



CSC CODE OF CONDUCT

for players and parents

The following code of conduct has been devised to assist with all aspects of the CSC program and to ensure that the club runs smoothly on a day to day basis. The ethos behind the code is the health, safety, and protection of all players, volunteers, parents, coaches, and referees. The safety of players is always the highest priority. Please read the code of conduct carefully before signing the agreement

DRESS CODE

1. On match days, players will wear only the official CSC kit.
2. The kit must be clean and presentable at all times.
3. At training, players will wear training jersey, shorts, and socks. During the colder months, players are encouraged to wear waterproof jackets or sweatshirts (No hoods).
4. Footwear for practice and match days must be kept clean.
5. Practice and match day kits must be tucked in.
6. Players are required to wear shinguards at all times during practice and match days.
7. All jewelry must be removed before training and matches.

TRAINING AND MATCH DAYS

1. Punctual attendance on match days and at trainings is compulsory.
2. Training will be confirmed by the coach to all squad players at the designated venue and time.
3. Any and all injuries occurring during club play should be reported immediately to the Head Coach and any injury occurring outside of club play should be reported as soon as possible to the Head Coach and Technical Director.
4. If a player must miss a practice or match, a valid reason must be provided to the head coach a minimum of two hours prior to the scheduled event.
5. Players are expected to maintain their fitness during the offseason.

NOTE: Playing requires commitment and sacrifice in order to achieve success. If training is missed, this could affect the player's participation or playing time on match day as determined by the teams coaches or Technical Director.

PLAYERS' BEHAVIOR

1. Players will behave in a professional manner at all times, both on and off the field, and follow the guidelines established by the Program.
2. As ambassadors of the Program, all players are expected to uphold the Club's respected position. Any inappropriate behaviors that threaten the image of the Club could result in disciplinary action up to and including suspension or expulsion from the Club.
3. Players will always give their best, strive for individual excellence, and be responsible for their own actions.
4. Players are expected to demonstrate fair play and good sportsmanship at all times in accordance with regulations set by all governing bodies.
5. Abusive language or bullying will not be tolerated. If this occurs, disciplinary action up to and including suspension or expulsion from the Club may be taken.

LIFESTYLE

1. At all times, players are expected to maintain a lifestyle appropriate for optimum performance. This includes:
 - Health diet and nutrition.
 - Adequate rest and relaxation.
 - Injury prevention and rehabilitation.

PARENTS/SUPPORTERS BEHAVIOR

1. Parents and spectators will behave in a professional manner at all times.
2. Parents and spectators are expected to uphold the Club's respected position. Any inappropriate behaviors that threaten the image of the Club could result in disciplinary action up to and including suspension or expulsion from attendance at CSC activities.
3. Parents and spectators are expected to demonstrate fair play and good sportsmanship at all times in accordance with regulations set by all governing bodies.
4. Parents and spectators are expected to support the team and players WITHOUT pressure, to praise effort as well as performance, and to encourage and praise regardless of outcome.
5. Parents are not allowed to coach players from the sidelines during matches. Only positive encouragement is allowed or acceptable.
6. If parents have a concern about a player's involvement in a game, (unless the concern relates to the safety of the player) they are required to wait twenty-four hours before contacting the coach with their concern.
7. Recognize that enjoyment is the primary reason for the player's involvement in the Program.
8. At no time is a parent to step foot onto the playing pitch during a game.
9. At no time is a parent to have a verbal conversation with a referee.

I understand and agree to abide by the CSC Code of Conduct and commit to abide by this code.

Player's Name

Parent's Signature

Date

Parent's Signature

Date

Player's Signature

Date