

# **SAN DIEGO SPIRIT SOCCER CLUB COMPETITIVE PROGRAM POLICIES**

## **I. Introduction**

The Competitive Program of the San Diego San Diego Spirit Soccer Club is designed to meet the needs and desires of boys and girls who seek to develop their skills beyond what is available at the Recreational level, and who want to make a year-round commitment to soccer. Only those teams that are formed through the Competitive try-out process detailed below will be eligible to participate, as a member and representative of SDSSC, in competitive soccer leagues (such as Presidio) and tournaments.

These rules and procedures are the result of many hours of formulation, based upon years of experience of the coaching directors and the board of directors. Their adoption by the board of directors is intended to provide clear operating rules for competitive directors, coaches, players and parents. They are formulated with a basic philosophy on decision-making. In priority, decisions are made based upon 1) what is best for the Club; 2) what is best for the team; 3) what is best for the coach or player. Additional operating policies and guidelines are found in the Handbook for Coaches and Managers.

## **II. General Information Regarding Team Formation**

### **A. Overview**

Each San Diego Spirit team is re-formed annually, immediately following tryouts. Tryouts are typically held in late February for younger teams, and in April for older teams, although the exact dates are dependent on field availability and weather. All potential players must attend tryouts to be guaranteed fair and unbiased consideration and to be considered for placement on a competitive team. Exceptions may be made, but only by the coaching directors, for individual players who are sick, injured or on vacation with their families. There is a certain inevitable amount of player movement between teams every year, although efforts are made to keep intact a team's core group of players. San Diego San Diego Spirit Soccer Club holds the rights to the team's seeding slots within the Presidio Soccer League (these do not belong to any individual team or coach). San Diego San Diego Spirit Soccer Club organizes and administers tryouts and shares results of player evaluations between all coaches involved in the age group immediately following tryouts. The Coaching Director, will oversee all try-outs and team formation issues. The Coaching Director help balance the needs of the Club with those of the particular teams. The guiding principle is to allow players to compete at the highest level they are capable of within their age group. We endeavor to have all players play age-pure soccer (especially U-8 thru U-14). At the youngest age groups, (U-10) player interest and parent commitment are very important elements, as skills are undeveloped at this age, and need to be taught and practiced. With each advancing year of maturity, there is increasing emphasis on

player skill, desire, and decision-making ability in player selection. For players below U10 SDSSC will have a Youth Academy that will provide playing and skill development opportunities for players interested in advancing beyond a recreational soccer program.

## **B. Professional Coach Assignments**

All San Diego Spirit teams will have a professional coach who is expected to be present at all practices and games. The Coaching Director will make professional coaching assignments, which will be approved by the Club President prior to tryouts.

The Club's policy is that there are no parent coaches. Coaches with children in the competitive program are welcome to apply as coaches for teams other than those to which their children belong.

Although there are merits of maintaining the same coach with a team year after year, SDSSC's philosophy is that both the players and the coach benefit from a rotation of coaches after they have been with a team for 2-3 years. In certain situations the Coaching Director may re-assign a coach at a time that is different than that set forth in this policy.

Higher level teams are expected to train more intensely and, if agreed to between the players and coach, may need to pay supplemental coaching fees (if significantly more team sessions are added). All younger players will be coached by experienced coaches and will receive significant oversight by the Club's Director and the San Diego Spirit Academy staff.

Coaches are paid on a monthly basis. Their contracts provide for terms of payment. No coach shall be surprised by any deductions taken from his or her check (such deductions, if they occur, are clearly spelled out in the coaching contracts). If there is a reason that a coach may have an amount deducted from his or her check, he or she will be notified by the Club's administrator in charge of coaching payments at least one week in advance of payment. The coach shall attempt to address the problems, and shall confer with the Club's administrator in charge of coaching payments during this period in an effort to resolve the reasons for pay deductions.

## **III. Try-outs**

### **A. General Information**

Each age group will have two weekday and possibly one or more weekend sessions. All current information concerning try-outs dates, times and locations will be posted on the Club's website: [www.sdspiritsoccer.com](http://www.sdspiritsoccer.com)

### **B. Mandatory Attendance; What to Bring**

All new and returning San Diego Spirit players must attend try-outs to be considered for a position on a team (limited exceptions are noted above). All players are expected to bring their own ball and water bottle. Shin guards are required for all players and everyone should arrive at the fields at least 1/2 hour prior to their scheduled tryout time to warm up and register. Players new to San Diego Spirit should bring a copy of their birth certificate, and be accompanied by a parent to sign the injury waiver. Each player and parent will receive a list of frequently asked questions that provide a summary of basic information about tryouts and team formation.

