

Player Rules and Expectations

Expectations:

1. Be on time. On the field ready to go when practice is scheduled to start
2. Have a positive attitude
3. Be respectful towards teammates, coaches, officials, opponents, parents, spectators, and yourself!
4. Put forth your best effort every day. You only hurt yourself and your teammates if you do not give it your all.
5. Be open to learning new positions, trying new techniques, and stepping out of your comfort zone. It is the coaches' job to push you to be your best. The only way to know if you can is to try.

Practices:

- By the time practice is ready to start, you need to be ready and on the field.
 - This means that you are in soccer attire, wearing CSC practice uniforms, shoes are tied, shin guards are on, used the bathroom, etc.
 - This also means you are mentally ready to play. When you step on the field check your attitude. Do your best to leave your troubles and any drama from the day behind as soon as you step foot on the soccer field. Enter the field ready and focused.
- If you are not physically and mentally ready to perform 100% at practice, take the day off.
 - If you are sick and are not able to perform your best, it is better to take the day off. You play like you practice, better to only practice at your best.
 - If that is the case - you must let your coach know!
- Negative attitude and disrespect will not be tolerated
 - Your attitude is your choice – check it regularly
 - We work as a team. Teams are built on trust and respect. How you talk about yourself and others matter. Think before you talk, and if it isn't helpful or positive – don't say it.
- When a coach or another player is talking, you should not be. Even if you don't think the question or comment concerns you, listen anyway. You never know whether the information might be useful to your or a teammate later.

Cell Phones/iPods/iPads/Technology:

All cell phones and such are supposed to be silenced and put away during practice. This includes any water or bathroom breaks! During scheduled practice or game time we should never see your phone or device; if we do it will be ours until the end of the practice. If you have a special circumstance talk to us prior to the start of practice.

Absences / Tardiness:

- If you are going to be gone or late for a practice or match, let us know a few days in advance.
- We understand that life happens, but even if you are going to be 5 minutes late us know. A lot of time is spent preparing for practice and matches and if we know if you will be gone or late, we can make the necessary adjustments to prepare.
- If the notice is less than 24 hours from the game or practice time, the only acceptable form of communication is through the phone. If we do not answer the phone leave a message or send an SMS with your name, and the reason why you are late or absent.
- If the notice is more than 24 hours in advance email is acceptable.
 - If you know that you will be gone please remind us at the prior practice or match to make sure we remember
- Missed or late arrival to practices or matches can result in less playing time in matches, at the discretion of the coach. Players with repeated late arrivals might be asked to have a meeting between coach, parents and player to clarify and hopefully rectify the situation.

Playing Time

- Playing time will not be equal among all kids and will determined by attitude, attendance, punctuality, hard work, being a good teammate, and skill. Coaches will keep notes on all of the above throughout the season.

CSC and its coaches are striving to make this a fun and rewarding experience for everyone involved! If you ever have any questions or concerns, please do not hesitate and contact the coach, Club Director, or the Advisory Council. We want to have open and honest communication with players, parents and coaches. However please remember that everybody is human, including the coaches, and nobody is perfect.

Signature Player

Signature Parent