



## **PMSC COACHES MANUAL**

### **Competitive Division – U13 to U18**

#### **Message to the Coaches**

Welcome to another fun year of soccer with the Port Moody Soccer Club! We appreciate your willingness to step up as a coach/assistant – it is only through the dedication and passion of volunteers like you that we have become the ‘best little club in the tri-cities’!

Our programs are focused on the development of players. Everything we do should be in the best interest of the player – building both their physical and social abilities. As a Club we aim to deliver a consistent program that is fun and fair for all our members; as such it is important that everyone follow the same set of rules and policies. The contents of this manual are as much for your benefit as they are for the benefit of all players, coaches, and parents.

We all have a desire to win. Winning is important, but not at all costs. When you run a successful team program, your players not only develop skills but also build character. Making and learning from mistakes is an important part of soccer development, and success should be measured by the improvement of individual players and the team, not by the win/loss record or number of goals scored. The Port Moody Soccer Club is here to work with you and to develop the finest soccer program possible. When problems come up, make sure that you do not hesitate to call your non-competitive division representatives as your input and feedback is welcomed and is critical to our collective improvement and success.

Please ensure you read through this manual and familiarize yourself with the rules and policies specific to the competitive (U13-18) divisions. If you require further information or clarification, please let us know. As coach, yours is a tough, but highly rewarding job – and a lot of fun! Thank you for becoming a part of the team that is Port Moody Soccer! We wish you a great season!

*“A coach is someone who tells you what you don’t want to hear, who has you see what you don’t want to see, so you can be who you’ve always known you could be.” - Tom Landry*

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## Contents

1. Club Philosophy	3
2. Risk Management Policy	3
3. Practices	4
4. Games	4
4.1 General game information	4
4.2 Home team responsibilities	5
4.3 Referee fees	5
5. Field Procedures (games and training)	6
5.1 Field status	6
5.2 Field use	6
5.3 Procedures after field use	7
6. Coaches Responsibilities	7
6.1 Certification	7
6.2 Registration	7
6.3 Transfers and out of district players	8
6.4 Players and coaches ID cards	8
6.5 Checking players	8
6.6 Communication with parents and players	8
6.7 Sample team list	9
6.8 Discipline	10
6.9 Equipment	10
7. Tournaments	10
8. Coaches Code of Conduct	11
9. Parents' Code of Conduct	13
10. Players' Code of Conduct	14

## Club Philosophy

Soccer is an activity which embodies physical fitness, creativity, teamwork and dedication. Port Moody Soccer is a community built on pride, loyalty and respect. Together, we foster an environment where enjoyment and a love of the game are encouraged at all levels and ages.

We endeavour to provide competitive and developmental soccer programs for youth and adults, and encourage sportsmanship, fair play and family involvement in all levels of the club.

Our player development process is based upon the concept that a passion for the ball and the game are fundamental to the development of a soccer player. We are committed to the development of each individual in the program. We strive to promote the development of high-quality teams, players and coaches. We try to instill the qualities of commitment, good sportsmanship and teamwork in all players, coaches, parents and club officials. The combination of talented, dedicated players and quality coaching equals a successful program. Behind every successful player, there is a genuine love for the game.

## 5. Risk Management Policy

- In order to promote the safety of our children playing the game of soccer, BCSA and the Port Moody Soccer Club have adopted the following objectives:
  - Identify all coaches, assistant coaches, managers and administrator
  - Develop and communicate risk management guidelines to all coaches, assistant coaches, managers and administrators;
  - Monitor the implementation of the above objectives.
- The intent of these objectives is for BCSA and the Port Moody Soccer Club to exclude from participation in BCSA activities all persons who pose a risk to the safety of our players, coaches, administrators and volunteers. The Risk Management Coordinator is responsible for establishing and maintaining files under strict confidence. Confidentiality is an ever-present and permanent concern and will be strictly enforced. This process is necessary for the safety of all youth players in sport.
- All people interacting with players are required to complete a criminal record check (CRC). This can be done in person through the police department where one is a resident, or can now be done online. Please refer to our website at <http://www.portmoodysoccer.com/criminal-record-check.html>
- If applied for online, the CRCs are valid for 5 years. Those who already have a valid CRC from another volunteering activity do not need to apply again, but will need to provide a copy of the CRC. For further information on the CRC, contact our risk management coordinator at [riskmanagement@portmoodysoccer.com](mailto:riskmanagement@portmoodysoccer.com) for further information.
- All girls' teams (and boys' teams that have any female players) must have at least one female on the coaching or team management staff, and must provide a valid CRC.
- Coaches and parents need to be careful when taking and posting photos of the team. Photos of children other than their own should not be publically shared without the permission of those children's parents.