### **C. Player Selection Process**

There are two stages in the player selection process: early decision, and tryout evaluation. Early decision is based upon a reality of competitive soccer: for teams returning from the previous year, the coach will know in advance of the tryout process that a certain number of players will certainly make the team. For these players, which can number no more than 6 for U-10 and 10 for U-11 and above, the coach can offer the early decision option. Under this option, the player is offered a spot on the new team in the week prior to tryouts. If the player accepts, the player agrees that he or she will not attend the tryouts of any other club, pays a \$200 nonrefundable deposit to be applied to registration fees, and agrees to attend the Club's tryouts. The player will sign a registration form at the time of agreeing to an early decision acceptance. The balance of the registration fee is paid at Sign-Up Night. Agreeing to early decision does not excuse the player from attending tryouts. Failure to attend tryouts is grounds for the Club to terminate the early decision agreement.

All players must attend tryouts. Every player trying out will be evaluated by at least three professional coaches (the Pro Coach assigned to the team, the Coaching Director, and another Pro Coach) at each try-out session. Additionally, goalkeepers will be evaluated both with the field players and separately during the same tryout session. Players will be placed on the team that represents the highest level commensurate with their ability and age bracket. Team selections occur through a cooperative effort involving the Pro Coach assigned to the team, the Coaching Director, and other professional coaches who have evaluated the players. Final determination on player placement lies with the Coaching Director.

The Club seeks to foster loyalty between itself, coaches, parents and players. The Club's policy is that although each coach and team is expected to always seek ways to improve itself, including bringing in new and better players, the Club will not condone replacing a player who has been playing in the Competitive Program for at least three consecutive years with a player attending tryouts who has not been with the Club the previous year, unless there is a significant difference in the skill levels of the players or the new player would otherwise have significant positive impact on the team. The Coaching Director will confer with the coaches in these situations and make final decisions on the selection of such players. Note that a player moving from a silver team to a gold team does not fall within this policy, since such movement is expected and normally occurs from year to year.

## **D. SDSSC Playing Up Policy**

Playing up in age is not a right but a privilege. It is also only allowable with the prior permission of the Coaching Directors under very limited circumstances. General rules regarding playing up are:

- Players will not be allowed to play up if by doing so they would be playing at a lower level (i.e. wanting to move from a U-13 AAA team to a U-14 AA-A team).
- There can be no chain reaction to younger team(s).
- A player should not move up to a second team.
- Player must be rated in the top half of the team moving up to.

Age- range factors in determining whether a player falls within these limited circumstances include:

- U10
  - Players should not play up unless they are an “exceptional” player. For purposes of determining whether a player should play up, “exceptional means that the player would fall into the top-half of players on the older team in terms of skill, maturity, etc., and would definitely be a starter
  - In this age group playing up is based on skill but also size becomes a major factor; after playing up, a player may be moved down into their true age group if their size is more in line with that group.
- U11-U14
  - In this age group there should be almost no playing up. The exception is a U13 or U14 player that is truly exceptional.
  - A U14 player that is exceptional and going to be a freshman in high school may be allowed to play up in the U15 age group because it is their “grade.”
- U15-U17
  - A player playing up should move back down by the time they are U16 or U17 for best results in college recruiting. It is contingent on the younger team being a solid Premier level team.

The following factors are unacceptable reasons to play up:

- Friends are on that team
- Carpool
- The player threatens to leave the club otherwise
- The older team coach recruited them

## **E. Player Notification**

Immediately after the first day of tryouts the coach assigned to the team will call their first 6-8 picks, asking for firm commitments from the players and parents, but making sure that their selection is contingent upon their coming to the next tryout. At the next tryout a few more players should be selected. By the end of try-outs, the coach should be

down to the last 1 or 2 picks for teams. As soon as tryouts are completed, the assigned coach, other evaluating coaches, along with the Coaching Director will finalize selections to the team, again with final determinations resting with the Coaching Director. All players, whether accepted or not, must be contacted within 48 hours by the coaches of the appropriate age group. The Coaching Director will direct Silver and Gold team coaches as to whom will make calls to players not accepted for either team. No player should be told that he or she is not making a team while at the field. Coaches shall use their best discretion and common sense in this regard. If after tryouts and the players have left the field, a parent asks a coach whether his or her child is making a team, the coach should provide the parent with an honest assessment of the child's chance of making a team.

