



Player and Parent Code of Conduct

This agreement is an outline of expectations from parents and players as a member of Tri-Cities United Soccer Club. This program is demanding and requires exceptional commitment from both parents and players.

Training -- We understand that teams will train at two to three times per week depending on age and level of play. Players will wear Tri-Cities United Soccer Club training gear to all training sessions. Playing time in games is based on the effort, dedication, and skills shown at training. Players are expected to be at all training sessions except for family emergencies, school related academic functions, or religious holidays.

Tournaments -- We understand that some tournaments are held on holiday weekends. Furthermore, travel within the state as well as to other states is part of participation on u10 and older age group teams. *We understand that as players get older, participation in training and games requires a higher level of commitment. For age groups of under 13 and older, Tri-Cities United Soccer Club activities will take priority over other school/club sports.*

Training to Game Ratio – The Tri-Cities United Soccer Club philosophy is to emphasize training over games. Research of player development methods from throughout the world, reveals that children benefit most from a 4:1 training to games ratio. In general exposing players to an excessive number of games increases stress, creates bad habits with no time to correct techniques, and adds a higher risk of injury.

Weather -- Training is never cancelled except when lightning or severe weather is present, or field conditions prevent a safe training environment. Light rain, cool or mildly cold weather are real match conditions and not reason for canceling training sessions. Coaches will make decisions at the training site as to whether training is cancelled unless severe weather prompts previous notification.

Respect and Conduct – Players and parents agree to always respect and exhibit good sportsmanship toward coaches, fellow teammates, game officials, and opposing players and parents. Players and parents represent their team, the club, and themselves and agree to honor that commitment. Players and parents understand that behavior and conduct during travel and at hotels, banquets, team meals, etc. are all considered part of team activity and accept responsibility for actions during those times.

Coaching -- We understand that the coach has the entire team to consider in making decisions and we may not always agree with those decisions. We understand that it is the player's responsibility to discuss problems with the coach and right after a game may not be the best time to talk about sensitive issues. Players should ask to meet with the coach prior to or after the next training session or some other time when privacy is available. For younger players, parents can help facilitate this process and help players work out difficulties or need for clarification with their coach. Parents requesting a meeting with coaches or response to coaching decisions agree to wait 48 hours after games or tournaments.

Parent Code -- Parents will exercise good judgment and conduct themselves in an exemplary fashion on all soccer related occasions. Harassing referees, opposing players or parents does harm to the team and is not in the spirit of the game. Parents will refrain from coaching from sidelines, as many times, it is in direct conflict with the instructions that players receive from their coach and causes confusion and problems during the game. As parents, we recognize that failure and disappointment are as much a part of the sports experience as is excitement and success.

General - Tri-Cities United Soccer Club was founded on our beliefs in promoting youth soccer for all levels throughout the Tri-Cities. As a cohesive club with representation from throughout the Tri-Cities and surrounding communities we are able to offer the greatest impact for those players seeking the highest levels of performance. Parents are asked to give time and support to our program.

As a member of a club, I realize that my son/daughter is part of more than just a team but a member of an entire club organization committed to excellence in soccer education; and that membership is a privilege; and as part of that membership I agree to commit to the club's vision, mission, and goals and will contribute to its implementation and success. Failure to support the club jeopardizes membership in the club. As a member of Tri-Cities United Soccer Club, I understand that it includes membership in, USYS, and Tennessee State Soccer Association and agree to abide by each organization's rules and codes of conduct.

Code of Conduct for Players

1. Always conduct yourself with respect. Demonstrate a good attitude, especially during difficult times, both on and off the field.
2. Serve as an ambassador for the club at all times.
3. **Maximum effort is a minimum requirement** – always take pride in your performance, even at training.
4. Attend all training sessions and games punctually.
5. Listen and learn from the coaching staff.
6. Wear the appropriate club training gear and shin guards for all training and matches. Be proud of your appearance on the field. Apply correct dress code when traveling.
7. Learn to be independent in warm-up and cool-down before and after training and matches.
8. Assist teammates and coaches with equipment during practice and games. Assist in cleaning up areas.
9. Practice good nutrition and sleeping habits.
10. Learn the rules of the game.
11. Be appreciative of your parent's support.
12. Show good sportsmanship regardless of results. Accept decisions by the referees as part of the game.
13. Never retaliate, verbally or physically, regardless of provocation.
14. Practice responsible use of social media. Be positive about our club. Never use social media in a derogatory manner or to attack/bully individuals, clubs, or entities.

Holston Valley Futbol Club DBA TCU Soccer Club is recognized as exempt under section 501(c)(3) of the Internal Revenue Code. Donors may deduct contributions as provided in section 170 of the code. **EIN: 58-1391910**



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