## 6. Practices

All teams are assigned a practice time at Heritage Woods turf or Port Moody Town Centre. Coaches are encouraged to prepare a practice session applicable to the needs of their team/players. The Club has a Technical Director, who will share an expected curriculum for the year. Coaches are encouraged to use the Coaches Portal on the Port Moody Soccer Website to access discussion boards, drill ideas and other resources.

In addition to the regular weekly practice, teams will have a designated 4v4 time for their teams. This has been included as part of each player's registration, and players are encouraged to attend. During 4v4, players will be mixed with other players from their division – they will not necessarily play with their team members.

MSL teams will receive an additional one hour technical training session run by the Club's staff coaches.

If players are looking for more training/soccer opportunities, the Club offers an academy training program through the season – this is at an additional cost. <http://www.europrofootball.com/registration>

## 7. Games

### 7.1 General game information

All games are to be played with an emphasis on fun, sportsmanship, development, education and respect for teammates and opponents and officials, and shall be non – results oriented. The game rules below are compiled from BCSA and Port Moody Soccer Club's (District) guidelines.

## **Rules of Play Youth - Rule 24 BCSA Rules & Regulations**

<b>Age</b>	<b>Game Duration</b>	<b>Overtime – Cup</b>	<b>Ball Size</b>
U18	2 equal halves 45 minutes	2 equal halves 15 minutes	5
U17	2 equal halves 45 minutes	2 equal halves 15 minutes	5
U16	2 equal halves 40 minutes	2 equal halves 10 minutes	5
U15	2 equal halves 40 minutes	2 equal halves 10 minutes	5
U14	2 equal halves 35 minutes	2 equal halves 10 minutes	5
U13	2 equal halves 35 minutes	2 equal halves 10 minutes	5

Coaches please take the time to become familiar with the guidelines and laws of the game:

U13 retreat line guidelines:

<https://www.bcsoccer.net/files/AboutUs/BylawsRulesRegsPolicies/BC%20Soccer%20Under%2013%20Retreat-Line%20Guideline.pdf>

FIFA Laws of the Game:

<http://www.fifa.com/development/education-and-technical/referees/laws-of-the-game.html>

Offside amendments:

<http://garcia-aranda.com/offsideifab/eng001.html>

7 Steps of Wall Management:

<https://www.bcsoccer.net/files/Referee/ContinuingEducation/7%20steps%20of%20wall%20management.pdf>

Referees Consideration for Fouls:

[https://www.bcsoccer.net/files/Referee/ContinuingEducation/7%20%20Analysis%20of%20match%20situations\\_Considerations\\_English.pdf](https://www.bcsoccer.net/files/Referee/ContinuingEducation/7%20%20Analysis%20of%20match%20situations_Considerations_English.pdf)

Port Moody Soccer Club has a long-standing practice of shaking hands with the opposing team players and coaching staff, and thanking the referee following every game.

## 7.2 Home team responsibilities

- Contact the opposition early in the week of their game and confirm game time and field information (potential closure info and/or alternate field), as well as jersey, shorts and sock colours. This is also recommended if you are the away team and have not heard from the home team within a few days of the game.
- In the case of a conflict in colours, the home team will usually change uniform colours/wear pinnies.
- Set up the field (unlock and move goal nets if applicable, corner flags and signs) and supply a game ball. Mark the goalie boxes if they are not already designated.
- The nets & corner flags and signs are kept in a locked storage area beside each field. See below for the location of equipment for each of PMSC's home fields:

North Shore (Heritage Woods) Community Park Turf Field	Shed/cage on the north side of the turf field
North Shore (Heritage Woods) Community Park Grass Field	Modified green BC Hydro 'box' beside the 3 <sup>rd</sup> base baseball dugout (east side of field, outside of the fence)
Port Moody Town Centre (Trasolini) Turf Field	Storage area at the north end of field house
Westhill Grass Field	Modified green BC Hydro 'box' on NE corner of grass field behind the baseball diamond
Various School Grass Fields	Modified green BC Hydro 'boxes'
Inlet Field	Girls change room door of the PMSC Clubhouse