#### **F. Optimum Player Numbers for Teams**

Each team is to carry an adequate number of only the most committed soccer players. The following guidelines are strongly recommended.

- **U8&U9:** Participate in Youth Academy – no limit on the number of participants.
- **U10:** Should carry 11-12 players. U10 also play with 8, but will be going to 11 a side the following year.
- **U11-U13:** Should not carry more than 15-16 committed players.
- **U14:** Should carry 16-18 Players
- **U15 –U16:** Should carry 16 -18 players a side.
- **U17-U19:** Should carry 17-22 players on a roster. Teams are individually reviewed by the Coaching Director, and only significant special circumstances shall constitute valid reasons for deviating from these guidelines. Coaches and Managers are not to deviate from these guidelines without prior approval from the Coaching Director.

## **IV. Team Organization, Fees**

#### **A. Post Tryout/Selection Team Building Activities**

Within two weeks of the last try-out session, each team should have a team meeting with the coach, players and parents all in attendance. The Handbook details the subject matter of this meeting and other team-building activities.

#### **B. Sign Up Night**

Sign Up Night usually takes place within two weeks of the last day of try-outs. At Sign Up Night, players and parents will sign the CYSA registration form, and pay their

registration fees. Some parents and players also opt to pay their coaching fees at this time. Players will also be fitted for their uniform.

### **C. Registration Fees**

Registration fees for each competitive season are formulated and approved by the Board of Directors. Registration fees cover the costs of operating the Club, including equipment, field expenses, referees and administrative expenses, coaching costs, uniform package, summer camps, practice kits, CYSA fees, insurance, goalie skills clinics, and other operating expenses. Registration fees are payable in full at Sign Up Night. If a player is unable to make full payment, a specific payment plan, approved by the Board of Directors, must be agreed to by the player at Sign Up Night. In any event, all registration fees must be paid in full no later than the Saturday following Opening Day. If full payment has not been received at that time, the player's card will be pulled by the Coaching Directors until full payment has been received. No team shall have more than four players on an approved payment plan.

**Registration Fees are non-refundable. The only exceptions are where a player's family moves from the area, a significant injury or illness that will prevent a player from playing, or if the team fails to form through no fault of or cause by the player. If a player leaves the Club for any reason, the player is released from his or her obligation to pay future coaching fees. Any fees paid to date are non-refundable. If a player has pre-paid coaching fees (i.e. accelerated the payments ahead of schedule), the player is allowed a refund of the pre-paid portion only. Even when a refund is warranted, the Club shall deduct an administrative fee of \$200 to help cover the costs that it incurs relating to the player, including CYSA registration fees, insurance, etc.**

### **D. Costs Beyond the Registration Fee**

Costs beyond the registration fee include: 1) Coaching fees, 2) Tournament Fees, 3) Outerwear fees (Warm-up and Bag), 4) League Fees and 5) SDSSC Academy. The club sets coaching fees. . Other team related fees (such as tournament fees, outerwear, special trips, travel arrangements, food, etc) are determined by the coach, the team manager, and other parents on the team. Each Coach and team manager coordinates their tournament selection and schedule with the Coaching Director. More detailed information regarding tournaments is in the Handbook.

### **E. Work Play Program**

The Club has a "work-play program". Parents seeking admittance to the work-play program must be able to demonstrate financial need. Additionally, a Work-Play application must be submitted to the Work-Play Director. Work-Play assistance applies only to registration fees, and not to coaching or other fees. Each team is allowed one work-play player. All work-play obligations should be performed by the close of Opening Day.

### **F. Scholarship Program**

The Club has a scholarship program. To the extent that Club receives donations for player scholarships, these donations will be distributed to players who submit the required paperwork to the Scholarship Committee. Players must indicate a financial need to be eligible for scholarship assistance. Players who receive scholarship assistance will be expected to write a letter to the donating sponsor expressing thanks for making it possible for the player to play in the Club. Writing such a letter will be a factor in making scholarship awards in subsequent years.

