



## Parent & Athlete Program Commitment & Code of Conduct

Athletes: When athletes join the Twin Falls Rapids Soccer Club (TFRSC), they are making a commitment to become a better soccer athlete and individual both on and off the field. They are expected to be a positive role model to both his/her team and the community.

### **Athlete Responsibilities -- Every Rapids athlete must:**

1. Treat teammates, opposing athletes, coaches, referees and spectators with respect.
2. Read and sign a “athlete code of conduct” form at their designated team meeting to be eligible to practice and compete with the Rapids Soccer Club.
3. Arrive early enough to be ready to start practice/game warm-ups on time (cleats and shin-guards on, with a properly inflated soccer ball and filled water bottle).
4. Arrive at game fields promptly when your coach requires (usually 45-60 minutes prior to kickoff). Honor your commitment to the team and attend all practices and games, unless special circumstances, injury or illness prevent it. Whenever possible, an absence from a practice or game should be discussed with the coach before the absence occurs.
  - a. Any athlete, who is late or lacking proper attire, must report directly to the coach before entering the practice or match field.
  - b. Athletes, at this age, are not expected to dedicate their lives solely to soccer. However, there must be substantial commitment to soccer in order to be a member of the TFRSC. At the sole discretion of the coach, playing time will be reduced for athletes who have unexcused absences. If an athlete will be arriving late due to other sports or activities, a printed schedule of the other activity must be provided to the coach prior to it affecting timely attendance at practice or at matches.
5. Have a timely ride home from games and practices (our coaches/managers must stay at the field until they are picked up by their parents).
6. Have your home and away (alternate) uniforms with you at ALL GAMES. Failure to bring both uniforms may result in the athlete not being allowed to play. All athletes must wear matching uniform and not conflict with the color of the opposing team.
7. Take responsibility for communicating with your coach. If you have an issue or concern, speak directly with your coach about it.
8. Play within the rules of the game of soccer.
9. Demonstrate self-control.
10. Support their teammates.
11. Practice good sportsmanship at all times.
12. Accept the decisions of the referee without gesture or argument.
13. Win without boasting, and if you lose, do so gracefully and without excuses. All athletes are expected to thank the opposing team and the referee staff before the team begins their cool-down.
14. Maintain a sense of dedication to the team. Keep competitively sharp and in good condition. Strive for improvement.
15. **Never** quit or walk off the field from a game or practice.
16. Report all injuries to the team coach as soon as possible. If the injury requires medical attention a signed release to participate from the attending physician must be provided to the coach prior to the athlete resuming participation in practices or games.
17. Keep your uniform clean and in good condition.
18. Follow and adhere to the Rapids travel and tournament rules.
  - a. Rapids teams have a standard pre-match warm-up and post-game cool-down routine. In the rare event that a member of the coaching staff is late or if they have to leave early, the athletes should have learned enough self-discipline from their practice sessions to start the warm-up routine on schedule or to complete their cool-down. Parents are encouraged to take the initiative to assist.
  - b. During the match, substitute athletes must stand together next to the coach, prepared to enter the game at a moment’s notice.
19. Take responsibility for organizing time to ensure that adequate time and attention is devoted to your studies/academics.
20. Never consume alcohol or use illegal drugs of any kind.



### **Parent Responsibilities**

1. All parents are expected to volunteer to serve the club in some capacity. (*see the Team Representative/Parent Volunteer section of this handbook*)
2. To complete the athlete registration process, parents must sign the parent & athlete program commitment form and code of conduct form.
3. Fulfill the financial commitment for joining the club that includes registration fees, purchasing uniforms, tournament fees and travel expenses to games and tournaments.
4. Help your athlete take responsibility for; rest, healthy eating habits, and academics.
5. Encourage your athlete to solve his/her own problems and take responsibility for his/her own actions, rather than doing it for them. In general, athletes should communicate with the coach regarding injury, absence, playing a different position or playing time before the parent does.
6. Avoid coaching from the sidelines. Cheer but do not coach. Coaches do not need conflicting messages being sent and athletes need to be able to hear the team coach.
7. Get your athlete to and from practices and games ready to participate on time.
8. Respect the competition – without them, we would have no one to play and no way to improve.
9. Be respectful of referees. This is crucial – the referees range from new to seasoned referees and turnover in the referees association is directly connected to critical comments from the sidelines. Referee classes are held throughout the year; please consider becoming a certified referee.
10. Athletes and parents should be flexible and supportive of their team coach. Remember these coaches are *volunteers* earning less than \$5.00/hour not including off field preparation time or any expenses (travel, equipment, etc...) and give an incredible amount of their own time for the good of the game.
11. Be considerate as to when and when not to speak to the coaches. Parents wishing to discuss ideas/concerns with the coach should schedule an appointment with the coach to do so. They should not interrupt a practice or game to have that conversation. Ask when an appropriate time to talk would be. Avoid calling coaches after 9:00 p.m. or any time on Sunday.
12. Realize all athletes must compete for their spot on the field, the bench and the roster.
13. In Idaho, parents must remain on the opposite side of the field from the athletes. At no time should a parent be present on the team's side unless summoned by the coach.
14. The TFRSC participates in weekend tournaments and games that may occur on weeknights or weekends. As stated in the Athlete's Information section, "If an athlete is unable or unwilling to attend a tournament, portion of a tournament, or league game they must notify their coach in writing of their intention to not compete as soon as they become aware of the conflict. Athletes unable or unwilling to compete will not be refunded any additional money paid towards tournaments a team decided to add to their schedule beyond those paid for by their registration fees. Teams not be able to compete due to an insufficient number of players as a result of this rule are allowed to play the athlete in question, however the coach may look for another player to meet the minimum roster guideline should a second occurrence happen with the same athlete.
15. Refrain from making negative comments regarding the TFRSC, referee or the coach in front of your athlete or any other TFRSC member. Make the positive effort.
16. Parents who cannot display appropriate behavior on the sidelines will be asked / expected to leave the game and may be asked to appear before the board of directors.
17. Parents shall not consume alcohol during any club or team activity. This includes practices, games, tournaments, and "team" dinners at tournaments as they can be considered a team function
18. Parent's shall provide a signed release to participate from the attending physician to the coach should their child be injured in such a way that requires medical attention prior to resuming practice or game activities.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_