



TRI VALLEY
SOCCER CLUB

TEAM POLICIES & PROTOCOL

Training:

- All players are required to attend all regularly scheduled trainings. Players are to arrive no later than **15 minutes prior** to the scheduled start time.
- Players are to wear their team training kit at all trainings, no exceptions. T-shirts are tucked in at all times.
- If you are, for any reason, unable to make a team training session, you are to notify the team manager **and** the head coach via phone call and/or email prior to that day's training.
- All players are to bring shin guards to ALL trainings.
- All players are responsible for field set up, field take down, and the removal of all litter from the fields being used.

Games:

- All players are required to bring both sets of uniforms to every game. This includes the game tracksuit and training t-shirt.
- Players are required to be at the game site **one hour** in advance of the scheduled game time.
- No player is to leave a training or game venue until such time as they are excused by the coach.
- After each match, league game or tournament game, all players are required to participate in a mandatory cool down routine. Details of this cool down procedure will be provided by the coaching staff.
- **Under no circumstances** are parents of team members allowed on the same side of the field as the team bench. No parents are allowed to approach the coaching staff and/or players during a game, including team post-game meeting with coaches and post game cool down.

General Conduct:

- One of the hallmarks of a quality/successful team and club includes the prohibition of behavior detrimental to the team and your individual teammates. This behavior includes non-constructive criticism of a teammate's performance, exclusion of a teammate from an off-field function and any behavior that is deemed offensive or undermines the integrity of team and club.
- As representatives of the Tri Valley Soccer Club, you are expected to behave courteously and with regard for others while in hotels and restaurants.
- Any player who receives a yellow card or red card in the course of a game may be subject to suspension by the head coach. This decision will be at the sole discretion of the head coach & DOC.

Miscellaneous:

- Although, as minors, players are under the direct supervision of their parents, while at tournament play, the player curfew is **11:00pm**. Unless the parents have made prior arrangements with the coach, anyone found to be in violation of this curfew may not be allowed to play in the following game, at the sole discretion of the coaching staff.
- All players are required, when advised, to attend all team functions, including meetings and meals while at tournament play.
- Players are encouraged to eat properly and hydrate themselves while traveling as a team and while at home.
- Players are required to provide an itinerary if traveling, including flight and ground transportation schedules, to the team manager prior to the event departure date.
- Players are also required to bring copies of their medical insurance cards and release letters signed by a parent or guardian, authorizing emergency medical treatment, whenever traveling without your parent/guardian.