### **G. Maintaining Players on Competitive Teams**

Once a player has been offered a place on the team, and accepts the position by completing a CYSA-S Registration Form, pays all fees, and practices or plays a game with the team, that player is team tied to San Diego Spirit for the year. This means that the player is provided a uniform, and has the right to wear that uniform to every team match. A player shall not be cut from the team to make room for another “more skilled” player, or a former team member who failed to commit in a timely fashion following try-outs. However, a player may be dropped from a team for a breach of CYSA-S rules or because of a failure to pay previously agreed-upon coaching or tournament fees. Such drops may not be made without the prior consent of the Coaching Directors. Additional players may be added so long as the team number does not exceed the San Diego Spirit recommended maximum number of players.

It is the Club’s policy that all players shall play in each game, unless they are held out for injury or disciplinary reasons. The amount of time each player plays in a game is determined by the coach, who takes into account the following factors, among others, when making that determination: attendance at practices, dedication and hard work shown at practices, skill level, game needs and conditions, and attitude towards coach, teammates and game officials.

### **H. Emergency Coaching Substitute Program**

The Club has a Substitute Coaching Program where professional coaches help each other cover teams when game scheduling conflicts arise. Any coach with a conflict must contact the Coaching Director at least two weeks before the conflict. The Coaching Director will assign a coach for that game.

### **I. Coaches Salaries**

Club competitive coaches are independent contractors hired by the Club to coach the Club’s competitive teams. Coaches’ responsibilities are detailed below and in their coaching contracts. It is the Club’s goal that our coaches are paid commensurate with competitive clubs in San Diego County. The Club determines coaching salaries upon a number of factors, including:

- Number of years coaching with the Club
- Coach license level and upgrades
- Experience – high school, college or ODP coaching

- Playing experience
- Total number of years coaching
- Level of participation in Club activities
- Attendance at coaching clinics, meetings, etc.
- Services provided to the Club, such as game coverage, clinics

#### **J. Parent Code of Conduct Contract**

Each parent shall sign at Sign-Up Night a contract that identifies the Club's expectations of the parent, to which the parent agrees. The Club expects parents:

- To encourage your child to meet player expectations
- To exhibit good sportsmanship at all times
- To volunteer at least 10 hours during the course of the season
- To provide transportation to practices, games and tournaments
- To meet the Club's and team's financial obligations

## **V. Coaching Duties**

In addition to the duties that are specifically set forth in the Club's coaching contract, coaches are expected to adhere to the following policies.

#### **A. Gold Coach Duties**

- Interact with "Silver" team coach in matters of:
  - Recruiting
  - Tryouts
  - Scrimmages
  - Coach Conflicts
  - Practice session
- Organize scrimmages with older and younger "Gold" teams and older "SilverSilver" team.
- Provide feedback to the Coaching Directors issues within the age group pertaining to:
  - Troubleshooting (Gold or Silver team)
  - Need for additional coaching
  - Player / Parent issues
  - Development of players ready to make the step to "Gold" teams.
  - Management needs.

#### **B. Silver Coach Duties**

- Interact with "Gold" team coach in matters of:

- Recruiting
  - Tryouts
  - Scrimmages
  - Coach Conflicts
  - Practice sessions
- Work to set occasional scrimmages with older and younger “Silver” teams and younger “Gold” team.

## VI. Coaching Policies

### A. Team Management

The coach is responsible for the overall management of the team. The manager, who is a parent volunteer, is there to assist. The manager is responsible for administrating the team. Management items, which the coach is responsible for, includes but is not limited to:

- Player behavior / understanding player characteristics
- Parents sideline behavior
- Interaction with parents.
- Parent meetings.
- Communication with parents.
- Troubleshooting issues
- Discipline of players.
- Assisting administrator with team administrative issues.

### B. Communication with players and parents

- SDSSC coaches are expected to conduct themselves first as teachers and second as soccer coaches. Nothing positive will come of the Club’s efforts if we produce world-class players who do not know how to conduct themselves as successful human beings.
- It is important to interact with parents on a regular basis. This is not the job of the manager. It is the responsibility of the coach. They pay your salary.
- Simple greetings before games and after practices can go a long way to creating a friendly image of the coach toward the team and its supporters.
- Coaches must always talk to the team during halftime and after the game regardless of the result. At no time is it acceptable for a coach to leave a team in anger without speaking to them and putting closure to the game. The only exception is if the coach needs to leave before the end of the game to get to another game. In that event, the substitute coach should briefly address the team.
- Show respect to the players as if your job depended on it...it does.
- Establish the 20 yard coaches/players zone at the midfield line for all games.

