



Travel Team Policy

FC Capital United Soccer Club includes, as part of the Guidelines for Players, Parents and Coaches (which is signed each spring by all parties) some additional guidelines for our Junior Competitive and Traveling Teams. Club expectations are summarized below.

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.