

Player Code of Conduct



Expectations

Individual

- Maintain a high level of fitness and nutrition to enhance performance and prevent injuries
- Incorporate lifting, strengthening, stretching, yoga and fitness outside of team events
- Spend time on individual player development, before, after and outside of practice
- Have a positive and enthusiastic player mentality at all times
- Understand this is a commitment for the entire year (August to June)

Team

- Be respectful and professional on and off the field at all times
- Challenge, encourage, support and motivate your teammates
- Be fully committed to the team's success and maintain a high level of competitive spirit
- Establish our club identity and "DUSC" style of play

Practice

- Attendance is mandatory, no unexcused absences
- Punctuality: players must arrive fifteen minutes early for every session
- Team and player equipment prepared and ready for use (balls, pinnies, cones, etc.)
- Understand that performance in practice is important with regard to starting games
- Players take responsibility for their actions and mistakes in order to aid development
- Have a 100% focus and effort at all times during each exercise and activity
- Wear correct designated uniform for practices

Game Day

- Wear correct uniform for games and team travel
- Behave professionally during games and team trips
- Arrive one hour early to all games

Commitment

As a club we are working hard to improve the strong player development foundation currently in place. The club and coaches are continuing to evolve and work towards a higher level of player and team development. In order for the coaches to enhance the DUSC culture by challenging, educating and improving players in an age-specific player centric environment it is crucial that there is a strong level of commitment and communication in place.

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Expectations

Attendance

We expect 100% attendance from all players throughout the year. Coaches plan practice session and work on technical and tactical aspects that all players need to become familiar with for individual and collective development.

Communication Protocol

- Notify the coach via the attendance tool in SIP and email (at least 24 hours) in advance of practice if you are unable to attend.
- Notify the coach via the attendance tool in SIP and email (at least one week) in advance of games if you are unable to attend
- Notify the coach via the attendance tool in SIP and email (at least one month) in advance of tournament if you are unable to attend.
- For emergencies, text the coach.
- For players aged U13 and upwards, players should take responsibility for the communication.
- Attendance protocol is reviewed periodically and action may be taken if needed in regard to game time and status on the team.

Excuses for Missing Practice/Game

Not acceptable:

- Homework
- Social event
- Injury (injured players can assist the coach and also learn team tactics)

Acceptable:

- Religious holiday
- Mandatory school function/event (note required for event)

Commitment to DUSC/Outside Programs

Players must discuss outside programs with their coach and are not allowed to miss DUSC events for such programs. One exception will be NYCFC "Talent Centers," who we are working with to minimize conflicts. Each player should detail any programs outside of DUSC they currently participate in, including school sports, other sports, and other soccer programs so their coach is aware of potential overload and conflicting organizations.

Player Name

Player Signature

Date