

Team Expectations - Middle School Field Hockey

- **Be Respectful.**
 - Respect your teammates by treating them as you wish to be treated.
 - Respect your coaches by giving your full attention and following instructions.
- **Be Kind.**
 - Demonstrate care, concern, and compassion for your teammates.
 - Lift up those around you with helpful, encouraging words and friendliness.
 - Bullying will not be tolerated.
- **Act Responsibly.**
 - Come prepared with proper uniform and equipment to all practices and games.
 - Be your own advocate - talk to your coach if you have questions or concerns
 - Leave the field in better shape than how you found it.
 - If you know something isn't right, report it.
- **Work Hard.**
 - Your best effort is expected at all times.
 - Always play with intensity, no matter the score.
 - GRIT. Perseverance through adversity is the path to achievement.
- **Have FUN!**
 - Celebrate successes, big and small.
 - Smile! Laugh! Enjoy the season!