

## **Basic Club Player Expectations**

### **Pre-Game and Pre-Training Checklist:**

- Eat a good pre-game meal
- Drink plenty of water pre-game
- Uniform –home AND away jerseys, shorts, socks, shin guards, cleats
- Weather appropriate accessories for warm/cold weather (hat, gloves, tights, sunscreen)
- Sunscreen, bandages and hair ties
- Change of shoes
- Water bottle
- Healthy snack (yogurt, granola, crackers, carrots, fruit slices)

### **MMSC Practice Policy**

- Players are encouraged to attend every practice to learn and grow with the team
- Players must arrive on time and ready to practice, if they need to change into appropriate footwear and gear they should arrive 10 minutes early
- Players must wear shin-guards and appropriate footwear for practice surface
- Players must bring plenty of water
- If a player must arrive late or leave a practice early, the coach must be notified in advance
- If player needs to miss a practice, notification must be made to the coach

### **MMSC Game Policy**

- Players must arrive at the game field 45 minutes prior to scheduled start unless specified differently by the head coach
- Players must wear proper uniform, including jersey, shorts and socks, shin guards and cleats
- Players must bring plenty of water
- Players must warm up with their teammates and coaches
- Players can only be instructed by the coach during the game.
- If a player will be late for the game or has to leave the game early, the coach must be notified in advance

# **Athlete Code of Conduct**

## **As a MMSC player, I will ...**

- Train and play to the best of my ability
- Have a positive attitude and never quit
- Win without boasting, lose with dignity, and demonstrate sportsmanship at all times
- Respect officials and accept their decisions without question
- Only give positive encouragement to fellow teammates
- Arrive prepared for all games and training sessions (proper mental attitude and equipment)
- Be responsible for all my own equipment and carry my own soccer bag and water to all practices/games
- Respect my coach, teammate, opponents and facilities
- Learn and follow the rules of the game, the team and the club
- Practice soccer skills and condition on my own
- Notify the coach if I will be tardy for or unable to make a practice, game or meeting

## **I will not...**

- Allow my enthusiasm and commitment for soccer to come before my responsibilities to my education
- Use profane or vulgar language
- Use a controlled substance unless prescribed by a physician
- Leave the field or a training session without the permission of the coach
- Disregard any instructions of my coach
- Forget that I represent Christ, both on and off the field