



# **CAPS FC: Play Commitment Contract & Parental Commitment Contract**

(Revised 6/16/2020)

It is the goal of CAPS FC to develop youth athletes in the sport of soccer to the best of their personal abilities. By teaching standards and philosophies that include commitment, dedication and perseverance, players will benefit through personal development on and off the field. Our teams are composed of talented, like-minded individuals. The most important thing in the organization of a team and club is the commitment and goals of its members collectively. We will strive for excellence, but are you ready to do what it will take?

## **ATTENDANCE POLICY**

1. Since personal and premier team development depends on consistent training, regularly scheduled practice and games are to be a priority. Attendance at **ALL** practices per week is mandatory.
2. Attendance should be taken at each practice and game. Excused absences must be reported (in advance of the practice) to the team manager. Excused absences include: family, religion, school and health. Other sports and activities will be considered unexcused.
3. Players missing a regular practice for any reason will have the option to attend another team's practice during the week. The director of coaching will suggest other appropriate practices the player can attend. When choosing other practice sessions please take into consideration the most appropriate age for participation. This option must be communicated to the manager and or coach.
4. The consequence for missed practices will be a reduction of playing time for the upcoming game(s). In addition, coaches will make tournament team decisions based on practice commitment.

The objective of a strict attendance policy is not to punish players that do not attend, but rather, to reward those that attend regularly and are committed to communicating absences. Soccer is a team sport that requires the blend of many players and responsibilities. Absence of only one player results in a "wrench" in the machine. Make it a goal to have perfect attendance!

## **ACADEMICS & SOCCER PERFORMANCE**

We provide athletes with a positive learning environment. Your dedication to excellence is key to achieving your goals. Never accept less than 100% from yourself in school or on the field. Academic potential varies for each individual, but top college standards demand at least a 3.00 GPA. This is a minimum for admittance into many top schools with excellent soccer programs. The sooner you set a goal of 3.5 and above, the sooner your grades go up, the more confident you become and the sooner excellence becomes a habit.

Do every assignment well, study and do homework in your spare time, prepare in advance for every test, and do all extra credits. If you practice good study habits, you will never miss soccer

practice for “too much homework”, or to prepare for an exam”. Be disciplined in your school study habits, so that you can spend other time doing well at other things.

## **TRAINING**

To become the best you must work hard and attend every practice, game, and tournament possible. Take what you have done in practice and practice at home. Experience is the best instructor. Invest in yourself by working hard at every skill, drill, and game. Work on fitness and skills everyday. You can never be too fit or too skillful. Become your best motivator, coach, critic, and cheerleader.

## **SELF MOTIVATION & INFLUENCE**

Great players motivate others to become the best. Positive motivation yields positive results. Being part of a team, achieving goals and learning from setbacks together is one of the best benefits gained from youth sports. Peer pressure can be the strongest influence during teenage years. Be a positive influence on your peer group and never give in when you know the pressure is not in the best interest of you or your team.

The game of soccer demands a diverse array of athletic and mental skills that take many years to perfect. Strive to learn from watching and studying the game as a student, not just a fan, and never be afraid to accept a new challenge or learn from a setback. Understand that in today's age, you will never be able to stop learning and improving. Accept it, learn from it, & excel at it.

## **PERSONAL CONDUCT**

Players need leadership in order to learn to be leaders and confident young men and women. Be willing to listen and build positive relationships with team leadership. As a member of the CAPS FC you represent yourself, your coaches, your teammates, your family and your community. Be proud of what you represent and never behave in an embarrassing, destructive, or abusive manner.

## **COACHES**

Coaches are there to help each player and team be as successful as possible. Player's questions, comments, and concerns are always important, and should be voiced. While Coaches prefer to have the player voice their concerns, if you are unable to communicate with your coach and feel the need to do so, please ask for assistance from your parents or other teammates (team captain). Please respect your coach's rules and treat coaches with respect.

## **HEALTH**

Your body is a vital resource in soccer- take good care of it! A well balanced diet consisting of complex carbohydrates like pasta, bread, fruits and vegetables, potatoes and rice, mixed with proteins such as meat, poultry, milk and milk products and limited sugar and fat. Always stay well hydrated, with water being the best source. Always bring water to games and practice and drink it regularly- not just when you are thirsty.

Required sleep hours vary from person to person. Age, environment, and metabolism all play a part. Nonetheless, it is highly recommended that in order to function efficiently you sleep a minimum of 8 consistent hours per night. If you are enduring rigorous training in soccer (for example during a tournament), then your body will most likely require more sleep. Proper sleep before games is essential to maximizing your success.

## **PRIORITIES**

1. **Family and Beliefs:** Your family and beliefs are, and always will be, the most important part of your life. Look to improve your contribution by strengthening your role in your “family team.” Help before being asked, give before asking to receive, and always be a positive influence. Realize the time and financial commitment your parents are making to give you the opportunity to excel and thank them for it through your words and actions. Be a good person.

2. **School:** The benefits of academic excellence will give you confidence and tools that last a lifetime. Athletic achievement, without academic achievement is a misguided priority. Colleges accept soccer players based on grades first, athletic ability second. You can excel at both. Do it.

3. **Soccer:** Play soccer because you love it and want to be the very best you can be. Realize that there are thousands of young athletes working on improving their game everyday. You will stand ahead of the pack because you love the competition and your commitment to always be improving. Be a positive team contributor no matter what role you are asked to play.

## **FINAL NOTES**

The coaches coach because they love soccer and love working with you, young female and male athletes. They want to win, in fact they have a burning desire to win, but most importantly, they want you to take something with you when you decide to leave CAPS FC or soccer. We want you to have great memories, a feeling of self –worth, accomplishment, and self-confidence, and most important, the values of responsibility, dedication, commitment and discipline to help you succeed in all you do!

After reading all of the demands and commitment obligations, do YOU have what it takes to be a premier soccer player with CAPS FC? If you do, please complete and sign the contract on the following page and return it to the club office as soon as possible.

If you ever have any questions or comments, please feel free to contact the Club Director, Joel Santiago, or Club Administrator, Julia, or your team manager.

## **CAPS FC PERSONAL GOALS IN SOCCER**

To be completed by player (use back of page if more space is needed)

Name: \_\_\_\_\_ Date: \_\_\_\_\_ DOB: \_\_\_\_\_

How old were you when you first played soccer? \_\_\_\_\_

How old were you when you joined CAPS FC? \_\_\_\_\_

Long Term Goals (What would you like to accomplish within the next 5 to 10 years in soccer and life?) \_\_\_\_\_

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Short Term Goals (What would you like to accomplish within the next year or two in soccer?)

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What are your playing Strengths?

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In what areas do you feel you need to improve?

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What do you enjoy most about soccer?

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