

AFC Lightning Player/Parent Agreement

Once you make a commitment to AFC Lightning, you thereby agree to abide by the policies set forth by the club and your respective team. The commitment is for the seasonal year, which begins in August and runs through the following July.

A key ingredient in the success of our AFC Lightning program is clear, concise and consistent communication between the association, its teams, coaches, players and parents. This agreement is one way of both explaining and gaining agreement with our expectations of you, as a member of AFC Lightning.

Any request for a midseason transfer will be disapproved by our coaching staff unless extenuating circumstances determine that it is in the best interest of all parties (player, team and club). After the end of the seasonal year, your commitment to the club is over and you are free to leave the club if you feel it is in your best interest to do so. Remember, if your team qualifies for regional or national competition, you are expected to fulfill your commitment to the team through the end of the competition regardless of your intentions for the following season.

Please take into account that when you make your commitment to AFC Lightning, the coach and the Program Director may need to inform other candidates that they did not make the team. Be sensitive to those others and consider your decision to fully commit carefully.

Once you have committed to AFC Lightning, AFC Lightning consequently commits to you. No player will be cut from the club during the seasonal year unless it is for disciplinary reasons (this may include on or off the field behavior of a player, parent or guardian), or for failure to meet your financial obligation. Decisions regarding suspensions and dismissals from the club will be made by the Program Director in conjunction with the head coach of the team.

Should any conflict arise between the team and a parent or player, the team coach, under the direction of and with input from the designated academy or select age group director, will be responsible to make decisions for the overall welfare of the team and players. Decisions will only be made after gathering all relevant information and upon consulting with all parties involved.

Our coaches will always seek to make the best decision(s) possible for the player(s) and team. Parents and coaches agree to work as a team. Ultimate decisions as to playing time, positions, formation, discipline, suspensions and terminations from team will be made by staff, and based on the coach's and club's expectations and objectives.

Financial Obligations

Parents or legal guardians of every player are responsible for all monies associated with their child's play in the AFC Lightning program. If at any time prior to the end of the season a player withdraws from the AFC Lightning program all remaining cost are to be paid in full.

Fee Structure

Please see fee structure document – This is available at tryouts, signing day, and on our website.

Returned checks, credit card payments, bank draft fees, or other costs of collection, which will include a \$20 processing fee, will be the responsibility of the parent.

AFC players agree to:

General

- Conduct themselves and represent the club in a respectable manner.
- Be honest and reliable at all times.
- Maintain a healthy lifestyle and team-oriented attitude.
- Avoid the use of drugs, tobacco, alcohol or any prohibitive substances (violation may result in suspension or dismissal from the club).
- Portray an example of sportsmanship and fair play.
- View their training and development as their primary objective.
- Always assume training is on, unless otherwise noted on the club website.

Training/Games

- Arrive prepared! Arrive at least 15 minutes prior to training times and 45 minutes prior to game times as established by coach and club.
- Equipment must be clean and in good/proper condition.
- Wear only designated training or game attire, with appropriate equipment, shin guards, properly inflated and appropriately sized ball, to all training and games.
- Attend all training sessions and games unless excused by coach (including when injured).
- Notify coach in advance via phone and email of any expected tardiness or absence from any training session or game.
- Accept discipline from coach as to playing time, suspensions or termination from team.
- Direct their full attention to coaches or trainers when they are speaking.
- Avoid the use of profanity at all times.
- Strive to continue to improve their game by working at home outside of the 2-3 training sessions per week during the season and off-season.
- Not question a referee's decision by word or gesture.
- Always be respectful of opposing players, coaches, fans and referees.
- Shake hands with opposing team and coaches after each game.
- Be supportive and positive towards their teammates.
- Commit to giving 100% effort during games.
- Personally speak with coach in regards to any game situation concerns (i.e., playing time, positions, etc.)
- Never put themselves above the team and always do what is in the best interest of the team.
- ALWAYS LEAVE A CLEAN BENCH AREA!

Academics

Work hard in school. Address school work diligently. Homework, papers and exam preparations must be done responsibly. Time management is vital for AFC Lightning players. It is our belief that our players must learn to properly budget their time so that they are able to consistently participate in training and games.

As scholar athletes, AFC Lightning players cannot afford to waste time that could otherwise be used to improve their academic standing. AFC Lightning coaches reserve the right to suspend players for poor academic standing in school or repeated time mismanagement resulting in missed training. Lack of study time or poor time management is not a valid excuse for missing training. All AFC Lightning players are required to bring school books on tournament trips.

