

# **GSC Spirit U-15 Girls Soccer Team**



## **Fall 2008 - Spring 2009 Season**

### **TEAM RULES**

Players should attend all practices and games.

Players are expected to arrive at all practices and games on time, with all their equipment, and ready to play soccer.

Players are expected to work hard and follow directions given by the coaching staff. The coaching staff will not permit disruptive behavior, name-calling, or criticizing other teammates.

Players must call (or e-mail) if they will miss practice or games.

Players must practice at home (15 - 30 minutes per day) – this is the only way to improve your soccer skills. .

Players are expected to improve their skills. If you are working hard and doing your home training, you will improve.

Players must be willing to learn how to play multiple positions. This is important to individual player development and team performance.

Parents should avoid coaching on the sidelines and avoid disagreement with the referees. Any communication to players should be positive.

# PLAYER AGREEMENT

I am making the following promises to my teammates and to my coaches as part of my participation on the GSC Spirit Soccer Team.

- I have read the Team Rules, and I promise to follow them.
- I promise to work hard at practice, and to follow the instructions of my coaches.
- I promise to do my soccer training so that I can improve my skills and become a better soccer player.
- I promise to call (or email) my coach if I cannot make a practice or attend a game, and I also promise to contact my coach promptly if I have any questions, complaints, or problems about anything relating to the Team.
- I promise to show proper respect to my teammates, coaches, trainer, and referees. In return, I will be shown respect for giving the team my best efforts.

Signature of Player \_\_\_\_\_

Date \_\_\_\_\_