

# HERITAGE SOCCER CLUB

I, \_\_\_\_\_ (player), willingly agree to play for the Heritage \_\_\_\_\_ and I understand that I must be willing to commit to the following:

## Player Personal Commitments

1. I will challenge myself to be the best player that I can be.
2. Make every effort within my control to attend all team activities.
3. Understand and accept my role within the team concept.
4. Keep my priorities in order... Family, Academics, & then Soccer.
5. My soccer priorities will be ... The Club and it's program, Team, & then Me
6. Commit myself to Heritage for the entire season, including the end of the season statewide tournaments (State Cup and Association Cup). Before the start of the season, I will let the coaches be aware of any commitments I have made prior to signing up for Heritage, i.e other sports, school activities, family activities, etc.
7. Live a lifestyle conducive to being an elite student athlete.

## Player Training Commitments

1. Will have at all training sessions appropriate equipment—Shin guards, socks, cleats, goal keeper gloves.
2. Understand that it is my responsibility to check the Rain Line for changes.
3. Understand that conditioning and practicing the skills taught is the player's responsibility. This includes attending clinics and conditioning programs within and outside the club. Doing this will increase my chances of success on the field.
4. Missing training sessions can affect my playing time.
5. Any and all conflicts must be resolved with the coach in a timely fashion.
6. Exhibit good sportsmanship and be respectful to opponents.
7. Practice good eating habits.

## Player Basic Understanding

1. The best way to learn the game is to watch the game.
2. Proper time management is required to excel on the soccer field and in the classroom.
3. I will abide by the decisions of my coaches and team captain(s) in the best interest of the team.
4. I will focus on how I played, not how much I played.
5. I understand that tryouts are part of the process to be a top-level club and player.

## Parent Conduct and Commitments

1. Encourage and help your child work toward skill improvement and good sportsmanship. Set a good example. **Do not publicly, or in front of a player, question the referee, coaches', or fellow teammate's decisions or play.**
2. Understand the need to be prompt to practices and games.
3. Do not ridicule or yell at your child (or other players) for making a mistake.
4. Do not instruct your child or other players from the sideline. If you notice something during a game or practice, talk to the coaches, not the players, at an appropriate time.
5. Do cheer and support the team (not just your child).
6. Do your part to volunteer for team and/or Club activities or events.
7. I have read the Heritage Parent Commitment document.

By signing this agreement, I am willing to make the commitment and accept the responsibility of becoming a member (and parent) of the Heritage Soccer Club.

\_\_\_\_\_  
Player signature

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Date

# HERITAGE PARENTAL COMMITMENT

## PARENTAL SUPPORT--THE KEY TO YOUR CHILD'S PERFORMANCE

The role that the parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind here are some guidelines for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss with your coaches, the Club's Director of Coaching, Technical Directors, or any Board Member.

- **Let the coaches' coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, additional training, etc. You have entrusted us with the care of your player and we need to be free to do our job. If a player has too many coaches, it is confusing for them and their performance usually declines.
- **Support the program:** Get involved. Volunteer. Help out with fundraisers, car-pool; anything to support the program.
- **Support and root for all players on the team:** Foster teamwork. Your child's teammates are not the enemy. When they are playing better than your child, he or she has a wonderful opportunity to learn. **For obvious reasons, refrain from making derogatory comments about the referees, coaches, and players in front of your child or in public.**
- **Encourage your child to talk to the coaches:** If they are having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation as well as playing the game.
- **Understand and display appropriate game behavior:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform their best, a player needs to focus on the parts of the game that they can control (their fitness, positioning, decision making, skill, aggressiveness, what the game is presenting them). If they or we start focusing on what we cannot control (the field condition, the referee, the weather, the opponent, even the outcome of the game at times), they will not play up to their ability. If the child hears parents telling them what to do, or yelling at the referee or the opponent, it diverts their attention away from the task at hand.
- **Help your child keep his/her priorities straight:** Let's all try to help them maintain their focus on school work, relationships and other things in life besides soccer. Receiving passing grades in school is a must if they want to continue playing on this team. Getting all of their schoolwork done during their idle time eliminates using schoolwork as an excuse for missing practice.
- **Have fun:** That is what we are trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a player, and thus a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to the process. We hope you do too!