



## OK Texans Practices

Players must:

- Practice in the Nike Texans practice uniform
  - white shirt
  - black shorts
  - white socks
  - cold weather Texans Hoodie and sweat pants
- Arrive at the field ten minutes prior to practice time
- Bring a properly inflated soccer ball for use in practice.
- Wear shin-guards.
- Bring plenty of water.
- Notify the coach in advance if a player must arrive late or leave a practice early.
- Notify the COACH If the player needs to miss a practice,  
**That practice must be made up with another team as directed by the coach.**
- Players are allowed to practice with other teams in the club (check with both coaches first).
- Parents are not allowed to step on the field to talk to the coach or the players. In case of emergency, parent must talk to the manager to summon the coach to the sideline.
- If you would like a conference with the coach, an appointment must be made either before or after the practice or at some point during the coach's free time.