

# Western United F.C. U-16 Soccer Player Commitments and Expectations

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## I will:

- Play for the good of the game
- Promise to work hard at practice and games to improve my soccer skills and my understanding of the game. I understand the amount of playing time I receive in games will be based on my skills, determination in practice, punctuality, and attitude. I know that I may receive more or less playing time than my team members and playing time is not guaranteed.
- Have a positive and never quit attitude. Exemplify and demonstrate sportsmanship at all times
- Win without boasting: Be generous when you win; graceful when you lose
- Conduct myself with class and dignity...be professional at all times!!!
- Respect all officials and coaches and accept their decisions without question
- Give encouragement to my fellow teammates
- Attend & be prompt to all games & practices
- Immediately report any injury to my coach
- Respect my coach & my opponents
- Abide by my coach's decision regarding playing time and positioning
- Learn and obey the laws of the game
- Notify the coach if I will be late for or unable to attend a game, training session, or team meeting
- Learn the rules, policies & procedures of the Team & Club.
- Approach the Coach with any personal soccer related problems
- Be the BEST that I can be at all times; for myself, my team, and my family
- Bring all uniform equipment to every game including all uniform shirts, shorts, socks, shoes (cleats and turf depending on conditions), warm-up shirts, warm-up suits and tape.
- Always tuck my Jersey into my shorts whenever I am wearing the uniform (not just during the game). Sliding pants should be the same color as the shorts, not extend below the uniform shorts and not be visible.
- Have my Uniform socks pulled up whenever I have them on. Shin guards must always be covered by socks.
- Arrive at games looking professional (i.e. Team Warm-Up Suit, Team Warm-Up Shirt). No Baseball Caps !!!
- Have my equipment bag with me at all practices and games. Put bags carefully in a row on the sidelines at all games. Keep bags in a proper team location at practice.
- Use saddle soap or leather protector on my shoes before every game; in other words, shine and take care of my shoes. They are your tools of the trade !!
- Leave my rings, watches, necklaces, bracelets, earrings, other jewelry and hairpins (except for rubber bands or other elastic bands) at home.
- Come to practice sessions regularly. You cannot miss training sessions or practice poorly and expect to improve.
- Work Hard in School and always remember that I am a member of the Western United F.C. Soccer Club.
- Not distract others at practice (e.g., conversing with teammates while attempting a drill is distracting to others)
- Practice at game speed (learning to do a skill in slow motion will not help in a game)
- Come to each game mentally and physically prepared to do my best.
- Arrive at the game well rested.
- Avoid late nights or spend-the-night parties on the night before a game. More than a few soccer games have been knowingly "forfeited" the night before the soccer match. Fatigue, as a result of too little sleep, raises the risk of injury.
- Build up body fluids before the game. Start drinking water and or sports drinks as much as 24-48 hours before the game, and try to take in as much proper fluid as possible right up to game time.
- Eat sensibly, especially on the day of a game. For instance, milk, peanuts or carbonated drinks before a game will shorten a player's wind.

## I will never :

- Engage in dissent toward an official or coach nor use profane or vulgar language
- Leave a game field or training session without the permission of my coach
- Use a controlled substance (drugs), tobacco products, or drink alcoholic beverages. Our policy is no drugs, no alcohol, and no destructive behavior. We will involve ourselves with the player and parents any time that a situation has an impact on our team or its members. It is important that we be able to trust players to obey team rules. Violation of this policy may be the basis for suspension or dismissal from the team.
- **Forget that I represent the Western United Soccer Club!!!!**

Player Sign \_\_\_\_\_

Parent Sign \_\_\_\_\_