order to play in games. In the main season that you have declared as your low commitment season, you must attend 1 team practice per week in order to be eligible to play in games. If you declare both main seasons as equal commitment, you must attend 2 team practices per week in both seasons to be eligible to play in games.

During the main season that a player declares as their high commitment period, the athlete must attend 3 practices per week in order to play in games. If a player does not attend 3 practices per week during their high commitment period, they are not allowed to play in ANY games on the weekend. If you declare the Main Season #1, fall season, as your high commitment period, all 3 practices that you are required to attend **MUST** be with your assigned team from September -October. (However, please note that Main Season #1, the fall season, runs through the month of November. If this is your main season, once we move indoors for training at the beginning of November, we only have 2 team indoor practices per week. Therefore, from November-December, players that declare the fall season as their main season will practice 2 times per week with their team and once per week at an extra practice such as “super skills” or Incentive Plan.”)

For those players that commit to three practices per week in Main Season #1, there may be times when the players have an important event scheduled that prevents the players from attending all three team practices for a given week. If you cannot make 3 **TEAM** practices per week due to a conflict, the coaching director may allow you to use another practice on the schedule to substitute for the missed team practice. Therefore, there may be some instances in which the Director of Coaching will approve players to substitute a team practice with their assigned team with another team or another optional practice. The coaching director must be contacted via email at [jon.cook@iowasoccerclub.com](mailto:jon.cook@iowasoccerclub.com) prior to the missed practice in order to receive approval

to attend another practice. The Director will give you options to use as make up practices if the team practice absence is approved. To be clear, the Director will never approve any 15U-19U players to miss all TEAM practices per week

If you declare Main Season #2, the winter season, as your high commitment period, 2 of the 3 practices that you are required to attend MUST be with your assigned team because we only have 2 team sessions per week in the winter. Therefore, anyone who declares the winter season as their high commitment season, must also pick up another practice such as another team practice, an “incentive plan” or “super skills” practice to get to 3 practices per week.

For the players that choose Main Season #2, the winter season, as the high commitment period, you may find times when attending 2 team practices per week is not possible due to important commitments like band concerts, choir concerts, etc. If you cannot make 2 TEAM practices per week during Main Season #2 due to a conflict, the coaching director may allow you to use another practice on the schedule to substitute for the missed team practice. However, the coaching director must be contacted via email at [jon.cook@iowasoccerclub.com](mailto:jon.cook@iowasoccerclub.com) prior to the missed practice in order to receive approval to attend another practice. The director must be contacted prior to each missed team practice and he will give you options to use as make up practices if the team practice absence is approved. **PLEASE NOTE:** The director will not give anyone permission to miss both team practices in a given week. If the player cannot make at least ONE team practice per week, they will be ineligible for any indoor games on the weekend schedule.

In the main season that you have declared as your low commitment season, you must attend 1 TEAM practice per week in order to be eligible to play in games. During the main season that you have declared as your low commitment season, the 1 practice required per week MUST be with your assigned team and we will not make any exceptions to this rule.

If you declare both main seasons as equal commitment, you must attend 2 practices per week in both main seasons to be eligible to play in games. In addition, if you declare both main seasons as equal commitment, both of the practices that you are required to attend in the fall and winter MUST be with your assigned team.

For those players that commit to the equal commitment in both season, there may be times when the players have an important event scheduled that prevents the players from attending two team practices for a given week. There may be some instances in which the Director of Coaching will approve players to substitute a team practice with their assigned team with another team or another optional practice. The director must be contacted prior to each missed team practice and he will give you options to use as make up practices. To be clear, the Director of Coaching will never approve any 15U-19U players to miss all TEAM practices per week.

Players must notify us by August 31, 2018 regarding which season will be their main season.

(Please note that if the weekly practice obligation isn't met, the player that has not met their obligations will not play in the games on the weekend. This rule applies to both outdoor games and indoor games. Furthermore, if a player is sick or injured and that prevents the player from meeting their practice obligation, they are ineligible to play in the games for the weekend. The only exception to this rule is if the coaches choose to sit out a player the week prior to state cup to give them more rest for the STATE CUP TOURNAMENT.)

Please also note that even if your team does not have a game on the weekend, the weekly practice requirement still must be met. If players do not meet their practice obligation during the week preceding a weekend without a game, they will not be eligible to play in the games for the following weekend. We will, however, work with players if they are missing practices due to injury and upon their return from the injury, they will NOT need to make up missed practices from weeks that have past. As long as the player that is returning from an injury meets their practice obligations during the week preceding the match that they want to play in, they will be allowed to return without making up missed practices. It is not in the best interest of an athlete that was injured to try and make up missed practices for weeks that have already past.

For those players that do not have an injury and miss a practice during a week preceding a weekend without games, we do not allow for a provision for players to make up those practices in the following week in order to be eligible to play in matches. We require steady and consistent week by week attendance.

