

UCHS Missed Practice Policy

If a player misses practice(s), it will affect their playing time in the next game. Playing time will be determined by the coaches at their discretion based on the situation.

We understand players may need to miss practice for after school tutoring, appointments, health concerns, injuries, family reasons, etc., but regardless the reason of their missed practice this policy will be enforced. The players should notify the respective coaches ahead of time for any practices/ games that will be missed.

Players should tell us of any injuries or health concerns. **If you go to the doctor at any point during the season, you must bring a note from the doctor stating when you can return to practice and games.** We also have an athletic trainer on campus each day. Her schedule changes weekly, so if you have an injury let us know and we can send you to see her during practice. Please keep us in the loop.

If a player suffers an injury that still allows them to attend practice, we expect them to check in at practice. We highly encourage them to come and engage with the team and in learning opportunities even while injured. Based on the health and safety of the player before the next game, we will determine the best course of action regarding starting and playing time.

JV is about learning the game and gaining experience, so girls who are picking up the game more quickly may earn more playing time, but each player will play during games. If, however, a player misses practice(s), she may or may not receive playing time in the next game.

For Varsity, we are looking to put our strongest, most cohesive team on the field. Players must understand that playing time is not guaranteed. We need our subs to be ready to go in to the game at any time, knowing they may only be in for 2 minutes or 20 minutes. There is no set, permanent line-up. Players that are working hard in practice, making improvements and showing they are ready to compete will earn the starting spots. This may change from game to game depending on performance during practices, or may go to players who are consistently earning their spot. If players miss practice(s), coaches will determine starting/playing time based on the nature of the absence.

Ultimately our goal is to qualify for postseason CIF playoffs. We expect all Varsity players and any JV players brought up to play in CIFs to attend all CIF games and postseason practices. **If a Varsity player is unable to attend a CIF game, she will not receive her Varsity letter or awards.** Making it to CIFs is a huge deal and is the culmination of our whole season- as such we expect all players to be there to finish out the season.

If parents or players have any concerns, questions or comments that arise any time during the season, we ask that you send an email to us at uchsfieidhockey@gmail.com. We will do our best to get back to you within 48 hours.