



PLAYER GUIDELINES

ONE CLUB. ONE VISION. LIMITLESS POSSIBILITIES.



TRAINING GUIDELINES

- Players must wear the approved club training uniforms for all sessions.
 - No middle or high school uniforms
 - No match day uniforms
 - No gear from other clubs



Turquoise, Black, Black

- Players must arrive at least 15 minutes before training begins to allow time to prepare properly.
- Please notify the coach by 10:00am on the day of training if you are unable to attend. This helps the coach plan the teams evening session properly. If an emergency arises, please communicate as early as possible.
- Consistent attendance is important! Players who miss training sessions during the week may lose playing time on the weekend. Regular participation supports both individual growth and team development.



TRAINING GUIDELINES

- If a player needs to make up a missed session to avoid losing playing time, they must communicate directly with their head coach. The coach will arrange for the player to attend a session with another team during the week. It is the player's responsibility to reach out and coordinate with the coach.
- Teams/Players must put their bags in an organized and professional line during training. This will prevent any confusion, and helps ensure that players accidentally don't go through each others belongings, or misplace their personal items.
- Players must walk around the fields to get to their sessions. Please do not walk through another team's session. Be respectful and courteous to all teams using the facility.
- Respect the clubs Facility & Training Guidelines



TRAINING GUIDELINES

- Training Preparation:
 - Prepare your soccer bag the night before training.
 - Bring your own water to training.
 - Shin guards must be worn during all training sessions
 - Always bring both your cleats and a pair of running shoes.
 - Players must always bring a soccer ball to training.
 - Write your name & team age group on the ball to prevent it from getting lost or stolen.
 - Make sure the ball is pumped for the Coach
- Training Mental Preparation:
 - Use age-appropriate language
 - Respect all Staff & Teammates
 - Be laser-focused during training
 - Provide the maximum effort for the Staff
 - Positive & Learning Attitude Always



GAME GUIDELINES

- Players must arrive 1 hour before kick-off for home/local games.
 - For games that are 2+ hours away, players must arrive 1.5 hours before kick-off.
- Late arrivals on gamedays may result in reduced playing time.
- Players must wear approved club gameday uniforms.
 - Always bring both uniform sets in case a change is needed due to a color conflict.
- All players must be available to be rostered unless prior communication in a timely manner has been made with the Head Coach.
- Respect the game environment — this includes the facility guidelines, opponents, staff, referees, team/teammates, and parents.
- Use age-appropriate language and show respect to referees at all times, no dissent will be tolerated.



OFFTHE-FIELD GUIDELINES

To be the best on the field, players must also take care of what happens off the field. These guidelines help ensure every player represents the club with integrity, responsibility, and excellence.

- **Academics Come First**

Maintain strong academic performance. Time management, responsibility, and effort in the classroom carry over to success on the field.

- **Social Media Responsibility**

Always represent yourself, your team, and the club positively online. Avoid negative or inappropriate posts. If you wouldn't say it in front of a coach, parent, or teacher — don't post it.

- **Prioritize Nutrition, Hydration, and Sleep**

Fuel your body with healthy food and stay hydrated throughout the day. Aim for 8–10 hours of sleep each night to allow for proper recovery and peak performance.



OFFTHE-FIELD GUIDELINES

- **Commit to Recovery and Injury Management**

Listen to your body. If you're injured, report it and follow recovery protocols seriously. Rest and proper treatment are part of being a disciplined athlete.

- **Be a Great Teammate**

Support your teammates on and off the field. Show respect, listen, and communicate positively. Leadership starts with how you treat others.

- **Build Good Character**

Make choices that reflect maturity and integrity. Coaches, parents, and younger players are watching — lead by example.

“Success in life comes when you simply refuse to give up, with goals so strong that obstacles, failure, and loss only act as motivation.”



OFFTHE-FIELD GUIDELINES

- **Be a Role Model in the Club**

Whether you're at training, a game, or a club event, carry yourself with pride. Younger players look up to you. Set the standard for effort, respect, and attitude.

- **Prepare Mentally and Physically**

Being game-ready means more than physical training. Visualize success, manage stress, and stay focused. Build habits that help you grow as a complete athlete.

- **Embrace a Growth Mindset**

See challenges as opportunities to improve. Learn from mistakes, stay coachable, and keep pushing to get better every day. Growth happens through consistent effort and a positive attitude.

One Club. One Vision. Limitless Possibilities.



PLAYERS RESPONSIBILITIES

Every player is expected to take ownership of their role within the team, the club, and their own development. The following responsibilities apply to all players, both on and off the field.

Take Ownership of Your Development

Your growth as a player is your responsibility. Come prepared, stay engaged, and take the initiative to improve your skills, mindset, and physical condition — both on and off from the field.

Be Coachable and Open to Feedback

Approach all instruction with an open mind. Accept feedback from coaches and staff with a positive attitude, and use it as a tool to get better. Growth requires the willingness to learn.

Prioritize the Club/Team Over the Individual

Club/Team success comes first. Be committed to the overall goals and support your teammates on and off the field. Your attitude, effort, and energy impact the entire club/team.



PLAYERS RESPONSIBILITIES

Show Respect at All Times

Treat everyone involved with the game and the club — coaches, teammates, referees, opponents, parents, staff, and volunteers — with respect. How you treat others reflects your character.

Take Initiative to Contribute & Be Consistent with Effort and Attitude

Help push your team to succeed by encouraging others, communicating positively, and stepping up when things get hard. The effort and mindset should never depend on who you're playing or what's at stake. Bring the same energy, discipline, and work ethic every day.

Be Accountable

Own your mistakes, be honest with yourself and others, and take responsibility for your actions. Blame and excuses don't lead to improvement — accountability does.

Hold Yourself and Others to a High Standard

Challenge yourself to grow, and help hold your teammates accountable to the same standards. Great teams are built on mutual trust and commitment.