



# VESTAVIA HILLS SOCCER CLUB



## EXPECTATIONS OF COMPETITIVE TEAM PLAYERS

The Vestavia Hills Soccer Club would like to take this opportunity to welcome you to our Club and our marvelous facilities at Liberty Park. We feel privileged to have you in our Club and look forward to helping you become the best soccer player you can be. To assist in this mission of strong player development, it is important that you understand the expectations and standards required of each member of the Vestavia Hills Soccer Club. It is vitally important that you follow these standards in a timely and responsible fashion so that every player's experience in our Club is as positive and enjoyable as possible. Please read the following very carefully so you can understand what is expected of you.

### A. BEHAVIOR

All players for the Vestavia Hills Soccer Club must act with the utmost respect to all individuals with whom they interact while involved in Club activities. Behaving in a violent and or abusive manner (including taunting) towards anyone while representing the Club will not be tolerated. Possible suspension and dismissal from the Club may result for every individual who behaves in this manner. Yellow and Red card infractions will also be monitored by the Director of Coaching. Consistent offenders also put themselves at risk of suspension and dismissal. Please understand that negative behavior reflects badly not only on the individual in question, but also on the team, the coach, the manager and the Club's reputation as a whole. The Club will not allow its reputation to be tarnished by anyone. Please act according to these standards.

### B. COMMITMENT TO EXCELLENCE

Division I and II teams provide the talented youth soccer player of Alabama the best competitive environment both in-state and out of state. To be part of this elite group of soccer players requires an incredible amount of time, dedication and a commitment to excellence. To be able to reach this level of excellence the Club requires all players to be dedicated to producing a high quality, game intensive practice environment so their practice sessions will develop them to play at game speed. To this end, the following is expected from each player:

1. Be **dedicated** to becoming the best soccer player that your physical talents allow you to be.
2. Be **willing** to work **very hard** while **enjoying yourself**.
3. Be **coachable**. Listen to and implement your coach's instructions **quickly** and **effectively**. Ask questions of the coach if the instructions are unclear.
4. Be an **unselfish team player** who puts the team's needs first, before your own. Your team will be more successful if all the players play together.
5. Be **committed** to practicing on your own to help develop your soccer abilities. Ask your coach for extra material that you can do on your own at home.
6. Be available to **mentor** younger players.

### C. **PRACTICE AND GAMES**

Each player is expected to adhere to the following guidelines with regard to practice sessions and games:

1. Participation in **every** practice and game is mandatory. Excused absences only for academics or illness, or as otherwise approved by the DOC.
2. Arrive at practice **before** the scheduled practice time so that practice may **start** on time.
3. Notify **both** the coach and your team manager of any absences from practices and or games due to illness or injury as soon as possible. If illness or injury is **serious see a doctor as soon as possible**. Your team needs you at full strength as quickly as possible so look after your health at all times. Also keep your coach informed of your rehabilitation and expected date of return to full fitness.
4. All players who are from out of town (more than fifty (50) miles from Birmingham) are required to come to practice a minimum of **once a week** in Birmingham. This is **mandatory**. If an out of town player misses the practice session that has been identified as the one session he/she will attend then he/she must attend the other practice session of that same week unless previously discussed with the team coach. The coach may also **request** an out of town player to attend the second practice session of the week. However the player should only attend if it is feasible for him/her. If a practice session is offered closer to the out-of-town player's home (such as in Huntsville), the player would be required to attend that practice as their second practice of the week.
5. Notify **both** the coach and your team manager of any absences from practices and or games due to illness or injury as soon as possible. If illness or injury is **serious see a doctor as soon as possible**. Your team needs you at full strength as quickly as possible so look after your health at all times. Also keep your coach informed of your rehabilitation\_and expected date of return to full fitness.
6. Everyone is expected to be at all games and tournaments, **especially** the **Division I League games**. Each player has the same responsibilities to be at every scheduled team function. Each team has team rules for specific situations that will be communicated to the players. Unusual special circumstances will be dealt with on a case-by-case basis. No one will be given any special treatment regardless of their situation. Every player is expected to ride the bus **together** through the rough breaks and the smooth breaks. That is what **team** sports is all about.

## D. EQUIPMENT RESPONSIBILITIES

**Practice:** Each player must have the following for every practice – all items are mandatory:

1. Ball: this is essential.
2. Shinguards: also ankle guards and mouth pieces if necessary.
3. BOYS: **grey training jersey, black shorts and white socks**  
GIRLS: **grey training jersey, black shorts and white socks**
4. Soccer Shoes/Boots: a) Studs / screw-ins for wet and muddy surfaces.  
b) Molded studs for dry / hard surfaces.
5. Running shoes.
6. Extra clothes: warm-up training top and bottoms, warm-up t/shirt, wet weather clothes.
7. Water Bottle

**Games:** Each player must have all of the above at every game – T-shirt should be VHSC Club t-shirt if possible.

## E. PLAYING TIME

The philosophy of the Vestavia Hills Soccer Club is dedicated to the development of the player. It is the responsibility of the coaching staff is to provide playing time without sacrificing the ability to win the game. The coaching staff will provide adequate playing time over the length of a season, but not necessarily the same amount of time in each game. For example, a substitute may not play a single minute in a final while starting and playing an entire game when the opponent is anticipated as weak. All substitutions are at the discretion of the coaching staff of each team. Each player must be aware that the following will affect their playing time.

1. **Bad behavior** – this includes, but is not limited to, abusive behavior to sidelines, coach or fans.
2. **Missing** practices and games
3. **Lack of hard work, dedication and lack of desire to become a better soccer player.**
4. **Consistent** red and yellow card offenders will have their **playing time reduced** at the **discretion** of the coach.

These are the expectations asked of every soccer player in the Vestavia Hills Soccer Club so everyone can enjoy their experience while a member. We feel these expectations are a fair and necessary request on our part in order for the coaching staff to provide the best positive learning experience for you and your fellow club mates. If you have any questions regarding any of the information you have just read, please call Luke Whittle at the Vestavia Hills Soccer Club office at (205) 978-0182 or e-mail vhsoccer@bellsouth.net. We are looking forward to helping you develop your soccer skills and abilities over the coming years. By working together, we will assist you in realizing your soccer goals and objectives.