



# TROY UNITED SOCCER CLUB

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## WELCOME

On behalf of everyone involved we would like to welcome your family to Troy United Soccer Club. We look forward to working with your child and hope to provide them an excellent and rewarding soccer experience. It is our goal to offer a challenging, stimulating, fun and exciting environment that not only will help each child develop in the game of soccer but also offer experiences that can serve as lessons for later in life.

At TUSC, with our staff of both volunteer and professional coaches, we are committed to developing soccer players the right way. While winning is always the goal of any team it does not take priority at TUSC. The overall development of each player is the priority with winning, losing or tying the secondary objective. It is our overall goal to see that each player reaches their highest potential and learns and grows to the best of their ability.

### What you should expect from TUSC:

- Safe, fun, challenging and developmentally appropriate training environment at each level.
- Coaches dedicated to getting the most from each player, challenging players to improve every day and to play the game because they love it.
- Information and feedback that properly educates players and parents in order to improve their abilities and to provide a smooth transition from one level to the next.

### What TUSC expects from players and parents:

- **COMMITMENT** - Being part of a competitive soccer club takes a high level of commitment. Attendance at practices, games, and any other activities revolving around TUSC or its teams is required unless otherwise stated.
- Players willing to give it their all to learning this great game with consistent practice and game attendance.
- Players who are mentally prepared to work hard, to compete, and to perform to the best of their abilities.
- Players who support their team and their club.
- Players who exhibit exemplary sportsmanship and conduct towards teammates, opponents and referees.
- Parents who allow the coaches to coach.
- Parents who support and encourage all players.
- Parents who exhibit exemplary sportsmanship and conduct towards opponents and referees.

Again, Welcome to Troy United Soccer Club and good luck in all your soccer endeavors!

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Technical Director

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# The Perfect Parent: Be Seen and Heard Very Little

by Mark Heffernan – from *InsideSoccer.com*

A friend of ours once had a conversation with a young player:

*Coach: "so what is your favorite position?"*

*Player: "center midfield"*

*Coach: "Interesting. Is that because you see yourself as a good playmaker?"*

*Player: "No its because my dad is one side and my coach is on the other and sometimes if in am in the field I can't hear either of them."*

If it weren't so sad it would be funny. It's also a story repeated over and over again at fields all over the world. In the age of helicopter parenting the notion of allowing kids to play for fun or of allowing them to learn by making mistakes is all too rare. Aside from destroying the joy of sport for many young people, such parental or coach intervention is almost certainly misguided.

Try to remember a moment or a time when you played out of your socks, when everything seemed to go right. Now stop reading for a moment and try to think of how it felt at the time, how you would describe it. Obviously, there are lots of words you can use but I think a common description would be that I was in the zone, that it was all so effortless, thoughtless and unconscious. Even though our own experiences with excellent performance have been all too fleeting and uncommon we know that's exactly how it felt: there was no conscious focus on the how, the focus was entirely on the outcome and we just knew that it was going to work. By contrast most of us would, I believe, agree that when we start to think too much about what we are doing or the mechanics of what we are doing then our actions tend to become awkward and clumsy. Spontaneity and creativity tend to disappear. Now, we do not mean to preach here – as parents we are all human and we have all been there, most of us reading this probably as coaches too. But, in the light of what we have just discussed above consider the following:

*By constantly coaching and correcting our kids in the game we are unconsciously, but almost certainly, guaranteeing poor and deteriorating performance. We are taking them away from that unconscious, focused mental state where they need to be to excel.*

Tactically it may also be a mistake and only serve to confuse the players. It is impossible to know what precise instructions the coach has given the players so how can a parent tell them what to do when they don't know what they are supposed to be doing? How many times have you seen a team where the coach has for whatever reason decided to have their team drop when they lose the ball, but where the parents on the sideline are screaming "pressure."? Little Sally out there has no idea whether she's coming or going.

If you want to see how much the kids hate it, allow them all to describe it anonymously via their coach and read the responses. I think this is a useful exercise for any youth team. You'll see answers like, "it's so embarrassing," "I cringe every time he opens his mouth," "I wish they could hear themselves," or "they don't know what they're talking about."

So maybe it's time for all us parents to just shut up and let them play. Praise them and anyone else on the field for good play and leave it at that. And they'll like us better for it!



