



OREGON FUTBOL ACADEMY

PLAYER CODE OF CONDUCT

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 and equipment on game days.
- Be 60 minutes early to games.
- Watch the game and encourage players on the field when a substitute.
- Show good sportsmanship at all times.
- Encourage my teammates at all times and play fair.
- Come prepared to train and fully participate in games.
- 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 not acceptable.
- Give the coach or manager 24 hours notice in event of absence.
- Let the coach or manager know you will be picked-up and/or 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 before 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 coach/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 day prior) and had a good night's sleep. Eat a light breakfast prior to your scheduled match.
- Give 120% 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 Code of Conduct/Contract

Print Name: _____

Signature: _____

Date: _____