



# Native Indian Football Association



## Practice

1. All players are expected to be at the practice facility at least thirty (30) minutes before the designated time for practice.
2. All players will be dressed, warmed up and ready to start at the designated time for practice.
3. Players requiring medical attention (taping, massage, etc.) will make the necessary arrangements with trainer(s) and allow for time necessary to start on schedule.
4. Players, coaches and trainers are expected to attend all training sessions for the full time scheduled.
5. Players, coaches and trainers are required to notify the **Senior Coach** with their reasons if she/he is not able to attend any training session.
6. Players missing training sessions **may** be placed on a lower priority list when roster selections are made.
7. Players **will** be evaluated at all training sessions.
8. Time is limited and the best utilization of time by all is encouraged by:
  - Being on time
  - Not disrupting practice for personal issues
  - Being available immediately for all drills and exercises
  - Paying close attention to instructions
  - Not talking when coaching trainers is giving instructions
9. Coaches and trainers will use the time in an efficient manner by preparing properly.
10. Players will play for the NIFA when exhibition games are arranged for NIFA camps.
11. Players are expected to work on their own fitness and will be evaluated at each camp on their progress.