

- All participants must retrieve and complete the Physical / Waiver Packet provided by the Gateway School District. Participants must then return all of the completed documents to the Gateway Athletic Office (412-457-1000). Students cannot participate until all necessary documents have been completed and turned into the Gateway Athletic Office.
- Students must fill out a 3 by 5 note card with their name and at least five emergency contact phone numbers. This card will be handed to the coaches on day 1 of practice.
- There is a standing "No Cut" policy. There is a place on the squad for all participants. All players will receive some playing time. Some will receive significantly more than others. Playing time is directly correlated to the participant's effort, skill, and attitude. In addition, 8<sup>th</sup> graders retain a seniority right.
- Participants are expected to treat the coaches and each other with respect and kindness. Any player who attempts to "bully" or intimidate other players via verbal or physical abuse will be punished severely by the coaches and the school. Such behavior may constitute grounds for dismissal from the team.
- Participants must bring running shoes, soccer shoes, shin guards, and water to every practice and game. The water provided to us from the outside hose is less than sanitary. We prefer that students bring their own water or empty container which can be filled from the inside water fountains.
- Participants are expected to be punctual. Tardiness will be met with disciplinary measures including the loss of playing time.
- Parents are expected to be punctual in the retrieval of their children.
- Players must attend every game and practice. Only viable excuses from parents or teachers can relinquish this responsibility.
- Players are responsible for their game jerseys and shorts. Do not lose or damage them. There will be a stiff fiscal penalty for anyone who does so.
- The best way to impress a coach on Day 1 is to be in shape. Players should be able to complete a 1.5 mile run. The goal time is 11 minutes. Players should be able to complete 30-40 real push-ups. Finally, players should be able to sprint 100 meters in 12 seconds or less.
  
- Schedules can also be retrieved from [www.highschoolsports.net](http://www.highschoolsports.net).
  
- Concerns or Questions please contact -  
James Van Kirk: [jvankirk@gatewayk12.org](mailto:jvankirk@gatewayk12.org)  
Chris Grainer: [cgrainer@gatewayk12.org](mailto:cgrainer@gatewayk12.org).

# 7 & 8 Grade Boy's Soccer

Fall 2010

*August*

Week 1	30 PRACTICE 3:20-5:20 GMS	31 PRACTICE 3:20-5:20 GMS	1 <i>Sept</i> PRACTICE 3:20-5:20 GMS	2 PRACTICE 3:20-5:20 GMS	3 PRACTICE 3:20-5:20 GMS
Week 2	NO PRACTICE	7 PRACTICE 3:20-5:20 GMS	8 AWAY Hempfield 4:00	9 PRACTICE 3:20-5:20 GMS	10 PRACTICE 3:20-5:20 GMS
Week 3	13 AWAY N. Allegheny Ing. 4:00	14 NO PRACTICE	15 PRACTICE 3:20-5:20 GMS	16 PRACTICE 3:20-5:20 GMS	17 HOME Penn Trafford 4:00
Week 4	20 AWAY Highlands 3:45	21 HOME Woodland Hills 3:45	22 NO PRACTICE	23 PRACTICE 3:20-5:20 GMS	24 AWAY Valley 3:45
Week 5	27 AWAY Fox Chapel 3:45	28 NO PRACTICE	29 AWAY Penn Hills 4:00	30 PRACTICE 3:20-5:20 GMS	1 <i>Oct</i> AWAY Franklin Regional 3:45
Week 6	4 HOME Plum Block 3:45	5 PRACTICE 3:20-5:20 GMS	6 HOME Highlands 3:45	7 PRACTICE 3:20-5:20 GMS	8 HOME N. Allegheny 3:45
Week 7	11 AWAY Woodland Hills 3:45	12 NO PRACTICE	13 HOME Valley 3:45	14 PRACTICE 3:20-5:20 GMS	15 AWAY Plum Block 3:45
Week 8	18 HOME Fox Chapel 3:30	19 NO PRACTICE	20 PRACTICE 3:20-5:20 GMS	21 HOME Penn Hills 3:45	22 AWAY N. Allegheny Int. 3:45
Week 9	25 HOME Franklin Regional 3:45	26 PARTY			