



EIU Blue Training Rules 2010-2011 Season

Training Requirements for the 2010-2011 Season:

The following training attendance rules for all EIU Blue teams were adopted by the Eastern Iowa United Directors of Coaching on May 6, 2010. These rules will take effect at the start of the 2010-2011 fall outdoor season.

Summary of Training Rules for Fall 2010 Outdoor Season:

Basic Requirement for Fall Outdoor Season-3 Training Sessions per Week for all EIU Blue Players

- All EIU Blue players are required to attend all three scheduled EIU Blue training sessions each week for the entire fall 2010 outdoor season. Furthermore, all EIU Blue players are required to attend the sessions scheduled for their particular EIU Blue team unless they have written approval from one of the four EIU Directors of Coaching to attend a make-up session. However, there are limits on the number of make up sessions a player can attend to substitute for their team's session. The specific rules regarding the total number of make-up sessions that a player can attend each season are detailed below in the section titled "Approved Make-Ups."

Policy for Players who miss an EIU Blue fall training session:

- If a player misses an EIU Blue team training session and if the reason for missing is unrelated to illness, injury regional ODP duty, or national team duty, the player will not be permitted to participate in one full match during the upcoming weekend. If the team plays in two matches for the weekend, the player will have to "sit out" the first game, but they will be eligible to play in the second match or any other matches scheduled for that weekend. If you do not have a match scheduled for the immediate weekend, the absence will carry over to the next scheduled event for your EIU Blue team and you will need to "sit out" the next scheduled match.
- It is the responsibility of the EIU blue head coach to notify all four EIU Directors of Coaching when a player has been suspended from a match due to training absence.
- If a player is required to "sit out" of an EIU Blue match due to training absence, they must still be in attendance with the team for the match that they are prohibited from participating in with their team. If the player does not attend the match that they are required to "sit out" they will be required to "sit out" the team's next scheduled match.

Excusable absence from training.

- Exceptions to the required 3 training sessions per week will be considered if illness or injury prevent the player in question from attending training.
- If illness or injury prevents a player from participating in training for any given session, the EIU Blue head coach must be notified prior to the start of the scheduling training session. Players may be allowed to participate in the weekend games if the player's reason for missing training is related to illness or injury and only if this information has been effectively communicated to the EIU blue head coach prior to the start of the training session.
- Players who are injured are required to attend the team session even if they cannot participate. However, if it is deemed that the injury is of such a nature that attendance at team training is not in the best interest of the injured player, players may be excused from this requirement.
- If a player on an EIU Blue team misses team training because of his/her responsibilities with the regional ODP team or national team, the player will be excused from training without penalty.

Approved Make-Ups for Fall Training Sessions

- In some limited instances, an exception to the provision that requires that EIU Blue players must train with their team for all three sessions per week will be considered. If a player knows that they have to miss an EIU Blue session for a scheduled conflict or if their absence is related to some other extenuating circumstance, the player may be given another option to train with a different team. The make-up session must be approved by the Director of Coaching of the club that has been assigned to coach your EIU team. In some cases, the Director of Coaching of the club that has been assigned your EIU Blue team may be the same person as your head coach, but if the DOC is not the same person as your head coach, you must seek out approval from the DOC in order to gain permission to substitute your EIU team session with another session.
- If you have been given permission to attend a make-up session with a different team, the session must be made up during the same week that you missed your own EIU Blue team session. If you do not make-up the session during the same week that you missed your team training, you will not be allowed to participate in one full match on the weekend.

Review of your status with EIU Blue team

- If you accumulate four absences from EIU blue team training in the fall season, your status with the EIU Blue team will be reviewed by the EIU Directors of Coaching immediately. A special meeting will be convened by the EIU Directors of Coaching if a player on any of the EIU Blue teams accumulates four team training session absences in the fall season. If the EIU Directors of Coaching determine that the player's absentee record warrants further review, the Directors may take action that could include dismissal from the EIU Blue team without refund as is described in the "Eastern Iowa United Commitment Level Expectations" document signed by all EIU blue players and their parents.
- Player status on EIU Blue teams will also be reviewed if a player uses the "make-up" provision clause described above during four separate instances in the fall season. In other words, if you request permission for four make up sessions to be approved during the fall season, the Directors of the EIU will re-evaluate your position with the EIU Blue team.

Summary of Training Rules for Winter 2010-2011 Season for EIU Blue Teams:

Basic Requirement for Winter Season-1 Training Session per Week for all EIU Blue Players

- All EIU Blue players are required to attend one training session each week during the winter season. While it is expected that players attend their EIU blue team training session, a little more flexibility will be offered during the winter season for players to attend a session with another team than what is offered during the fall season.

Policy for Players who miss an EIU Blue winter training session:

- If you do not make-up the session that you were absent from during the same week that you missed training, you will not be allowed to participate in one full match on the weekend. If you do not have a match scheduled for that weekend, the absence will carry over to the next scheduled event for your EIU Blue team which could include an outdoor event.

Excusable absence for winter training.

- The same rules apply to the winter season for illness and injury as were applied in the fall. If you are sick or injured, you need to contact your team coach prior to your team session to notify your coach that you will not be in attendance at training due to illness or injury.
- If a player on an EIU Blue team misses team training because of his/her responsibilities with the regional ODP team or national team, the player will be excused from training.

Approved Make-Ups for Winter Training Sessions

- If a player has a conflict with their EIU blue team training session during the winter season, they must seek approval to attend a make-up session with another team. The make-up session must be approved by the Director of Coaching of the club that has been assigned to coach your EIU Blue team.
- If you have been given permission to attend a make-up session with a different team, the session must be made up during the same week that you missed your own EIU Blue team session.

Review of your status with EIU Blue team

- If you accumulate four absences from EIU blue team training in the winter season, your status with the EIU Blue team will be reviewed by the EIU Directors of Coaching immediately. A special meeting will be convened by the EIU Directors of Coaching if a player on any of the EIU Blue teams accumulates four team training session absences in the winter season. If the EIU Directors of Coaching determine that the player's absentee record warrants further review, the Directors may take action that could include dismissal from the EIU Blue team.
- Player status on EIU Blue teams will also be reviewed if a player uses the "make-up" provision clause described above for six separate instances in the winter season. In other words, if you request permission for six make-up sessions to be approved during the winter season, the Directors of the EIU will re-evaluate your position with the EIU Blue team. Please note that the winter make-up provision is purposefully more flexible during the winter months due to the weather and traveling conditions during this time.

Summary of Training Rules for Summer 2011 Season for EIU Blue Teams:

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

Policy for Coaches who fail to enforce EIU BLUE training rules:

- Any EIU Blue head coach that does not enforce the policies stated above, will face a review from the EIU Directors.

