

Vikings Player Guidelines

General

1. Attend all training sessions, matches, tournaments, and meetings unless previously excused by the coach. When conflicts arise, notify your coach as soon as possible ahead of time. You have a responsibility to the club and your teammates to be sure they get the most of their time at club events. If you don't show up to the events, you are hurting your teammates' chances of success and showing a lack of respect for the time your teammates are spending to improve.
2. Be on time. Players should arrive 15 minutes prior to scheduled practices and 45 minutes prior to games to properly prepare. Once again, show respect for your teammates and coaching staff whose time is just as valuable. Don't let your tardiness hurt the hard work they put in.
3. You represent the Vikings Soccer club at all times. We respect the game, our opponents, and all individuals in life. You have an obligation when you agree to be a member of this club to be respectful of others and to make your behavior an example for all members. You are expected to exemplify leadership and respect toward referees, fans, and opposing teams.

Equipment:

Proper equipment is part of the preparation necessary to reach your highest level possible. All players are expected to have all equipment with them at all times.

Proper equipment shall include but not be limited to:

- A. Filled water bottle.
- B. Shin Guards.
- C. All proper practice or match gear.
- D. Appropriate footgear.
- E. PROPERLY INFLATED soccer ball.

Dress Code

- A. Have jerseys and/or t-shirts tucked into shorts and socks pulled over shin guards at all times for practices and games.
- B. Bring Alternate jersey or t-shirt to all games and/or practices.
- C. California weather can affect preparation for games and practices, be prepared by bringing soccer ball adequately pumped and filled water bottle.
- D. Bring and wear warm-ups in cold weather.
- E. Bring appropriate foot gear for conditions (Flats and cleats).

- F. Goalkeepers to bring two jerseys that allow the possibility of being distinguishable from team colors.

Plans for Bad Weather

- A. The players or parents should never assume that a game or training session will be cancelled.
- B. The coach or referee will always make the final decision.
- C. Training sessions may be moved indoor so bring appropriate foot gear.
- D. Contact administrator or Coach personally to find out if a game is cancelled, don't rely on word of mouth.
- E. In the case of lightning, games and practices will be suspended when lightning comes within 10 miles.

Safety and Medical Issues

- A. Always wear shin guards.
- B. Have appropriate foot wear for surface.
- C. Inform coach immediately of any medical concerns.
- D. Seek immediate medical advice or treatment from a professional.
- E. All players must conform to current concussion protocol as determined by the Center for Disease Control and prevention.

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