



TRAINING GUIDELINES

ONE CLUB. ONE VISION. LIMITLESS POSSIBILITIES.



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- 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
- Shin guards must be worn during all training sessions.
- 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.



Turquoise, Black, Black



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- 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 always bring a soccer ball to training.
 - Write your name and team age group on the ball to prevent it from getting lost or stolen.
- Always bring both your cleats and a pair of running shoes.
- E-bikes and bicycles must remain on the facility's paved sidewalks. Please be mindful of pedestrians and ride safely through the park.



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- 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.
- In the event of a lightning delay, all players and parents must leave the facility and wait in their vehicles. If a parent is not present, players should wait in a teammate's car. The facility uses a lightning meter and will provide an "all clear" signal when it is safe to return.
- Parents are not permitted to interact with players or coaches during training sessions. In the event of an emergency, the coach will contact the parent or team manager immediately.
- Parents must walk around the outside of the facility and not through the sessions. As per facility guidelines, please stay out of areas designated for coaches and players.
- Parents are not allowed on the turf fields. Please remain on the designated concrete paths throughout the duration of the session.