### C. Ethics

- We are asking parents and players to commit to our teams and us for the entire season; therefore we must be willing to do the same for those that commit to us.
- Borrowing players when you have a full roster does not show loyalty to the players that are on our team. Borrow only when you have a vacancy in your roster or if you are below the allotted number of players for your particular age team.
- We again should show loyalty to players committed to our club by giving a player on a team in our club first chance to play as a borrowed player.
- Another sign of loyalty to our players is to make sure that they all enter the game before any borrowed player. A borrowed player should never start over a signed Spirit player
- When preparing for State Cup the temptation to add players is great. We will commit to playing with the team we selected from tryouts. If you are short a player you may add one. One additional player may be added in a specialty position to fill out the roster (ie, backup GK)
- We will maintain an ethical standard in transferring players. We will not ask a player to transfer to our team from a team that is already entered into State Cup. We are asking our players to commit to our teams and we would not appreciate it if they did not fulfill their commitment. Therefore we must not ask someone to join another team to do the same to the team that they committed to.

### D. Development

The main focus of our club is the overall development of the Club, Team and Player. It is important that we continue to build loyalty of the players to improve the team as well as the club.

- Playing time – Playing time is sometimes the ultimate confidence builder for the developing player. Getting ample playing time can be what boosts a player's morale while decreased playing time can make a player feel devalued amongst their peers. Keep in mind that a competitive environment includes "earning" playing time.
- Skills vs. Winning – We want to teach proper skills first and sometimes a game may be in jeopardy to stress skills, but keep in mind that "winning" and learning how to win with the use of proper technique is a skill. A certain amount of winning is important for the morale of your team (and your sidelines). Be careful of your timing when sacrificing a game for the sake of an objective. Advancement or league entitlement games are not necessarily the ones to use to stress a particular topic.
- Committed to the player we have chosen – It is important that we show that we are committed to those that commit to us. We never want to cut a player in mid-season due to ability. We have chosen that player to be part of our team,

therefore we are committed to them for the entire year. If we are to encourage the same in return then we must teach by example.

- Mid season changes – We may make additions to our roster in mid season or prior to State Cup. We need to be careful not to exceed a workable number of players on our roster. This makes playing time an issue and can create a negative element on the team. Also when asking a player from another club to come to our team for state cup, it is important to make sure that their team is not committed to go to state cup also. We certainly wouldn't want our players to end their commitment to us early, therefore we should not ask that of another.

#### **E. Evaluation**

Coaches should understand that they are *always* in evaluation mode. That is the trait of a quality coach.

- Coaches are required to submit at least two written evaluations to their players during the year. One during the first half of league play and another two weeks prior to State Cup (a copy should also be submitted to the coaching director).
- One of the best times to evaluate your players for the maximum benefit to the player and the team is when they come off of the field. That is the best time to give positive / critique. That is when it is fresh in the players' mind. This will also go a very long way with the parents. It is always VERY appreciated.
- When a player has an outstanding game or practice a personal phone call to the player is a very good way to give a positive reinforcement.
- Always be honest when assessing questions from your parents about a player. Even if it is not going to be a totally positive answer. Always try to use tact in those situations. Be diplomatic but honest.

#### **F. Appearance**

The term "Image is everything" carries some truth to it. If you show up to practice and games looking like a coach, you will instantly command the attention that you will require from your team. Wearing street clothes or inappropriate attire will not put forth the professional image necessary.

- Wear soccer clothes. Shoes, athletic socks, sweat pants, soccer shirt and appropriate CLUB sponsored gear.
- For games all coaches must be dressed in CLUB labeled attire by sponsored supplier.

- Teams shall wear furnished club jerseys only. Also furnished shorts. Teams shall also wear only club sanctioned outerwear only.
- Teams must wear club furnished practice gear only during team practices and academy clinics.

#### **G. Loan Players**

The following policy is what SDSSC will be using as their club policy regarding loan players to and from the club:

- All player loans must be cleared with the coaching director from the coach 7 days prior to the tournament for which the player is asked to be loaned.
- The borrowing coach must contact the loaning coach. This communication may not go through parents as a mediator. If the coach does not call our coach then there is no loan.
- Before permission can be granted, we must first make sure that one of our own teams is not in a tournament that weekend and players must be asked to play on our teams first.
- If one of our teams is in the same tournament and wishes not to borrow the player, that player must sit out in any game in which the borrowing team faces any SDSSC team.