# Troy United Soccer Club

## Player Code of Conduct

**The following standards are established by Troy United Soccer Club and govern the behavior of all TUSC players before, during and after soccer club events:**

1. I will demonstrate fair play and good sportsmanship at every practice, game and tournament. I will also encourage fair play and good sportsmanship from other players, coaches, officials, and parents.
2. I will attend every practice and game, and I will notify my coach if I cannot make a practice or game.
3. I will come to practices and games on time and ready to learn. I accept responsibility for bringing any equipment necessary for practice (ball, cleats, shin guards, water,) and games (cleats, shin guards, water and team uniform).
4. I will follow coaching direction and will not be disruptive during practice or games, or use bad language.
5. I will treat other players, coaches, officials, and fans with respect regardless of race, sex, or ability, and I will expect to be treated accordingly.
6. I will respect the authority of the referee.
7. I deserve to have fun during my soccer experience. I will alert parents or coaches if it stops being fun.
8. I deserve to play in an environment free of drugs, including tobacco and alcohol, and will expect everyone to refrain from their use at all practices and games.
9. I will conduct myself with honor, dignity and treat other players as I would like to be treated. I will remember at all times that I am representing Troy United Soccer Club, my team and my community.
10. I understand that poor behavior during practices, games, or tournaments may result in lost playing time and expulsion from the team.

### **Player Consent:**

**I understand that by signing this document I am agreeing to support and promote this Player Code of Conduct Agreement.**

**Signature** \_\_\_\_\_

**Printed Name** \_\_\_\_\_ **Date:** \_\_\_\_\_



## **Troy United Soccer Club Parent/Guardian Code of Conduct**

**The following standards are established by Troy United Soccer Club and govern the behavior of all TUSC Parents, before, during and after TUSC events:**

**First and foremost, I understand that as a parent/fan I am a representative of Troy United Soccer Club and as such must conduct myself in a manner befitting at all times during club related activities and events.**

1. I will not be a sideline coach or referee. I will provide positive reinforcement, care, and encouragement to my child and his/her teammates. I will also refrain from making negative comments to my child or his/her teammates.
2. I will encourage fair play and good sportsmanship by demonstrating positive support for all players, coaches, and officials at every practice, game, or tournament.
3. I will learn the rules of the game for my child's age group and the policies of the league.
4. I will place the emotional and physical well-being of my child ahead of a personal desire to win.
5. If my child develops a behavior-related problem that repeatedly disrupts practices and/or games, I promise to work with my child's coach to resolve that problem.
6. I will support coaches and officials who instruct my child in order to encourage a positive and enjoyable experience for all.
7. I will not sit or stand on the coaches' and players' sideline during a match.
8. I will support all efforts to remove verbal and physical abuse from TUSC events.
9. I will demand a soccer environment for my child free of drugs, tobacco and alcohol, and will refrain from their use at all practices and games.
10. I will remember that the game is for my child and his/her teammates, not for the adults, and will do my best to make soccer enjoyable for my child.
11. I promise to treat other fans, coaches, players, and officials with respect, regardless of race, sex, or ability.
12. I will refrain from discussing any issues about a game with the referee or linesman at any time. This includes a call or lack of a call, before, during or after a game, and includes at the field or away from it.
13. I will respect the coaches and their authority during games and will never question, discuss, or confront coaches prior, during or after practices or games and will take time to speak with coaches at an agreed upon time and place.

**Consequences:**

The TUSC Board will have the authority to discipline any player or parent/legal guardian who has violated any of the above guidelines or whose conduct is considered detrimental to the best interest of TUSC activities.

**Discipline violations could include but is not limited to the following:**

**Warning:** The offending person is advised of the nature of the offenses and informed that further violations will result in a more severe penalty, or

**Probation:** The offending person is given a written warning and enters a period of probation to be determined by the Board, or

**Suspension:** The offending person is suspended from participating in TUSC activities for a length of time to be determined by the Board. If the offending person should cause a coach to receive a red card and thus be ineligible to coach one or more games, the offender should also be suspended for at least the same period of time.

**Bar:** The offending person is barred from future participation in TUSC activities to the end of the season at a minimum. A violator can only be reinstated by the approval of the TUSC Board of Directors. In addition to the above disciplinary options, any person ejected from a game is ineligible to return to the field for the next scheduled game of their team and any person ejected from a game twice in one season is automatically suspended from participating in any TUSC sponsored activities until such a time as they are reinstated by the TUSC Board.

**Process:**

Any person subject to disciplinary action will be informed in writing by the Board and may review their conduct and have the right to appear before the Board to explain their conduct before disciplinary action is imposed. The decision regarding disciplinary action will be communicated within seven (7) days of the review. No person subject to disciplinary action will be entitled to a refund of the registration fee, or any fee associated with this program.

**Parental Consent:**

**I understand that by signing this document I am agreeing to support and promote this Parent/Legal Guardian Code of Conduct Agreement. Furthermore, I am required to read it or have it read by a spouse, family member and guests, and ensure that all will abide by this code during the course of the season. A copy of this code of conduct is available upon request.**

**Signature** \_\_\_\_\_

**Printed Name**\_\_\_\_\_ **Date:**\_\_\_\_\_