



# fc 814 – futbol club of the 814

## PLAYER CODE OF CONDUCT

As a player for FC 814, I agree that I will abide by the following:

### Individual Conduct

1. I will maintain a high level of fitness and nutrition and I fully understand the value in this in enhancing performance and preventing injuries.
2. I will spend time on individual player development outside of practice.
3. I understand that my commitment to this team runs from August through June of the following year.
4. I understand that I am not allowed to guest play on another team without requesting to do so from the coaching staff.

### Conduct with Team

5. I will be respectful and professional on and off the field at all times.
6. I will challenge, support, encourage and motivate my teammates.
7. I am fully committed to my team's success and will maintain a high level of competitive spirit.
8. I will embody a winning mentality in all activities at all times.
9. I will demonstrate good sportsmanship at all times

### Practice Conduct

10. I understand that practice is recommended and coaches need to be notified in advance of absences.
11. I understand that punctuality is important and I will be dressed and ready to start practice on time.
12. I understand that I will need to be ready to play at that time and that when needed, I will support the team in practice setup and takedown, including cleaning up the field after training.
13. I will have 100% focus and commitment in all activities.
14. I understand that practice performance has a direct impact on playing time in games.

### Game Conduct

15. I will wear the correct uniform for games and will have all equipment needed to participate
16. I will arrive early for games. Players should arrive at the facility at least 45 minutes prior to the start of a game unless otherwise directed by the coach.
17. I will behave professionally before, during, and after games and will not question the decisions of the coaches or officials.

Player Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Player Name: \_\_\_\_\_

(Please print)

Coach's Signature: \_\_\_\_\_

Date: \_\_\_\_\_