

# RSC Players Code of Conduct

River Soccer Club Players will always have...

**Respect-** *Positive feeling or action shown towards someone or something, admiration, high regard*

- **Show Respect** for themselves, coaches, teammates, referees, parents, opponents, and the club through their behavior and actions
- **Be Positive-** soccer will be challenging, trust our process, failure is a part of learning, & stay positive

**Integrity-** *The practice of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values, honor*

- **Do the right thing**, make good decisions, even when others aren't looking
- **Proudly Represent** themselves, the team, their parents, and the club

**Vigor-** *Strong, healthy, robust effort, and full of energy*

- **Always Work Hard** during practice, games, and off the field; "never ever give up" attitude
- **Stay Healthy:**
  - **Prevent Injuries** by proper warm-up, rest, recovery, & strength training
  - **Nutritious Diet**, food = energy well balanced meals, hydrate
  - **Sleep**- 8 hours on a regular schedule, improves mood, energy, focus, & decision making
  - **Dress Appropriately-** heat, cold, rain, & wind
  - **Active Lifestyle-** Play other sports, prevents overuse injuries, mental burnout, helps develops coordination, speed agility, & strength

**Enjoyment-** *The action or condition of getting satisfaction from something*

- Must **love and be passionate for the game** and getting better at soccer
- Contributes to an enjoyable playing culture
- **Intrinsically motivated** players are the best soccer players

**Responsibility -** *The state or fact of being accountable and having the duty to deal with something*

- Take **Ownership of your own Player Development-** work at home, compete with oneself
- **Show Up-** must all attend practices and games, communicate with coach if unavailable
- **Take of Care Our Facility-** move goals off the field, pick up trash,
- **Player Equipment**
  - Uniforms (Practice & Game Day)
  - Appropriate Training Apparel- Recommended RSC Warm-Up & Rain Jackets, LS Shirt
  - Water
  - Shinguards
  - Own Soccer Ball- quality with air; soccer player's best friend
    - Size 3: U8 & Younger; Size 4: U9-U12; Size 5: U13 & Older

**Play for the Badge. Be RIVER.**