- Referees are supplied by the Club assignor for all home games, but coaches are responsible to pay the Referee and Assistants) prior to the home game starting. (See referee fee section.)
- Advise visiting teams of designated viewing area for parents and guests and ensure home team's spectators are also compliant.
- All coaches are responsible for the conduct of their team, individual players, parents, friends of players or walk-on fans/supporters. This applies to both home and away games.
- Game officials are instructed to approach the head coach when they feel fans are not conducting themselves properly. It is then the responsibility of the head coach to ask the fan(s) to behave in a proper manner or exit the field. If the behaviour pattern does not improve the game official may abandon the game.
- At the conclusion of the game the home team is responsible to return all equipment to lock-ups, return nets to lock up areas, remove all team litter and leave field in better shape than what was at arrival (see Section 5.3).

## 7.3 Referee fees

Age group	Referee rate (\$)	Assistant referee rate (\$)	Game rate (\$)
U18 MSL	60	30	120
U17 – U18	50	25	100
U15 – U16 MSL	50	25	100
U16	45	22.50	90
U15	45	N/A	45
U14 MSL	45	22.50	90
U14	40	N/A	40
U13 MSL	40	20	80
U13	35	N/A	35

If assistant referees are scheduled, the rate is 50% of the referee rate per assistant. Rates may be adjusted for Cup Play during the 2016/2017 season.

Coaches or managers must provide our treasurer with a reconciliation form found on our website <http://www.portmoodysoccer.com/referees-fees.html> to request further referee funding. This requires tracking the game dates, referee name and amount paid. The club only prepares cheques once per month typically at the end of the month, so please plan accordingly if you will require further money.

## 8. Field Procedures (Games and Training)

### 8.1 Field status

All field status and updates are posted on our website [www.portmoodysoccer.com](http://www.portmoodysoccer.com). The fields may be closed from time to time (typically due to flooding, frost or snow), either by the City or by the Club. In the case of the Club, the decision to close a field is made by the Club Field Scheduler. The Club does their best to delay field closures for as long as possible as our weather can change quite frequently. Some field closure decisions will not be made until 8:30am on game days. All members of the Club are asked to be tolerant in this matter, for it is often a difficult and last minute decision to make, and requires judgment to balance the wish for all players to play against our responsibility to use the fields in a reasonable fashion. If the fields are to be closed by the City, the decision is made on Friday afternoon, and "Field Closed" signs are posted on one of the goals. The Club Field Scheduler does have discretion to remove the "Field Closed" signs and open the field if conditions dramatically improve.

If your game is cancelled, please remember to contact and confirm this with the opposing coach before you start contacting your players. This includes notifying opposing teams from other clubs, where applicable. If you are playing on a field that is not in Port Moody against a team from another club, and have any concern that the field may be closed, please contact the opposing (home) team. Field closures will not be communicated to coaches, and as such each coach should make it a regular habit to check the club website and encourage their players (parents) to do the same. Note that if fields are closed in Port Moody, this does not necessarily mean that other municipalities have closed their fields. Each club and municipality typically posts their field status on their websites.

### 8.2 Field use

#### North Shore Community Park (Heritage Woods Secondary)

- When using North Shore Community Park (Heritage Woods Secondary) grass ensure the spectators are on the appropriate fence sides of the field only, and away from the areas between the fields.
- At North Shore Community Park turf (Heritage Woods Secondary) please be aware of the other users on the track. Please ensure that the signage is put on the track requesting the runners to use the outside lanes, and ensure that we have not blocked access to this area with any nets, equipment or spectators.
- Washroom – the washroom will be open Monday – Friday from 3:00-11pm and weekends from 9:00am to closing. This washroom will be closed by the Caretaker (hours will vary).
- Change rooms – the change rooms are now on a timer system and will be open from 7:00am to 11:00pm starting in September.
- Parking – Signage is in place indicating that the back parking lot gate will be closing at 10:00pm. Closing of the gate is the responsibility of the Heritage Woods School caretakers. To help with parking congestion, especially when school events are taking place, we ask that all teams using the 6:00 to 9:00pm training times use the back parking lot as much as possible, and the teams starting at 9:00pm only use the front and lower lot as the gate will be closed at 10:00pm.

#### Westhill Park

- All spectators are to be **OUTSIDE** of the fenced playing area and only players and coaches are to be on the playing field. We can lose our field privileges if spectators do not remain in the designated zone. Use the signs provided to help manage spectators – these need to be put out by the first teams using the field and put away by the last team(s) using the field. If you don't see anyone using the field immediately after you, then assume you are the last team to use the field.

