

# Kajumulo FC Player Agreement

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## 1 Mission

The Club mission is to:

- Provide a positive environment in which dedicated and talented youth soccer players are given the opportunity to attain the highest level of play through quality coaching and development.
- Develop responsibility, appropriate behavior, good sportsmanship, and self-confidence for all members of the Kajumulo FC team.

Kajumulo FC's philosophy is that players and parents become members of the respective team and of the Kajumulo FC community upon the player's selection and upon the player's and parent(s)' written agreement to abide by the following Kajumulo FC soccer rules.

## 2 PLAYER EXPECTATIONS

### 2.1 TRAINING SESSIONS AND MATCH COMMITMENT

When the team is training, sessions generally shall take place twice a week for a minimum of 90 minutes per training session, with additional training provided based on the players' needs as determined at the discretion of the coach.

Players shall attend *all* training sessions and games, including all tournaments, unless excused by the coach or manager.

Training sessions shall not be called for rain or other inclement weather; the only weather cancellation shall be for lightning, a severe weather watch for the area, or unplayable field (e.g. ice or snow). Unless the coach or manager designates otherwise, training sessions shall be canceled only at the training site.

Players shall be suited up and prepared to play at the start of each training session, and at the beginning of the warm up period before each game. Shin guards are required during practices and games.

Generally, training is anticipated to occur year round, June 1<sup>st</sup> to May 31<sup>st</sup>, with suspension of training only as determined by the coach. (i.e. Holidays breaks, club participation in tournaments)

Competition is anticipated to take place on a year round basis, including but not limited to the following: seasonal tournaments throughout the year, regular season league play starting at the beginning of September and extending until mid-December, and a spring season.

Notification of absence shall be made to the coach or the manager by the player in a timely manner. Coaches reserve the right to suspend or release players that have accumulated numerous unexcused absences.

Kajumulo FC players shall dress appropriately for training (Kajumulo Practice Jersey or Kajumulo Shirt), and for games (Full Kajumulo FC uniform), socks over shin guards, and soccer shoes.

Players must always bring ball, shoes for alternate playing surfaces, water and bag with any needed supplies, (i.e., tape, braces, ice packs, muscle cream, ibuprofen, etc.) to each training session and game.

Be prepared to start warm up prior to each training session and game promptly at the designated time, and be dedicated to participate fully.

Be responsible for picking up balls and litter, etc. at the end of each training session and game.

Obey posted rules at training and game sites, and demonstrate a respect for the property of others.

## 2.2 BEHAVIOR

It is the goal of Kajumulo FC to promote a first class, disciplined program at all times. Players shall recognize that they represent themselves, their parents, their Kajumulo FC team, and Kajumulo FC at all soccer-related functions, including times before and after matches and on trips to tournaments.

Players shall use restraint and composure when fouled or antagonized. Players shall not attempt to injure an opponent in order to gain a field advantage. A player who violates these guidelines may be penalized by suspension or other sanctions as determined by the Kajumulo FC coach and/or the Club.

## 2.3 DISPUTE RESOLUTION

In the event that any issues or conflicts arise, it shall be the PLAYER'S responsibility to first approach the coach privately to resolve such issues or conflicts. This is an important part of the player's maturation process.

It shall be ONLY after the player and coach are unable to reach a satisfactory understanding that the player's parent may approach the coach.

## 2.4 GENERAL

A player's health and physical fitness is a major factor in developing a successful team. Proper diet and sufficient rest is necessary for fitness and optimal play. For both regular season matches and tournaments, players and parents shall cooperate with coaches and managers in instituting a curfew and following proper nutrition. Swimming and hot tub use before games or tournaments is not allowed, as it is physically draining and may interfere with an athlete's performance.

Players shall advise the coach and parents of any injury or medical condition that could affect play, or the health and welfare, of the player in training or game situations, whether such injury or medical condition originated on or off the field, and is soccer related or non-soccer related. For example, notification of injury enables the coach or medical professional to attend to an injury, if necessary, and decreases chances of further injury.

Kajumulo FC has a no tolerance policy toward the use of alcohol, tobacco products, or illegal drugs. The use of any of these substances by a player is detrimental to athletic performance, and furthermore is in most instances illegal. A player's use of any of these substances may lead to immediate and permanent dismissal from the team.

## 2.5 ACADEMICS

Kajumulo FC recognizes the importance of education. Each player shall budget his/her time in order to fulfill both academic responsibilities and his/her commitment to all training sessions, regular season games, and tournaments.

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Player Printed Name

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Player Signature

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Date