



OREGON FUTBOL ACADEMY

COMPETITIVE PLAYER EXPECTATIONS

READ, SIGN & RETURN TO OFA

GENERAL EXPECTATIONS:

- Give 100% at practices and games, do the best to help others.
- Be early to practice with required soccer gear on and ready.
- Practice footwork at home for one hour a week (seek advice/ideas from head coach).
- Watch high-level professional soccer at home.
- Remember uniforms (home & away) and required equipment on game days.
- Arrive 60-minutes prior to the start of each match.
- Watch the game and encourage players on the field as a reserve player.
- Show good sportsmanship at all times.
- Encourage teammates at all times and play fair.
- Come prepared to train and fully participate in games.
- Enjoy and have fun!

TRAINING/PRACTICE EXPECTATIONS:

- Be on time (early) for practices! Players should be on the field and ready to go at the start of practice -- excessive tardiness is unacceptable.
- Give the coach or manager 24-hour notice in event of absence.
- Let the coach, asst. coach, and/or manager know you will be picked-up and who is picking you up.
- Dress code for training sessions should be the following: shin guards, soccer footwear, required/relevant training gear, and plenty of water.
- Coaches and managers must stay until all players are picked-up. Please be prompt so all may leave the training area in a timely manner.
- Coach and manager will be the communication points if a training session is canceled for any reason (via email/text message to all team members).
- Total effort is expected at all training sessions. We train like we play!

GAME DAY EXPECTATIONS:

- Arrive 60-minutes prior to kick-off with a good game visualized in your mind.
- Arrive in the team uniform with appropriate soccer gear on or you'll be dismissed.
- Bring plenty of fluids (water/sports beverages)!
- If you know in advance that you will be unavailable for a game, please share that immediately with your coaching staff/team manager.
- There will be at least a 10-minute warm down and debrief after the game
- Ensure you eat a healthy and substantial dinner (high carbohydrate diet the day before the match) and have a good night's sleep. Eat a light breakfast prior to your scheduled match.
- Give your greatest effort at every game!
- After the game, analyze your performance...what went well, what you need to work-on/improve, and what could be done differently. Take what is helpful from the match to improve and grow your game.

I have received, read, and I understand the **Player Expectations**.

OFA Player Signature

OFA Player Name (Printed)

Date