#### Aspenwood / Heritage Mountain

- All spectators are to be on north side of field with players and coaches on south side only.

### 8.3 Procedures after field use

- At the end of training/game, please vacate the playing surfaces on time and hold your team chat off the field so that other teams can get started immediately.
- Return all nets, benches, tent shelters, corner flags and signs to the appropriate storage area. These items should be put away properly and in a clean and orderly manner. If other teams have left out equipment please help ensure that these are also put away (and if a problem persists advise the Club's Equipment Manager, providing details on date and time the problem was noted).
- For all grass fields, the goals must be locked up after the game unless there is field hand-off to another Port Moody Soccer Club coach. If there is no team playing after your game/practice, then you are responsible for moving the nets back to the fence and ensuring they are locked together.
- Ensure that both team and spectator areas are clean and that no water bottles, orange peels or food wrappers, etc. are left behind. Please use the garbage and recycling bins located at each field.
- When using dressing rooms at Trasolini Field and North Shore Community Park (Heritage Woods Secondary), clean out both Home and Visitors after the game.

## 9. Coaches Responsibilities

### 9.1 Certification

As of June 1, 2016 BC Soccer requires all Head Coaches to be certified. Port Moody Soccer Club is in the process of having a coach trainer certified, and the required certification will be done in-house. Details of in-house certification opportunities will be made available as soon as possible. Coaches will be required to complete training within six (6) months of their Head Coach appointment. PMSC will cover certification costs for coaches who successfully complete their certification. The certification required for different age groups is shown below.

Age Group	U6	U7-U8	U9-U12	U13-U18 (divisional)	U13-U18 (high performance)
Certification Required	Active Start	FUNdamentals	Learn to Train	Soccer for Life (or higher)	B National
Course Duration	3.5 hours	7.5 hours	14 hours	14 hours	5 days (40 hours)

### 6.2 Registration

- All players on your team must be registered to play with Port Moody Soccer Club before they may participate in any soccer event.
- Non-PMSC members are not covered through our insurance.
- All players on your team must be registered (1 day before a league game, 7 days before a cup game) before they may participate in any soccer event.
- To be eligible for a cup game, players must have played in one league game for the team.
- Players may only play league or cup games on the team to which they have been properly registered (**they cannot be "borrowed" by other teams**)
- Some Leagues are now allowing players to play for other teams on permit. Players must have prior permission (**signed form**) from their team to play on permit. <https://www.bcsoccer.net/documents-forms>

### 6.3 Transfers & Out of District Players

- Teams are only allowed **three Out of District players**. This means that teams can only have a maximum of three players who are outside the boundaries (our district is the Tri-Cities Youth Soccer District – Boys & Girls), and they must have been granted permission from their outgoing District (permission cannot be withheld). The Out of District forms can be found on the BC Soccer site.
- Teams are only allowed **three transfers during a playing season**. In order to transfer a player registered by a team for the current playing season they must first give his/her current team seven (7) days notice by completing a Transfer Form (form available on BC Soccer site – minimal charge also incurred). An official of the team must respond to the application to transfer with seven (7) days of receiving the Transfer Form.
- Players must be transferred seven (7) days before taking part in any **cup games**. All player transfers for league games must be made at least one (1) day prior to the game - taking place.
- The deadline for player transfers is **March 15<sup>th</sup>** of current playing season.
- All forms can be found at this link: [www.bcsoccer.net/documents-forms](http://www.bcsoccer.net/documents-forms)

### 6.4 Player & Coaches ID Cards

- All Coaches, Managers and other team Officials must have a current ID Card\*.
- **The above individuals must have completed a current Criminal Record Check (CRC), and been approved by the Club Risk Manager. There are no exceptions to this requirement. Anyone who has not completed a CRC by Oct 15th of the current season will be prohibited from participating in any Club activities.**
- All player age groups U13 to U18 must also have a current ID Card. Preparation of the cards shall be the responsibility of the Club Registrar, and are then approved by the District Registrar. ID Cards are required by October 1<sup>st</sup> of the current playing season.

### 6.5 Checking players

- All players must wear shin pads and proper footwear (soccer cleats or turf shoes on turf fields).
- Check that players are not wearing anything that could compromise their safety or the safety of other players. Players must not wear jewelry to practices or games. Any earrings or other piercings must be removed or covered with tape.
- It is strongly recommended that players with long hair tie their hair back.

