



GulfSouth Soccer Club Player Expectations

GULFSOUTH players are selected through a tryout evaluation. Team placement is determined by the Club. It is important that players observe the guidelines established by the Club, League Affiliates, and State Associations. Upon selection, you are expected to participate in all team activities: training, games, and other club sanctioned events. You are expected to take participation in the program seriously and should be committed to improving and developing as a player.

With that in mind, the player is expected to:

- **Take ownership:** Understand that you are in charge of your own development and take pride in your training every day.
- **Show professionalism and courtesy:** Shake hands and make eye contact with the coach upon arrival to training sessions and games. Treat teammates and opponents with respect at all times, including injured players.
- **Arrive focused and mentally prepared:** Train and play to the best of your ability. Give maximum effort and strive for top performance during training sessions and games. Have a positive attitude, work hard, and never give up. Horseplay and inappropriate language/remarks are unacceptable and will not be tolerated at training sessions or games.
- **Come prepared:** Arrive to training sessions and games with required gear (cleats, shin guards, water). Wear only the training kit and game kit uniform combination as specified by the Club (jersey, shorts, socks). No exceptions. This is important to demonstrate Team/Club pride and unity.
- **Practice good attendance and punctuality:** Understand that attending training sessions is crucial in the development process, and attendance is a serious commitment. Be aware that the coaches prepare their training drills and exercises in advance based on the number of anticipated players. Provide the Team Manager or Coach notice if you will be absent or tardy to any training sessions or games. It is your responsibility, not that of your parents.
 - **For training:** Arrive 15 minutes in advance of the official training start time, begin warm-up, stretching and juggling so that the session is high quality and productive and of maximum benefit.
 - **For games:** arrive 45 minutes in advance, or as specified by the coach.
 - **Consequences:** Missing or being tardy to training sessions or games may result in reduced or no playing time in games.
- **Be a good sport:** Accept success, failure, victory and defeat with the same dignity. Understand that players may receive more or less playing time than their teammates and playing time is not guaranteed. The amount of playing time received in games will be based on skills, effort, determination, attitude and adherence to Club standards.
- **Take pride:** Always have regard for the best interest of the game, the team, and the Club. Publicly expressing an unfavorable opinion of the game, team, individual players, and/or others involved in the game is unacceptable.
- **Be a team player:** Only give positive encouragement to fellow teammates and do not view your teammates as the competition.
- **Be dedicated:** Practice skills outside of organized Club training sessions and games as recommended by the coach. Work on core strength and overall fitness. Juggle 15+ minutes a day. Watch professional matches on television. Become educated on proper nutrition/diet for athletes. Hydrate well in advance of training sessions and games.
- **Be responsible:** Approach the team coach with any soccer related issues or concerns (i.e. playing time, positions, etc.) after training sessions and games and away from other players/parents.