

TFS MS Soccer
2017 Team Standards
7-20-17

The mission of TFS athletics is to develop GREAT character, competence, and competitiveness, to create a Season of Significance, and to host GREAT events.

2017-18 TFS Athletic/Soccer Theme: “Excellence”

GREAT Character Traits such as Gratitude, Generosity, Respect, Responsibility, Effort, Enthusiasm, Excellence, Ambition, Accountability, Trustworthy, and Thinking critically will compel positive action - proactive choices and responses in various situations. GREAT character development is crucial and of utmost importance. It will guide all that the coaches structure for our team and should also guide your decisions and commitment. We will go out of our way to show appreciation, consideration, and service, to set an example, and to lead, no matter what adversities or obstacles we face.

Communicate tactfully and immediately. It is your responsibility to speak directly with Coach Mullis concerning any outside of class practices that will be missed (or be late) or any games or team activities that you will be unable to attend beforehand – SEE THE SCHEDULE AND CALENDAR! This communication should not come from a fellow teammate or from your parents, but from you directly either by way of an advance email or an advance telephone call or in-person. Emergencies may arise, but out of respect for your coach and the commitment you have made to the team, it is your responsibility to make this conscious effort.

Doing your best in the classroom is of utmost importance. According to a Kansas University study, athletes have better academic success than those who do not participate in sports. We want to keep it that way.

What are SMART goals for me? What do I want to be able to say when the season is over? The plan is for everyone to stay healthy, improve individually, and compete well as a team. The expectation of results has to do with GREAT character, improvement, and being competitive with self and others.

Safety is a continual underlying focus. You are to never place yourself or teammates in danger.

Hydration – Drink water throughout the day! Do not wait until thirsty to drink. THIS IS CRITICAL! Sports drinks may be beneficial – energy drinks are NOT.

Heat - Temperature and humidity (cold towels, walk, “feel the breeze”). Walk if necessary. Talk to Coach IMMEDIATELY!

Nutrition - Whole. Natural. Colorful. Variety. Specifically, nutrient dense foods such as dark colored veggies, lean meats, legumes/nuts, raw fruit, whole grains all help the body develop and you to perform.

Other Information -School issued uniforms are to be returned before you may start another sport. Lost or damaged items will be billed to you and must be paid in full. Spending or snack money may be brought on team trips. TFS supplies food or money for meals FOR THOSE WHO RETURN TO CAMPUS.

On match day, EVERYONE must be dressed THE SAME to school in shorts and team t-shirt or everyone in pants and team t-shirt or everyone in Sunday dress.

Do not bleach uniforms. Do not tie uniform strings in knots.

There are no boyfriend/girlfriend relationships during soccer practices or meets or in route. We ask that boys sit with boys on the bus and girls sit with girls.

You may go on any school trip that does not conflict with practices or meets. If a trip leaves earlier than practice is over, plan on not going on that trip. The exception is to speak with Coach Mullis well ahead of time to see if a different training time would be okay. We practice daily after school.

Cost for team t-shirt and home and away socks to be determined.

Team Leaders and Captains - We are looking for a male and female captain to emerge from our team that will help be an integral part of our success. Each of these captains will help support the team by taking on additional responsibilities. If this is of interest to you please, meet with Coach Mullis so that he may share with you the expectations of these positions.

Home Matches - We will host a total of five home matches. To our parents and students these home matches are not only a competitive challenge for our team to assess their progress throughout the season, but they are also a wonderful community outreach for us to show GREAT hospitality to other teams. As a team we will own these matches and each of you will be expected to assist with the set-up, follow through, and clean up.

GREAT Service Project - We proudly commit to at least one service project each season. These projects develop individual character, foster teamwork and friendship, and most importantly, help meet a need in our community.

The Tribe - We need a Team Parent Coordinator to assist with our team activities and games, snacks, etc. Please contact Coach Mullis to volunteer.

Scheduling Information - Please visit our www.tallulahfalls.org web site for any cancellations, updates, news, schedule, directions, changes, results, and other pertinent information.

Donations - If you would like to donate to the soccer FUND, please contact me or send your donation to:

Tallulah Falls School Middle School Soccer FUND
Attention: Travis Mullis
PO Box 10 Tallulah Falls, GA 30573

Go Tribe!

Travis Mullis, Head Coach 706-754-0400-TFS Middle School, travis.mullis@tallulahfalls.org
706-878-6769-cell

Tallulah Falls School “I Will” Athlete Code (adapted from the ABW Code 6-3-14)

Tallulah Falls School Athletic Mission - I will develop GREAT character, competence, and competitiveness, will help host GREAT events, and will help to create a Season of Significance.

As an individual:

- I will develop my skills to the best of my ability.
- I will give my best effort.
- I will compete within the spirit and letter of the rules of my sport.
- I will respect the dignity of every human being as an athlete and as a fan.

As a member of a team:

- I will place team goals ahead of personal goals.
- I will be a positive influence on the relationships within the team.
- I will follow the team standards.

As a member of society:

- I will display GREAT behavior to others.
- I will give of my time, skills, and resources as I am able for the betterment of others.

Because I am a role model and have the opportunity and responsibility to make a difference in the lives of others, I commit to this Code. I will take responsibility, and I will accept appropriate consequences if I fail to live up to it.

PRINTED Name _____

Signature _____

Sport _____

Date _____