#### **H. State Cup**

State Cup is the final test to measure our teams and players improvement over the year. It is our expectation that ALL “Gold” teams will compete in state cup (Open or National). We are hopeful that many of our “Silver” teams will also compete in open cup. Keep in mind that if many of your players want to go but a small group do not want to go then it is in the teams best interest to go and work to find players from other teams that are not “cup tied” to add. This will keep the team from fracturing and ultimately breaking up.

#### **I. Scrimmages**

Be sure to coordinate scrimmages and scrimmage space with the directors. Teams must get clearance from directors when scrimmaging away from SDSSC fields.

#### **J. Practice Space**

Your practice space is yours for your team at a given time. Being selfish with that space only creates a negative working relationship. This practice will go a long way toward creating a sense of teamwork and a unified working relationship.

- Balance your practices where you can do without all of the space or a goal for a portion to enable a fellow coach to use the space or goal then switch part way through.
- If other teams need extra space or a goal from time to time, be willing to share some of your space or equipment to help other teams.
- If two teams need your space to scrimmage, perhaps you can switch to one of their spaces to allow two adjacent spaces to create one big space to scrimmage in.

## VII. Team Management

### A. Team Administration

Reinforce commitment (physical and financial)

- Tournaments

Loan Policy

- Loans are discouraged, because they create disharmony at the team level.
- Loans are permissible after receiving a request from the player or player's parents during the period preceding Presidio League play. Once the request has been received, the Medical Release form and card must immediately be given to the player.
- No players are loaned for any reason after the beginning of League play.

Evaluation

- Be prepared to submit 3 evaluations (written)

Meet with your team members.

- Talk to your players and get to know their personalities
- Know the personality of your team
- This practice can keep you aware of any potential problems.

### B. Team Policies

Practice habits vs. playing time

- Good practice habits=playing time.
- Playing time is earned by attendance and hard work.

Parent meetings

- Keep parents informed of your short term and long term goals with the team.

## C. Game Day

### Playing time-substitutions

- Be sure to evaluate when subbing. Tell them what they did well or not so well. Give instruction when they return.
- Try to get weaker players in during the first half and also early in the second half of tight games.
- Stagger when weaker players are going in and try not to have all of them in at the same time or on the same side of the field.
- Make your team versatile.

### Team bench

- Keep 20 yard player / coach zone at middle of field. No parents within 10 yards of the mid line.
- This also helps in your coaching and makes it easier for your players to hear you over the sideline.

### Parent behavior

- Positive reinforcement
- No coaching
- Do not critique referee



**CLUB**

**SAN DIEGO SPIRIT SOCCER**

## **PARENT CODE OF CONDUCT AGREEMENT**

The essential elements of character-building and ethics in soccer are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

As the parent of a San Diego Spirit Soccer Club player, I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league and of CYSA-South.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

18. I will ensure that my child is at all games and practices at the required time or provide the coach with an appropriate excuse beforehand.

19. I will develop a responsibility in my child to pack his or her bag, clean shoes, and bring along his or her water bottle full of water.

20. I will respect the facilities at our opponents' grounds.

21. I will not criticize my child's coach to my child or other parents. If I am not happy with the coach I will raise the issue with the coach or the coaching director.

22. I will encourage my child to speak with the coach. If my child is having difficulties in practices or games, or can't attend practices etc. I will encourage him or her to speak directly to the coaches. This "responsibility taking" is a big part of becoming a mature person. By handling off the field tasks, my child is claiming ownership of all aspects of the game.

23. I will monitor my child's stress level at home. I will keep an eye on the my child to make sure that he or she is handling stress effectively from the various activities of life.

24. I will monitor eating and sleeping habits. I will ensure that my child is eating the correct foods. I agree that players should be in bed at a reasonable hour on the night before a game and early enough on other nights to ensure that adequate rest is being taken.

25. I will help my child keep his or her priorities correct. My child needs to maintain a focus on schoolwork, relationships, and other things in life besides soccer.

26. I will ensure that all financial obligations incurred as a result of my child's participation in SDSSC soccer are met in a timely manner. I understand that the Registration Fee is not refundable, unless the team fails to form through no fault or cause of my child.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Game forfeit through the official or coach
- Parental season suspension

Parent/Guardian Signature \_\_\_\_\_