## 4 Required Periods for Attendance

### August Pre-Season (AUGUST 2018)

- 12 Practices Required for all players. (You can use the 2018 Iron Camp in July to finish these practices. The 2018 Iron Camp dates are July 23-July 26, 2018. Players cannot use any practices prior to Iron Camp to count toward the 2018 August Pre-Season requirement of 12 practices.) Regardless of which season is your main season, all players are required to complete the 12 pre-season practices before the end of August.
- You can count up to 6 "super skills," "incentive plans," "iron camp days," or other team sessions toward your total of 12 practices for the pre-season. This means that at least 6 of your total of 12 pre-season practices must be with your assigned team.
- Iron Camp=3 practices for a full day of attendance. Half day=1.5
- Iron Camp hours were held from 9 AM-4 PM with 12-1 PM as lunch.
- Players are not allowed to use ODP training to count toward our practice total for pre-season or during any other season.
- Players are required to keep accurate records of all practices completed with dates, times, practice type, and location for all 12 practices during the pre-season.

### Main Season #1 (FALL SEASON) (13 Week Period)

- Time Period: Tuesday, September 4, 2018 – Friday, November 30, 2018.
- 3 Practices Per Week if you declare Main Season #1 as your High Commitment
- 2 Practices Per Week if you declare equal commitment in the two main seasons
- 1 Practice Per Week if you declare Main Season #1 as your Low Commitment

### Main Season #2 (WINTER SEASON) (13 Week Period)

- Monday, December 3, 2018-,Friday, March 15, 2019 (This does not include the 2 week period during winter break. That period is December 22, 2018-January 6, 2019)
- 3 Practices Per Week if you declare Main Season #2 as your High Commitment
- 2 Practices Per Week if you declare equal commitment in the two main seasons
- 1 Practice Per Week if you declare Main Season #2 as your Low Commitment

### Summer Season (JUNE 2019)

- 10 Practices Required (We allow the players to count tryouts toward this count of 10.)
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## **Summary of Game Attendance Requirements for the 2018-2019 Season for ISC Advanced Year Round Players in age groups of 15U-19U:**

### **Fall Outdoor Season**

- 2 Full Tournaments (Cannot count state cup)
- 60% Attendance for league games.

### **Fall Season:**

All players, both "A" and "B" players in the advanced year round program, must commit to at least **2 full weekend tournaments in the fall season**. This means that the player must be in attendance for all games of the tournament. A complete schedule of fall tournaments is listed below. Players on both the "A" and "B" will be considered for selection to the state cup roster. Selection to and participation in the state cup does not fulfill the tournament requirement detailed above for the fall season for tournaments. Each player must make 2 other tournaments in addition to the state cup. Being selected to the state cup roster is a privilege and something that we hope that all players in the age group are striving to make during the fall season. If you make the state cup roster, you will play in 3 events. We will follow the same process for GSI in KC in November.

### **Winter Season**

- 1 Full Indoor Tournament
- Participation in One Winter indoor league and attendance at no less than 60% of the indoor games.

### **Summer Season**

- June -July
- 1 Full Tournament
- No League Requirements for the Summer

## **SCHEDULE OF EVENTS**

### **Fall Tournament Events for ISC 15U-19U Boys' "A" Teams**

- Labor Day Tournament in Muscatine, Iowa
- 15U Boys will play in Scott Gallagher event in St. Louis over Labor Day weekend and not in Muscatine.
- JUSC Tournament-September 8-9, 2018. (Des Moines, Iowa)
- State Cup- Three Weekends (Starts in Late October.) (Must be selected to the roster of 17 Players) Some players may only play in 2 events if they are not selected to join the team at state cup.
- GSI in KC-November 2018 (Selection by ability through same process as state cup.)

### **Fall Tournament Events for ISC 15U-19U Boys' and Girls' "B" Teams**

- Late August 2018: Elite Elevens-Iowa City
- September 29-30, 2018-FC United Midwest Classic (Cedar Rapids at Tuma Complex.)
- State Cup- Three Weekends (Starts in Late October) (Must be selected to the roster of 17 Players) (Players on "B" team are competing with players on "A" team to be in top 17 roster spots.) Some players may only play in 2 events if they are not selected to join the "A" team at state cup.
- GSI in KC-November 2018 (Selection by ability through same process as state cup.)

### **Fall Tournament Events for ISC 15U-19U Girls' "A" Teams**

- St. Louis Scott Gallagher Friendlies-Labor Day Weekend-September 2018
- Nike Classic Cup Fall 2018-Chicago Area (Schamburg, Illinois) -October 6-7, 2018
- State Cup- Three Weekends (Starts in mid-October.) (Must be selected to the roster of 17 Players.) Some players may only play in 2 events if they are not selected to join the team at state cup.
- GSI in KC November 2018 (Selection by ability through same process as state cup.)