Nutrition

Nutrition is a very important part of your responsibility as an AFC Lightning player. The little things make a big difference. What you put into your body plays a major role in what you are able to get out of your body. We encourage you to eat healthy, nutritious food at a time that does not interfere with training or game performance and rehydrate properly and consistently. Players must exhibit restraint and discipline in this area. An appropriate pre-match and post match meal is essential as is the proper intake of fluids. Information on proper nutrition and hydration is available from the AFC Lightning staff.

Fitness

AFC Lightning players are responsible for being at the highest fitness level possible in order to maximize their performance levels. We must be fit. Training will help, but two training days per week are not enough to attain the high fitness level of an elite soccer player. As a result, **YOU ARE ULTIMATELY RESPONSIBLE FOR YOUR OWN FITNESS LEVEL!**

The AFC Lightning Program Directors can provide guidance and direction in creating personal soccer specific fitness programs for those interested. AFC Lightning players must also take the responsibility to rest before games seriously. As a member of a team you cannot let your teammates down by being tired or unfit to play.

AFC parents agree to:

- Have player at each training, practice or games as designated in “player” section above.
- Hold any parental discussion with the coach until 24 hours after a session or game and away from the field/away from the presence of players and other parents (cool down period).
- Not coach (at all) from sidelines during games or training. “Shoot”, “pressure”, “pass”, “take it”, “get it out of there”, and “hurry” are all interpreted as instructions and are therefore prohibited from use by parents.
- Only provide positive verbal support to players, coaches and referees (when in doubt, silence is best).
- Never challenge referees’ call(s) either verbally or by way of gesture.
- Defer to and support coach in handling any dispute, referee action, disciplinary action or violation of this agreement or team rules.
- Volunteer their time to support the team and club (fund-raising, field maintenance, team administration, committees).
- Always be respectful of opposing team, coaches, players and parents.
- Pay all fees as per the fee structure.
- Accept financial responsibility for fees established by club for entire seasonal year (August to July) regardless of relocation, injuries, etc. (see fee schedule)
- Pay player’s share of scheduled team events or tournaments even if unable to attend or injured. (Fees for “optional” tournaments will be divided among participants only).
- Respect that you have accepted a roster slot, and honor the fiduciary responsibility to club and team required to support the club’s overhead and coaching/training salaries (even when injured, unable to attend, desire to change clubs, etc.).

Disciplinary Action

Our attempt in this agreement is to present in clear detail the expectations of you as a member of AFC Lightning. If you are ever uncertain about any of the rules and regulations, please ask your team coach or the Program Director. Knowing and understanding these responsibilities and

policies will help ensure that your participation in the club will be positive for you, your team and your coach. We have high expectations of our coaches, the club, the parents and players. Remember that we believe behavior is so crucial to team success or failure that a willingness to abide by agreed upon values is indeed a qualification for membership. When players refuse to abide by these expectations, they are in effect deciding not to be on the team. Players that are allowed to remain in spite of their behavior will undermine the team's morale and performance as well as the club's image and reputation of excellence in character. AFC Lightning coaches will not permit this to happen! If disciplinary action is necessary, the following steps will be taken:

1. The Head Team Coach will discuss the problem directly and privately with the player with the understanding that the problem will be corrected immediately. The Head Coach will also inform the Program Director (and/or DOC) of the situation.

2. The Head Team Coach will communicate with the player's parents to discuss the problem and lack of response on the part of the player. At this point in time, the parents will have the opportunity to be involved with the process of correcting the problem. This will be done in private and without the knowledge of other parents and players.

3. If the problem continues, the Program Director (and/or DOC) may temporarily suspend the player. If the situation warrants, the Program Director (and/or DOC) may recommend to the Executive Board the permanent dismissal (expulsion) from the club. The parents will be notified by the board of the decision.

4. The parents of any player recommended for removal from the club may request the opportunity to meet with the Executive Board and/or Program Director. Serious infractions that may warrant immediate suspension or dismissal from the club include but are not limited to the following:

- a. Violence, abuse, theft, and dishonesty.
 - b. Drug, alcohol and tobacco use.
 - c. Behavior that brings serious disrepute to AFC Lightning and the game of soccer.
- Note: Parental behavior and/or disregard of club rules or regulations can also lead to suspension or dismissal from the club of the parent and/or player. Please see Parent Responsibilities, Expectations, Behavior Guidelines and Code of Conduct.

I have hereby read, understand and agree to my responsibilities stated herein. I further acknowledge that failure to comply with the above expectations may result in my suspension or termination from my team and AFC Lightning.

Print Parent Name

Parent Signature

Date

Print Parent Name

Parent Signature

Date

Player Signature

Date

Team/Age Group Assignment

Please sign and return Player/Parent agreement portion to your team manager.