



April 19, 2009

Dear Players, Parents, and Coaches,

FC Capital United Soccer Club has developed this pledge to be used as a guideline for players, parents, coaches and Club members. It outlines our commitment to provide a football program that puts players first in an environment of fair play, hard work and respect for all participants.

Players, parents, and coaches are asked to read this document carefully. Parents can discuss the content of this document with their children in an effort to enhance their understanding of FC Capital United ideals and objectives. After you have carefully considered the concepts in this document, players, parents/guardians, and coaches must sign to demonstrate your agreement with Club principals. The signatures commit all participants to live up to the high standards set by FC Capital United. The team manager will keep one copy of this commitment from each player who shall have his/her own copy to review as needed.

OUR COMMITMENT

We, the players, parents/guardians, and coaches hereby signify our mutual understanding of the objectives and ideals of FC Capital United Soccer Club and, in signing this document commit ourselves to fully comply with this code.

OUR PRIMARY OBJECTIVES

FC Capital United's primary objectives are to enhance the player's well-being through the sport of football, emphasize the ideals of fair play, commitment, hard work, sacrifice, responsibility, creativity, respect, teamwork, and the joy of playing and coaching this great game. Together we strive to do our personal best in an environment in which the fun and enjoyment of the game of football is allowed to grow and flourish.

PHYSICAL AND MENTAL PREPARATION

Athletic performance requires healthy living habits, including proper nutrition, physical fitness and adequate rest. Parents and coaches play a critical role in assisting young athletes to develop discipline in maintaining a healthy life style. Achieving one's personal best also requires strength of character, self-confidence, and positive self-esteem. Parents and coaches also play important roles in enhancing this part of a young athletes training. Players who have trained both their minds and their bodies to perform at a competitive level will have the self-confidence to take on the greatest challenges.

HEALTH

The use or possession of illegal drugs, alcohol and tobacco is a detriment to sound health and athletic improvement. The use, possession and/or abuse of these substances by athletes or by any game personnel (e.g., coaches, trainers, managers and game officials) will not be tolerated. An individual who uses any of these products during a practice or competition shall be disqualified immediately for the remainder of the practice or competition and will face further sanctions, potentially resulting in total expulsion from the team and club.

HOW WE PLAY

We play to compete and strive to be the best we can be. Great lessons come from both losing and winning. We give our best effort every time we take the field, whether its practice or game. Winning is one measure of athletic excellence and teamwork. But above winning, we seek long term player development, physically for the challenges of soccer and mentally for life challenges and personal growth while making it a fun, positive experience for every player. Fair play is a measure of our personal strength and integrity. Football is both a physically and mentally challenging sport. We prepare for all aspects of the game. We respect all participants (team-mates, opponents, coaches, game officials, and spectators is true sportsmanship). Sportsmanship is a measure of personal excellence. At FC Capital United we all strive for excellence.

RESPECT

We respect all those who contribute to our game. This includes our parents, teammates, the many volunteers, the coaches, game and league officials, our opponents and ourselves. We respect our Club, FC Capital United. We realize that each time we practice or play we are ambassadors of FC Capital United. Maintain a positive attitude even when things are not going perfectly. Everyone will make mistakes. No one is perfect. Players, referees, and coaches will all make mistakes from time to time. During the match, keep focused on the task before you. Do not criticize players or game officials. Encourage your team-mates to do their best and they will do the same for you.

OUR APPEARANCE

We dress in accordance with the laws of the game, the dress code of our Club and with safety in mind. Our game and practice kits are complete and clean for every game and practice. Our socks are covering our shin pads and our shirts are tucked in. Our boots are clean and polished for every game. Our equipment bags are neatly arranged behind our team bench. We take care to look our best because we know we are representing FC Capital United.

OUR PREPARATION

At FC Capital United preparing for each game is very important. Coaches must prepare a specific game plan for each match. The strategy and tactics to be used against a specific team, are outlined by the Head Coach. For critical matches such as the Ontario Cup, the entire team structure often is brought together to prepare for a positive outcome.

