



## FCA Practice Policies



### FCA players & parents must adhere to the following procedures.....

- Players must arrive at practice ten minutes early as practice starts promptly on time.
- All players must be properly equipped (shin guards, socks, no jewelry) dressed in proper workout gear. For girls this means no spaghetti strap type shirts.
- Goalkeepers must come with their own gloves and pants.
- Players must bring water or sports drinks. No Energy drinks will be allowed. On turf fields, only water will be permitted.
- If players are to be late, absent or have to leave early, the Coach or Manager must be notified as soon as possible.
- Parents are to be on time when picking up players.
- Players are to be ready mentally to practice and concentrate on soccer for the duration of the practice.
- Parents are not allowed on the training field to talk to the coach or player. See the manager if this need arises.
- If a player is late, they must jog out to the practice session. Walking will not be allowed.
- Players and parents must understand that in order to compete at the highest levels, following these guidelines is essential.

Player's Name: \_\_\_\_\_

Player's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Team Name: \_\_\_\_\_