### 6.6 Communication with players/parents

- Schedule a meeting with players and parents before the season to set and communicate individual and team objectives and to implement necessary committees or processes for a successful season.
- Players must be dealt with in a fair and equitable manner.
- The coach must outline team and club policy and coach expectations for all parents (i.e. team rules for players and parents, snack and oranges plan, game/practice viewing areas, arrival time for practices and games, how you will communicate with parents, role of the parents, etc.). There should be no surprises.



**6.7 Team List Example**



Home Team \_\_\_\_\_

**Opponents** \_\_\_\_\_

Date \_\_\_\_\_

**Team List of**

**Division**

Player #	First Name	Last Name

**Coach -**

**Assistant -**

**Assistant -**

Referee \_\_\_\_\_

**Team Lists**

Fully completed duplicate team lists must be submitted to the Referee before the start of each game. The lists must show date, time, location, team and player names and ID numbers, and jersey numbers, coaching and other staff names and ID numbers, and must be signed by a coach.

**Note: Any suspended players, or players not available to play, must be crossed off.** Failure to accurately complete and submit the lists may lead to a protest of the game.

Any player or team official who knowingly participates in a game while "ineligible" (e.g. under suspension) or a player who is "illegal" (e.g. registered to another team, or not registered) shall be subject to a minimum six-month suspension, and other potential penalties that may occur.

## 6.8 Discipline

All coaches are responsible for the conduct of their team, individual players, parents, friends of players or walk-on fans/supporters. This is applicable to both home and away games.

### **PORT MOODY SOCCER CLUB HAS A “NO STRIKE” ZERO TOLERANCE POLICY TOWARDS ABUSE OF REFEREES, COACHES or PLAYERS.**

Coaches and Clubs will be fined for inappropriate conduct of fans, players or coaches. Make every effort to educate everyone involved with your team that the Club has a zero tolerance for abusive and unruly conduct. Players, Coaches and Team officials are responsible for the payment of all fines against them. If a player does not pay their fine(s), the team is responsible for the payment. The leagues will fine the Club who in turn will hold the Team responsible.

The appropriate Vice President must be informed immediately of any pending discipline case(s) against any coach or any team official.

## 6.9 Equipment

Coaches will be given a set of balls, some cones and a set of pinnies, and a goalie shirt. Goalie gloves may also be available. We recommend that players do not take balls home with them between practices/games. It is the coach's responsibility to ensure that equipment is taken care of and accounted for at the end of each practice/game. If balls start to get soft, coaches should get them refilled. The club has a hand pump that can be used if needed. Ensure that pinnies are washed as necessary, and dried on wet days so they don't get mildewed. Equipment is to be returned at the end of the season. There will be some equipment located at lock-ups at each pitch for games, training or general use. These items are to remain in the lockers after use as this is for all membership usage.

## 7 Tournaments

Some teams may be interested in having their team play in a tournament against other clubs. Each year PMSC allocates a set amount of funds for teams to participate in tournaments. The Club does not necessarily promote these tournaments, so the onus will be on coaches to find out what tournament options are available.

To play in a non-Port Moody hosted tournament, your team must submit the required entrance fee along with your application. Tournament entrance fees typically range between \$350-\$500 and are usually due 2-3 months before tournaments. Here is a link to BC Sanctioned tournaments: <https://www.bcsoccer.net/sanctioned-tournaments>

A one-time \$ 250.00 tournament reimbursement will be available to Port Moody Soccer Club teams participating in a BC Soccer sanctioned tournament between September 1 and March 31 for each soccer season. Teams are to pay for the tournament and then submit their paid receipt to our treasurer for reimbursement.

Teams entering tournaments outside of BC, and outside of Canada must be familiar with the regulations of BC Soccer regarding participation in such tournaments, and further information is available at: <https://www.bcsoccer.net/documents-forms>

## 8. Coaches' Code of Conduct

The athlete/coach relationship is a privileged one. Coaches play a critical role in the personal as well as athletic development of their athletes. The Board of Directors of Port Moody Soccer Club (PMSC) has developed this Code of Conduct to clarify and distinguish approved and accepted professional and ethical behaviour from that which is detrimental to the development of the sport of soccer. (The term "Coach" shall include, but is not limited to Head Coach, Assistant Coach(s), Manager/Trainer and or Team Representative.)

