

# Player Code of Conduct: 2023 -2024



SOCCER EXCELLENCE THROUGH DEVELOPMENT.

## WE ARE SOLAR.

Attend all training sessions, matches, tournaments, and meetings unless previously excused by the coach. When conflicts arise, notify your coach as soon as possible ahead of time. You have a responsibility to the club and your teammates to be made sure they get the most out of their time spent at club events. If you don't show you are hurting their chance to be successful and showing a lack of respect for the time they are spending to improve.

Be on time. Players should arrive 15 minutes prior to the scheduled practice time and 45 minutes to 1 hour prior to games to properly prepare. Once again, show respect for your teammates and coaching staff whose time is just as valuable, and don't let your tardiness hurt the hard work they put in.

You represent the Solar Soccer Club at all times. We respect the game, our opponents, and all individuals in life. You have an obligation when you agree to be a member of this club to be respectful of others and to make your behavior an example for those members who follow. You are expected to exemplify leadership and respect toward referees, fans, and opposing teams.

Proper equipment is part of preparation to reach your highest level possible. All players are expected to have all equipment with them at all times. Proper equipment shall include but not be limited to:

- Filled water bottle
- Shin Guards
- All proper practice or match gear
- Appropriate footgear
- PROPERLY INFLATED soccer ball

### The Commitment

There are different levels of club membership but in all Levels, our commitment to the club is what makes our club special. For the members it is about being part of an organization, which promotes values, which the membership believes, are critical to society. For the players, it is about commitment to a club and team which provides their fellow members with an opportunity to train daily in an organization that is set up to allow them to reach maximum potential.

This requires Team Training: Regularly scheduled training sessions occur throughout the entire year.

### Dress Code

- Jerseys and or t-shirts are to be tucked into shorts and socks pulled over shin guards at all times as expected to be on the game day.
- Bring Alternate jersey or T-shirt to all games and or practices
- Texas heat can affect preparation for games and practices, be prepared by bringing a soccer ball adequately pumped and filled water bottle.
- Bring and wear warm-ups in cold weather
- Bring appropriate footgear for conditions (studs and cleats)

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- Goalkeepers are to bring two (2) jerseys which allow the possibility of being distinguishable from team colors

## Player Expectations

*“Champions don’t just train, they invest in their development” TRAINING MENTALITY / PRACTICE ATTITUDE*

## TRAINING MENTALITY / PRACTICE ATTITUDE

The way you train during practice is the way you will play in the game. Developing a training mentality begins with YOU. As you improve so does your team. You must be willing to push yourself and your teammates to the edge.

## DEVELOPING A PRACTICE ATTITUDE

- Come to practice early and work on the aspect of your game.
- Come to practice properly dressed. Wearing shin guards, shirt tucked in, soccer shorts, no watches or jewelry, ball inflated.
- Eliminate distractions. Focus on what you need to accomplish during practice.

## TRAINING ON YOUR EDGE

- Train past what is comfortable for you.
- DON’T just go through the motions.
- INTENSITY, INTENSITY, INTENSITY.
- Raise the bar and set the standard.
- Performance goals – based on long-range process. You have virtually total control over outcome.
- Set two performance goals for each outcome goal.

**Please sign the following Acknowledgement page and return it to the manager of your team.**

I acknowledge that the contents of this Code of Conduct are subject to change. I understand that I will receive notification of all such changes through official notices, and that revised information may supersede, modify, or eliminate existing policies. I have received a copy of the Player Code of Conduct, and I understand that it is my responsibility to read and comply with the policies contained.

Players Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_ Team Name: \_\_\_\_\_