Preparing for a match requires a great deal of time and effort on the part of all members of the coaching staff and players. It is for this reason that practices and team meetings are mandatory. Players should arrive 30-45 minutes prior to each game to ensure that they are mentally and physically ready for their match. Players should also arrive at least 10-15 minutes early for all practice sessions to ensure they are ready to participate fully in all aspects of the practice.

ON THE PITCH

FC Capital United players must understand that when they take to the pitch with their uniforms on they are representing the best football club in Eastern Ontario. Their behaviour on the pitch must reflect the professional standards of the Club. Your uniform must be clean and worn in accordance with the laws of the game. Players do not speak to the referee unless he directs a question to you. This means that when a call is made we remain focused on our game and immediately take up our positions. Questioning or complaining about the referee's call is unsportsmanlike conduct and is not tolerated at FC Capital United. Foul or abusive language is unacceptable. If you are fouled you answer by putting the ball in the opponents net. **WE DO NOT RETALIATE!**

ON THE TOUCHLINE

Coaches and parents must lead by example. Coaches should discuss concerns with the referee in a respectful manner and at an appropriate time. Parents should always accentuate the positive by applauding the efforts and skills of all of the athletes on the pitch. Parents must refrain from criticizing players and game officials. If parents have concerns they should speak with the coach at the appropriate time.

WE NEVER QUIT

We are passionate about this game and we strive for excellence. Winning is important and it is more fun to win than to lose but its not everything. While we may not win every match, we always play our best. Even if we are behind we continue to work hard. Quitting is not an option. At FC Capital United we never give up.

When we win we are gracious in victory. Should we lose we do so with dignity for ourselves, our mates and for FC Capital United. Win or lose we learn from our experience. We shake hands with our opponents and the match officials. At FC Capital United it is a badge of honour to play well and in the spirit of the great game of football.

TRY NEW THINGS

Coaches, parents, and players should recognize that young footballers learning the game may be required to play several different positions. Versatility is a very import attribute to bring to your team. A chance to play a new position will give you an opportunity to learn more about the game and about yourself.

WHEN THE MATCH IS OVER

After shaking hands with our team-mates, our opponents, and the match officials players should take time to warm down and stretch to prevent injuries and to speed recovery. Players and coaches should take a few minutes to point out something important about the match.

Additional guidelines for our Junior Competitive and travelling Teams (U13-U21)

Punctuality and attendance are important for several reasons including changing into your game or practice kits, ensuring that your equipment is ready to use (shoes, Shin pads), and to prepare yourself mentally for the game or practice. Most importantly, your coach must go over the game plan with the entire squad or team and you must be there to understand what must be done on a given day.

1. Players shall arrive at the pitch 30-45 minutes before game time.
2. Players shall arrive at the pitch 10-15 minutes before practice time.
3. Practices are mandatory

Penalties, at the discretion of the team head coach, for not complying with the FC Capital United Punctuality and attendance can range from loss of starting position, reduced playing time, half game suspension to expulsion from the team.

Unless of an emergency, players must have a valid reason for missing a practice or game and must notify the manager and coach prior to the scheduled event.

Respect – FC Capital United players are expected to behave in a manner that shows respect for themselves, their families, their club, their school and the game of football including game officials, opponents and the facilities we play in.

1. Players that act in a disrespectful manner towards players, opponents, game officials or spectators may be expelled from FC Capital United.
2. Players are expected to contribute to their family chores based upon the expectations of your family.
3. Players must maintain their academic standards.

Penalties, at the discretion of the team head coach, for not completing chores at home or academic work may result in a temporary suspension of your football activities.

Work ethic - Football is a team sport and each member of the team is required to demonstrate a willingness to work very hard to meet the demands of a practice or game.

Penalties, at the discretion of the team head coach, for lack of effort could range from a verbal discussion with the coach to outright dismissal from the team or squad.

