



At SSC, we feel it is very important that at the initial team meeting, ALL parents and players clearly understand the financial and time commitment they are making to the club, to the team coach, and most importantly to each other as teammates and as parents of players. Your team coaches will make sure this commitment level is discussed at your initial team meeting.

To that end, below is a set of rules and guidelines we expect ALL coaches, players, and parents to follow. It is not an all-inclusive list, but it is intended to cover the main areas of concern. If any of these rules are broken, it may result in asking the offending individual to leave a training session or game, decreasing the playing time for the player in training sessions or games, suspending the offending person from training sessions, games or tournaments, or, in severe cases, asking the offending person to leave the team entirely. It is important that everyone (coaches, players, and parents) read and understand these rules because each of you will be expected to abide by them at all times.

1. Respect

- a. Treat your teammates with dignity and do not put them down.
- b. Do not taunt the opponent or degrade them in any way.
- c. Dissent of any kind to the coaches, the other team, or the referees is strictly forbidden. The player will be benched or asked to leave training if this occurs.
- d. Use of inappropriate language will not be tolerated.

2. Responsibility

- a. Prepare for training and matches accordingly by bringing all necessary equipment, including running shoes, cleats, shin guards, shorts or sweat pants, and uniforms or training gear. You will not be allowed to play if you forget any of these.
- b. If you should miss a training session for any reason, please inform the coach and/or manager via phone or e-mail beforehand. Occasionally missing a training session due to school, sickness, or a family obligation is expected and understood. Persistent absences, even if excused, may result in decreased playing time. Unexcused absences may also result in decreased game time.



- I. If a player misses ALL training during the week, the player will NOT start (unless needed to reach the minimum number of players to the game) and may not receive any playing time for that weekend's game.
 - II. If a player misses 1 unexcused session during the week, it may result in decreased playing time.
 - III. If a player misses a tournament or a portion of a tournament, it will result in the player having to "earn" back his playing spot and time after his return.
- c. Participation on this team is a privilege, not a right. Misbehavior (horseplay, fighting, disrespecting a coach, manager, officials, etc.) will result in the player being asked to "take a seat" or being dismissed from that day's practice. Misbehavior at a game will result in nonparticipation for that match.
 - d. Show up on time and ready to play at the designated time.
 - e. Fighting of any kind will not be tolerated and will result in disciplinary action and/or up to being kicked off the team.
 - f. All players are expected to assist coaches with set-up and clean up of the field before and after training, or when the coach asks.

3. Caring

- a. Be encouraging and motivating with your teammates and don't get frustrated or angry at mistakes when they occur. Any negative attitudes towards teammates will result in less playing time or benching.
- b. Support your teammates when they are in trouble, both on and off the field.
- c. Be generous with praise and positive with criticism.
- d. Report any unsafe training conditions or equipment to the coach.



4. Honesty

- a. Play by the rules and respect the integrity of the team and the game. Any dishonest behavior will result in suspension, with the length of time depending on the severity of the action.
- b. Be loyal to the team and voice any concerns that may affect the team to the coaching staff.

5. Fairness

- a. Follow the Golden Rule and treat others as you expect them to treat you.
- b. Treat all players equally.

6. Demeanor

- a. Be respectful of the team and yourself. You represent this team and club in all that you do, so act accordingly.
- b. Look out for your teammates and help them make good choices on and off the field by encouraging them to act positively and unselfishly.
- c. Keep the rules in mind at all times and do not break them. If you do, expect consequences.

7. Representation

- a. While traveling, you are expected to abide by all laws and rules that govern that area.
- b. Curfew hours will be set for tournaments and bed checks will be made in unsupervised rooms. Any infractions will be cause for playing time reductions, and possibly being asked to leave the tournament.
- c. Conduct yourself with maturity and respect to all authority figures when traveling.

Parent/Guardian Contract



1. I have read the rules and I promise to do my best to follow them
2. I promise to be **on time** to trainings and games unless circumstances arise that prevent me from doing so. This includes the prompt pick-up of my child after a game or training session if I am not able to stay there.
3. I promise to help reinforce the instruction of the coach at home and during games by speaking to my child about the themes of trainings and games, and will strive to create a thoughtful and positive dialogue between my child and me.
4. I promise to aid the coach in reinforcing the daily and weekly soccer homework assignments that are given by the coach.
5. I promise to contact the team manager if any questions, problems, or complaints arise related to the team.
6. I promise to contact the coach if I have any concerns about my son's soccer experience.
7. I promise not to coach my child in any way that might affect the instruction of the coach. If I have questions as to the subject of training content or skill acquisition, I will ask the coach about this so that I can reinforce the instruction.
8. I promise that my game behavior will be as follows:
 - a. I will not coach my child or any other player unless the coach asks me to do so.
 - b. I will only shout praise and positive motivational statements to my child and the entire team.
 - c. I will always stay positive no matter the score or the situation.
 - d. I will treat the other team's players, parents, and coaches with respect at all times no matter what occurs. I will honor the outcome that presents itself.



- e. I will respect any decision made by the referee and prevent myself from complaining about bad calls to reinforce the concept of good sportsmanship to the children and any neutral bystanders.
 - f. I will wait patiently before, during, or after a game or practice for my child while the coach reviews and summarizes the game for his benefit.
9. I promise to do my best in any endeavors the team sees fit to go through with, including fundraising efforts, team gatherings and traveling.
10. I promise to support this team in any way that will contribute to the positive soccer experience of all.
11. I understand that any serious infractions may result in penalties, such as being banned from games or training sessions, or, in extreme cases, being asked to leave the team.
12. I understand that by having my child on this team, it creates a great commitment to the club, the coach, and the other parents/players on the team. I will do my utmost to fulfill any and all obligations and contribute to the positive development of my child and this team.

Date _____

Parent/Guardian

Parent/Guardian



Player Contract

Springs Soccer Club 2020-2021

Name: _____

1. I promise to do my best to follow the team rules set forth by the coaching staff.
2. I promise to work hard at training and to follow the instructions of my coaches for the betterment of the team.
3. I promise to bring all personal equipment to training sessions.
4. I promise to do my home soccer team fitness, skill work, or assignments so that I can improve my skills and knowledge of the beautiful game.
5. I promise that if I am injured but able, I am still required to show up to trainings, games, and any team functions unless my injury prevents me from doing so.
6. I promise to call the team manager or coach promptly if I have any questions, complaints, or problems about anything related to the team.
7. I realize that should I break any of the team rules, I promise to accept any of the consequences given by the coach with honor and respect, without harboring resentment or animosity.

Signed,

Player _____ Date _____

Parent/Guardian _____ Date _____



Coaches Contract

Springs Club 2020-2021

1. I promise to maintain a positive and encouraging environment for all trainings and games.
2. I promise to show respect at ALL times to parents, players, the opponent, and referees.
3. I promise to show up on time and prepared for all training sessions and games
4. I promise to communicate timely with parents concerning adjustments to training times, plans for tournaments, or "friendly" games that are scheduled.
5. I promise to make sure all players on the team know where they stand with me as the coach at all times. If they end up in my "dog house" they know why and what they need to do to get out at all times.
6. I promise to motivate and develop ALL players from top to bottom throughout the year.
7. I promise to teach the players to the best of my ability the skills and knowledge needed to be successful and to fully enjoy their soccer experience.

Date _____

Coach _____