

CASCADE FC ~ Expectations of Players

- Attend all practices, scrimmages and games. If unable to attend, notify the coach ahead of time, preferably a day in advance. Understand that practices are vital to becoming a better player and a better team. (1) Be on time; (2) be ready, focused and pay full attention (use your head); and (3) execute what was taught with intensity (play hard; use your heart). Arrange a ride to and from practices and games ahead of time.
- Playing time in games and scrimmages is determined by 'age group program requirements' and these five things: (1) attitude, (2) work ethic, (3) ability, (4) practice attendance and (5) what is required in the game. Coaches will not permit whining, grumbling, horseplay, name-calling, teasing, criticizing, vulgarity or other disruptive acts which may hurt feelings or cause injury.
- Bring all equipment to all practices, scrimmages and games and look like soccer players. Essential equipment includes your cleats, shinguards, uniforms (for games), water (not pop, juice or sports drinks), and for keepers, keeper gear. Practice apparel consists of t-shirts, shorts or warm-ups, and socks long enough to completely cover the shinguards. Do not come to practice wearing apparel that would not be allowed to be worn in a game. Your equipment is important to your safety and your performance, so take good care of it. Clean/polish your cleats after each use, and wear clean uniforms to games. You will not participate – at practice or in a game - if you are not wearing your shin guards. SHINGUARDS ARE MANDATORY. JEWELRY IS FORBIDDEN.
- Respect the coach – the coach respects you. Respect your teammates. Players are expected to contact coaches promptly if there are any questions, complaints or problems about anything relating to the team.
- Obeys the team captain(s). Captains will be selected to maintain team unity on and off the field, speak with the referee and settle disputes. Captains will have the support of the coach.
- Most importantly, play hard. Always give each practice and game your 100% effort. Always. Understand that the only way to achieve success in games (and in life) is through hard work and dedication. Every time you play, give it your all. All players must be willing to play all positions and follow the assignments given by the coaches.
- Players are expected to avoid conflicts and arguments with anyone on the field. They are to avoid receiving yellow and red cards at all cost. Players ejected from a game may face additional suspension by the coaches in addition to game suspensions directed by the governing league's disciplinary committee.
- Complete and submit at least once by the end of the season the coach evaluation form. Your input on the program and feedback concerning the season is important. Online form (requires logging in to the website and is the preferred method) - <http://www.snvyasa.org/evaluation>. Paper form: <http://www.snvyasa.org/display?help=Clubs&topic=Cascade+FC&subtopic=Evaluations&action=display>
- Players are expected and demanded to display good sportsmanship with positive attitudes AT ALL TIMES towards all participants -- game officials, the opposing team, teammates, coaches, spectators, administrators.
- Failure to follow the expectations of the Club and other team rules placed in effect may result in appropriate discipline that may include reduced playing time and/or practice and game suspensions. For severe and repeated violations, a player may be referred to the Cascade FC Board for a hearing and determination of playing status.
- Have a good time.** That is the main reason we are all here.

Post this list somewhere where you will see it daily. Please sign the bottom and return the bottom portion to the coach.

I have read and understand what is expected of me as a Cascade FC player. By signing I agree to uphold these expectations.

Name (print): _____ Signature: _____

I have read and understand what is expected of my child as a Cascade FC player. By signing I agree to support my child's commitment, my child's team, the Advanced Development Program and SnVYSA.

Name (print): _____ Signature: _____