To clarify expectations of coaching conduct, the PMSC jointly expect all coaches to conform to this code of conduct.

- I will conduct myself in the best interests of Port Moody Soccer Club, putting the Club's and player's interests ahead of any personal or team interests. I will ensure I support the Club and its activities.
- I will set clear expectations for players, parents & coaches prior to the start of the season.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will follow PMSC policies, in the event a policy is unclear, I will contact the PMSC Executive to clarify the issue. I will do my utmost to learn PMSC policies.
- I will follow PMSC player development philosophy as outline by the Technical Director.
- I will be reasonable in my demands on the player's time, energy and enthusiasm. I will be aware that they have other interests and obligations, including school, and will conduct and organize training sessions in a manner that ensures academic success.
- I will never place the value of winning over the safety and welfare of players.
- I will teach my players that the rules of the game are mutual agreements, which no one should evade or break.
- I will never engage in harassment or physical abuse of team members, game officials, or opposition and support all efforts to remove such abuse from sporting activities. (Harassment takes many forms but can generally be defined as behaviour, including comments and/or conduct which is insulting, intimidating, humiliating, hurtful, malicious, degrading or otherwise offensive to an individual, or group of individuals, or which creates an uncomfortable environment).
- I will develop team respect for the ability of opponents as well as for the judgment of officials and opposing coaches and players.
- I will remember that athletes need a coach they can respect. I will be generous with praise, lead by example, and provide all feedback in a constructive, positive manner.
- I will conduct a reasonable inspection of the playing field and of the equipment before each game or practice.
- I will not knowingly let an injured player take part in a game or practice session without the advice of a physician.
- In age appropriate circumstances, following practices and/or games, I will release players only to parents, adult family members or other responsible persons.
- I will provide a current Criminal Record Check in a timely manner.
- I will at no time become intimately and/or sexually involved with any player registered on a PMSC team. This includes requests for sexual favours or threat of reprisal for the rejection of such requests made to players or their parents.
- I will not engage in personal communications with a player on non-soccer related issues in written, verbal or electronic manner.
- I will follow the Fair Play Philosophy which states that ALL players are entitled to play a minimum half of every game
- I further understand that I not only represent my players and team, but also the club (PMSC), in games and tournaments, and will conduct myself accordingly. I understand that the Coach, Assistant Coaches, Team Managers, Team Officials and parents will be held accountable by the Board for our actions and behaviours throughout the season. I further understand that the PMSC Executive and the Club will monitor our behaviour and will take appropriate action to uphold this Code of Conduct. Members who are sanctioned under this policy may also be subject to the disciplinary rules of BC Soccer.

I agree to the following terms:

- I agree to abide by the PMSC Coaching Code of Conduct.
- I acknowledge that the PMSC may take disciplinary action against me, if I breach the Coaching Code of Conduct. (I understand that PMSC are required to implement a complaints handling procedure in accordance with the principles of natural justice, in the event of an allegation against me).
- I acknowledge that disciplinary action against me may include suspension of coaching privileges, payment of fines, and de-registration from the PMSC.
- I acknowledge PMSC policies that are broken could result in the loss of both field time & officials

I, \_\_\_\_\_ accept the above rules as written and will do my best to abide by them.

\_\_\_\_\_, \_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

## 9. Parents' Code of Conduct

I hereby pledge to provide positive support, care, and encouragement for my child.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well-being of my child ahead of a personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.

I will remember that the game is for youth - not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans, and officials, with respect regardless of race, sex, creed, or ability.

I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.

I will abide by direction provided by the coach that is in the best interest of the team and/or in compliance with club rules.

I will communicate with the coach or team manager if my child is unable to attend a game or practice , with reasonable notice.

PLAYER'S NAME: \_\_\_\_\_

PARENT/GUARDIAN(S) OF PLAYER: Name \_\_\_\_\_  
(signatures required)

Relationship: \_\_\_\_\_

DATE: \_\_\_\_\_

## 10. Players' Code of Conduct

I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.

I will attend every practice and game that I can, and will notify my coach if I cannot.

I will expect to receive a fair and equal amount of playing time.

I will do my very best to listen and learn from my coaches.

I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.

I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!

I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sports events.

I will encourage my parents to be involved with my team in some capacity because it's important to me.

I will remember that sports are an opportunity to learn and have fun.

I will inform my coach immediately if I am feeling unwell or become injured during a game or practice.

PLAYER'S NAME: \_\_\_\_\_

PLAYER'S SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_