



## Player Acknowledgement of Responsibility

I realize I am an important part of the LC United Soccer Club and my team. As such, I will:

\_\_\_\_\_ Arrive at each team practice or game in time to participate at the beginning of practice or game in the required and complete practice kit.

\_\_\_\_\_ Bring appropriate playing equipment to all events (shin guards, cleats, head and dental protection, ball, etc.)

\_\_\_\_\_ Make up a practice session with at least one of the skills sessions that are available through the Club. I will communicate with my coach that I need to do this and why. If I don't make up one of my practice sessions, it may affect my playing time in games.

\_\_\_\_\_ Make sure I hydrate properly and eat healthy that will allow me to do my very best throughout a practice or game. I will also bring enough water or Gatorade for the whole game or practice.

\_\_\_\_\_ While at a practice or game, I will treat my coach, teammates, parents (including my own) and officials with dignity and respect.

\_\_\_\_\_ Be professional to my coach and teammates both on and off the field. Mistakes on the field are an integral part of the learning process and only make my teammates and team better.

\_\_\_\_\_ Never say unkind words to our goalie when a goal is scored. I will remember if a ball got passed my Keeper, it got past me and nine other teammates too.

\_\_\_\_\_ Not speak to any game official, referee, opposing player, parent or coach unless I am going to compliment them.

\_\_\_\_\_ If I am unhappy for any reason, I will speak with my coach or team manager as soon as possible.

\_\_\_\_\_ Accept new players with enthusiasm and professionalism.

\_\_\_\_\_ Strive to be a positive role model to my teammates, younger LC United players and people within my community.

\_\_\_\_\_ Acknowledge what I post on Social Media (Snap Chat, Instagram, Facebook, Twitter, etc) exists forever and may do harm to myself and my team. If I decide to post something negative or controversial, I may be asked to delete or possibly leave the team.

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_