



**Capital Area Soccer Association**  
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## Coaches, Players and Parents Best Practices and Standards

Capital Areas Soccer Association (CASA) & Capital Area Premier Academy (CAPA) strive to provide a positive environment for players to develop their soccer skills and compete at the highest levels. In order to accomplish this goal, the organization expects coaches, players and parents to follow the CASA Code of Conduct.

The Code of Conduct is designed to ensure coaches, players and parents set standards for practice, games and conduct. It is expected that all players and parents have first reviewed all CASA Code of Conduct Rules and Penalties. These rules and penalties are distributed and signed at the beginning of each soccer season (August 1<sup>st</sup> to July 31<sup>st</sup> of the following year). They are also available on the CASA web site at [www.capsoccer.org](http://www.capsoccer.org). These need to be kept throughout the year as a reference and guideline for parents and players.

In addition to the Code of Conduct, the organization has developed Best Practices and Standards Guidelines to help coaches, players and parents discuss the development process. These have been designed to:

- Promote positive discussion
- Allow adequate time to discuss important issues
- Remove the emotions that can exist on game days
- Ability for coaches, players and parents to understand and develop a plan for the future

The Associations recognizes challenges can exist within any organization and want to develop solutions.

### I. **Players:**

#### a. **Training Session:**

- Players are expected to be fully equipped, dressed, and ready to begin the training session at the assigned starting time.
- The coaching staff reserves the right to ask any player to step out of training if the players clothing can become harmful to them or any player on the field.

*“Early is On-Time, On-Time is Late, and Late is Unacceptable”*

#### b. **Attendance:**

By the standard and integrity of holding a position on the roster, every player acknowledges their commitment to the team by attending all training sessions and games.

- Attendance will be taken each training session and absences will be dealt with on an ad-hoc basis
- Absence from a training session before a game may mean not starting and decreased time

- That includes league and tournament games
- Player/Parent should notify the coaching staff why the player cannot attend the training session or game

***This is not commitment through convenience!***

**c. Social Behavior:**

- Players are expected to attend training sessions with the intent to focus on the instruction of the coach/trainer
- Players are expected to attend games focused on their performance, the team's performance and the instruction of the coaching staff
- Building team spirit is encouraged under the guidance of the coaching staff

**d. Disrespect:**

- Any act of disrespect will not be tolerated
- Any player engaging in disrespectful acts towards coaches, teammates, referees, opposing players/parents will be removed from the game or training session
- At the very least, the offending player will make a sincere apology. Depending on the level of the incident, the player may have to offer a hand written apology and possibly include forfeiting future game minutes
- Players are not to use profanity at games or in any public setting
- The CASA organization expects the players to act with the highest level of class on and off the field.
- Any player that has been sent home or removed from a training session/game because of behavior issues will be required to apologize to their teammates before the player is allowed to participate in any team based activity (Training Session, Game, Tournament, Social Outing, Etc.).

**e. Pre-Match/In-Match:**

- Players will organize themselves and warm up based on what and how the coaches deem appropriate for a pre-match warm up.
- During the match all players will be in dressed in full-uniforms with shirt tails tucked in.
- When being subbed the bench player will hand off a training bib to the player leaving the field. This is to speed up the subbing process.
- The coaching staff expects each player to be at each of the games. If there is a family issue where a player needs to leave early, there needs to be communication from the parent or guardian at least 24 hours in advance of the game.
- The only persons to address the referees will be coaches and the speaking captain. No other player or person should be making any type of verbal or nonverbal communication with the officials.

- f. **Post-Match**— Players will shake hands with the other team's players and coaching staff. Players will also shake hands with the Referees without saying a word besides "Good Game".

**II. Parent:**

a. **Contact:**

Every decision made by the coaching staff is to ensure the best possible outcome for the team as a whole. No decision is made with one specific player in mind.

Should concerns arise from the decisions of the coaching staff, the hope is that parents will first look at the situation from the standpoint of the entire team and give plenty of time to come upon a logical conclusion. On these issues, we feel that the players need to be the first to communicate and work through the difficult times; let the player talk to the coaching staff about understanding the decision and finding a solution. All parents and players should keep in mind that the coach's decision was made in an effort to create success for the entire group of players, whether during a match or a training session.

If, after such a conclusion, the concerns are not satisfied, the parent should seek out the coach at a reasonable time.

**Just before, during, or just after a match/training session is not a reasonable time to seek out a coach. Any such attempts will be respectfully denied.**

If concerns do arise;

- Parent can request a meeting or communication with the coach to discuss. The meeting or communication will come at a minimum 24 hours after the request. The request needs to be in written form to ensure better preparation.
- At the appropriate age, U-12 and older, the player is first responsible for initiating communication of the issue. It is in the coaching staff's strong opinion that players U-12 and older can handle these tasks themselves and need to take responsibility for their play
- Any incident (match or training session) that would like to be discussed with the coaching staff must be submitted by parent or player and emailed or written at least 24 hours before the meeting time to discuss the event. Players are welcome to talk about any team/individual based topic during training session hours.

The coaching staff will make time for any parent whose approach is respectful and solution-oriented. Tempered, accusatory, demanding or heat-of-the-moment discussions or approaches are inefficient and will be denied.

**Items Coaching Staff will have the final decision:**

- Playing Time
- Positions
- Training
- Game Tactics
- Starting or Not Starting

**b) Game Day:**

Match days are your time to relax, watch, & enjoy the efforts of the players and coaching staff. The coaching staff is more than able to handle events that arise throughout the duration of a game. Refrain from giving **any** instructions to our players, the opposing team, or the referees. Our players understand and know their roles and responsibilities.

**Our players do not need any additional specific instructions projected from the sidelines. Examples: Yelling... Shoot, Run, Kick, Faster, or any instructions, verbs, or adjectives.**

**Positive encouragement is always welcome.**

**III. “Coaching Rules of Thumb: More things players and parents may or may not realize?”**

- If a player is not at practice, the coaching staff can't evaluate that player in terms of earning playing time.
- If a player is not working a peak performance; the coaching staff can't evaluate that player in terms of playing time.
- Missing a game or practice may result in reduced or no playing time in the future.
- Players are required to compete hard against their mates each day because; competing every day makes the players around you and the team better.
- Leadership is action, not position.
- Playing time is earned.
- Players cut themselves.
- Determined, disciplined, and dedicated players will always be welcomed!!
- If you're not playing as much as you think you should, work harder.

6/18/2013