



## **EIU U18 Boys Blue Team 2011-2012 Season**

### **Training Requirements for the 2011-2012 Season:**

#### **Summary of Training Rules for Fall 2011 Outdoor Season:**

##### **3 Training Sessions Per Week for EIU U18 Boys Blue Team**

- All players are required to attend three training sessions each week for the entire fall 2011 outdoor season if they want to have the opportunity to play in their team's next scheduled outdoor match. Furthermore, the U18 players are required to attend the sessions scheduled for their particular team unless they have approval to attend a make-up session with another team. The specific rules on the number of make-up sessions that a player can attend during the fall season are detailed in the section titled "Approved Make-Ups."
- The official fall season will start on August 15 and will end on November 4, 2011. We may start training as early as August 1, but the mandatory practice attendance rules for 3 sessions per week will not take effect until August 15. This means that players will need to attend 36 team practice sessions during the period from August 15 through November 4, 2011.

##### **Penalty for players who do not make up an unexcused absence from a training session.**

- If a player misses an EIU Blue U18 boys' training session at any time during the fall season and if that absence is considered to be an unexcused absence, the player will be required to sit out for the full period of the next scheduled match. However, if the player is granted approval to make up the unexcused absence during the following week, the player will be allowed to participate in the full match on the weekend. If a player is granted permission to make up the missed session during the following week, the player must attend 4 training sessions during the following week.
- If a player is required to "sit out" of the next scheduled match due to a unexcused training absence, the player must be in attendance with the team for the match that they are required to fulfill their suspension. If the player does not attend the match that they are required to "sit out" of, they will be required to fill the suspension for the team's next scheduled match that they attend.

### **Excusable absences from training.**

**If you miss a training session for any of the reasons listed below, you will not be penalized.**

- Players are excused from practice if they miss training due to illness or injury.
- Players are excused from practice if the traveling conditions to the session are considered unsafe. This applies more to the winter season, but may be applicable in the fall season if unusually bad weather affects the travel conditions in the fall.
- Players are excused from practice if they need to attend a funeral or deal with a family emergency.
- Players are excused from practice if they miss EIU training to practice with the US National team or the regional ODP team.
- Players are excused from practice if they miss training due to attendance at a college visit.
- Each player is given one opportunity in each season to contact the head coach and let them know that they are "overloaded" with homework and therefore will need to miss practice. Each player will be granted only one excused absence in each season of the 2011-2012 soccer year to take a night off to catch up on homework.
- Each player is given one opportunity in each season to contact the head coach and let them know that they are going to miss training due to an important high school function that they really want or need to attend.

**Players do NOT need to make up any practice that is deemed to be an excused absence based on the list of excusable reasons detailed above as long as they have communicated with the head coach of the team prior to the start of the team's practice.**

### **Approved Make-Ups for Fall Training Sessions**

- If you have an unexcused absence with the team, you will be allowed to make up the unexcused absence during the following week with another team. However, the make-up session that you attend **MUST** be approved by the head coach of the team and the session must be made up in the week following the unexcused absence.
- Each player will only be granted 4 "make up" opportunities in the fall. In other words, each player is only permitted to have 4 unexcused absences in the 12 week period of training starting August 15 and ending November 4, 2011. We feel that it is important that there be a limit on the number of unexcused absences that a player accumulates in the fall 2011 season, because there must be a priority with the team to attend training as a group.
- To reiterate, we will only allow you to make up an unexcused absence on 4 separate occasions during the fall. After you accumulate more than 4 unexcused absences, the two coaches of this team, Jon Cook and Paul Dayrell, will reconsider your status on the team. (Remember, if you miss training due to illness or injury, you do not need to make up those sessions, because those sessions are considered excused absences. Refer to the section above to review the other excused absences.)

## **Summary of Training Rules for Winter 2011-2012 Season:**

### **Practice Requirement for Winter Season-1 Training Session Per Week**

- All players are required to attend one training session each week during the winter season if they want to be eligible to play in the team's next scheduled OUTDOOR match. This team will be offered 2 indoor sessions per week during the winter season. Both sessions will be held in Iowa City. We will have 14 required weeks of indoor training. This means that each player will need to attend only 14 sessions during the winter season. Listed below are the weeks of indoor training. We have detailed for you which weeks are required and which weeks are optional. We will offer training during the optional weeks. There are 3 optional weeks during the 2011-2012 indoor season and two weeks off during the winter season.

### **Indoor Training for the 2011-2012 Season for EIU U18 Boys**

- November 7-11 (Required)
- November 14-18 (Required)
- November 21-25 (Optional)
- November 28-December 2 (Required)
- December 5-9 (Required)
- December 12-16 (Required)
- December 19-23 (Week Off-No Training Offered)
- December 26-30 (Week Off -No Training Offered)
- January 2-6 (Optional)
- January 9-13 (Required)
- January 16-20 (Required)
- January 23-27 (Required)
- January 30-Feb. 3 (Required)
- Feb. 6-10 (Required)
- February 13-17 (Required)
- February 20-24 (Required)
- February 27-March 2 (Required)
- March 5-9 (Required)
- March 12-16 (Optional)

### **Excusable absences from winter training.**

- The same rules that we have detailed for the Fall 2011 season apply to the winter season as to what constitutes as an excused and non-excused absence from training.

### **Approved Make-Ups for Winter Training Sessions**

- Each player will only be granted 4 "make up" opportunities in the winter. In other words, each player is only permitted to have 4 unexcused absences for the 14 weeks of required indoor training. However, please note that in the winter 2011-2012 season you will be given 2 opportunities to make only 1 session per week.
- Remember, if you miss training due to illness or injury, you do not need to make up those sessions, because those sessions are considered excused absences. In addition, if you miss training due to dangerous travel and road conditions, you will not need to make up the missed practice. Refer to the section above to review the other excused absences.

### **Summary of Training Rules for Summer 2012 Season:**

**All rules that apply in the fall season apply to the summer season for all summer events.**