Dress Code

1. Players to have their home and away kits with them for each game.
2. The kits to be clean
3. Soccer shoes to be clean and polished
4. Shin pads to be worn for all practices and games.
5. Each player to have their practice shirt for all practices and for the pre-game warm-up.

Penalties, at the discretion of the team head coach, for not complying with the FC Capital United dress code can range from not being allowed to practice to missing a game.

Travel Code

Coaches Responsibilities: - All Coaches must adhere to the Coaches Code of Conduct.

1. Coaches will oversee athletes for the duration of the trip.
2. Coaches will also oversee athletes at coaches/athlete social functions that chaperones do not attend.
3. Coaches will be responsible for setting and conducting all team meetings, practice times and places.
4. Coaches determine curfew times.
5. Coaches work in close co-operation with the chaperones on all matters.
6. Coaches shall not be under the influence of drugs or alcohol while overseeing the athletes.
7. Coaches will report any incidents likely to bring discredit to the club. Together with the chaperones, coaches will decide disciplinary action to be taken and report such action to the parents of the athletes concerned and to the Club Executive.

Chaperones Responsibilities:

1. Chaperones will assist athletes in the arrangement of meals and will consult with coaches and athletes.
2. Chaperones will report any sickness or injuries to the coaches.
3. Chaperones will report any incidents likely to bring discredit to the club to the coaches.
4. Chaperones shall not be under the influence of drugs or alcohol while overseeing the athletes.
5. Chaperones will inspect hotel rooms rented for coaches and athletes for damage before check in and after check out. Any damage will be reported to Club Management with occupant's names.
6. The chaperone to player ratio will be determined at the discretion of the head coach/team manager but shall not exceed ten athletes per chaperone.
7. Chaperones will approve visitors to the team accommodation at their discretion.
8. Chaperones will supply a background check to Team Management four weeks before travel.

Athletes Responsibilities:

1. Athletes shall make any visitor requests to Chaperones before the visit is expected.
2. Athletes are expected to represent Capital United to the best of their abilities at all times during the trip.
3. Athletes are encouraged to communicate any problems or concerns to the coaches & chaperone(s) just as they would their own parents.
4. Athletes are to check in with the coaches & chaperone(s) when leaving their rooms.
5. Athletes are not to leave the hotel alone or without permission of the coach/chaperone and will check-in when leaving and returning.
6. Athletes shall do their best to prepare themselves for the best performance they can achieve.
7. Athletes shall be responsible for their actions during the trip.

Parents/Guardians Responsibilities:

1. Parents/Guardians are responsible for drop off and pick up of their children at times and places indicated by coaches.
2. Parents/Guardians are responsible for reviewing 'Travel and Chaperone Policy' with the athletes.
3. Parents/Guardians shall be responsible for any actions by the Athletes for the duration of the trip.
4. All fees will be paid in full prior to the start of travel.
5. Any costs incurred as a result of actions by an athlete shall be charged back to the athlete's parents/guardians.

Club/team management Responsibilities:

1. Team Management/coaches shall room female and male athletes separately. Coaches and Chaperones shall be roomed separately from athletes.
2. Team Management/coaches will coordinate/collect all travel expenses.
3. The Team Management/coaches will notify parents/guardians of trip duration.

All Parties Responsibilities:

1. All parties (Coaches, Chaperones, Athletes, Parents/Guardians) shall abide by the FC Capital United and OSA's Volunteer Screening, Discrimination and Harassment Policy and will be subject to the disciplinary actions of the Policy. Included, but not limited to, are verbal threats, physical or sexual abuse, or behaviour which undermines self-esteem.

Players or parents must be informed of team and club rules at the time of selection to a team. In the event that a player or parent disagrees with a penalty given out by the team coach, they are entitled to talk to the Club Head Coach.

DATE: _____

PLAYER: _____ PARENTS: _____

TEAM HEAD COACH: _____