

EAGLE EXPRESS SOCCER CLUB

COACHING PHILOSOPHY

Eagle Express Soccer Club is committed to soccer excellence and is focused on empowering select soccer players in the Hermitage, Donelson, Mt. Juliet and surrounding areas by providing high-level training and competition opportunities. We believe that our coaches are first and foremost role models and teachers. Coaching is about motivating players to produce their best effort, inspiring players to learn, and encouraging players to be winners by more than just a score. It is about developing players' skills for the game as well as individual confidence, leadership, and teamwork abilities. Preparation, knowing the game and the proper progressions to various training topics will provide the players with numerous opportunities to explore and discover their full potential through active participation in the sport. As long as 100% effort is given, the players, coaches and parents should be proud of their performance regardless of the result.

CODE OF CONDUCT FOR PLAYERS

- Play according to the laws and spirit of the game.
 - Be on time and be prepared for all tournaments, games, and training sessions.
 - Display self-control in all situations. Never use foul or abusive language - before, during or after a game or training session.
 - Train and play to the best of your ability, have a positive attitude, and encourage others to do the same.
 - Respect the opposition. Treat them as you would like them to treat you.
 - Respect the referee. Never dispute his or her decisions. They are only human and they make mistakes, just like you.
 - Respect your teammates. Abusive behaviour, language or actions such as bullying, berating or stealing of items from teammates will not be tolerated.
 - Wear the appropriate footwear, shin guards, and apparel to all tournaments, games, and training sessions.
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CODE OF CONDUCT FOR PARENTS

- Be your child's best fan and support them unconditionally.
- When you take your child home after a match or training session, please be supportive and always focus on the positive aspects of their game.
- Develop a responsibility in your child to prepare accordingly for all practices and games. Each player should have a ball, cleats, shin guards, practice uniform/game uniform and plenty of water or Gatorade at every practice, training session, friendly game, and tournament.
- Respect the facilities at our opponents' grounds.
- Do not criticize your child's coach to your child or other parents. If you are not happy with the coach, you should raise the issue with the coach away from your child and away from any game/tournament situations. The coach will be more than accommodating to schedule a time to discuss any issues a parent may have in the appropriate time and place.
- Encourage your child to speak with the coach. If your child is having difficulties in training or games or can't attend training etc. encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming a mature person. By handling off the field tasks, your child is claiming ownership of all aspects of the game.
- Help your child to focus on the performance and not the result. Remember - winning is not as important as the performance.
- Support all the players in your child's squad. Do not criticize anyone. Remember – children don't mean to make mistakes.
- Do not criticize the opponents, their parents or their officials.
- Never audibly dispute a referee's decision. They will make mistakes. We all do.
- Parents must not coach from the touchline during matches or training. Leave this to the coach or you may cause confusion and erode your child's confidence.
- Parents must not enter the field of play.

Please remember – the game is for the players. It is not for the glory of the coach, manager or parents.

PLAYER AND PARENT CODE OF CONDUCT AGREEMENT

I, _____ (player), willingly agree to play for the Eagle Express Soccer Club. I understand that I must be willing to commit to the following:

Player Personal Commitments

1. I will challenge myself to be the best player that I can be.
2. Make every effort within my control to attend all team activities.
3. Understand and accept my role within the team concept.
4. My soccer priorities will be ...The Club, Team, & then Me
5. Commit myself to EESC for the entire season, including the end of the season statewide tournaments/playoffs. Before the start of each season, I will let the coaches be aware of any commitments I have made prior to signing up for EESC.
6. I understand and agree to uphold the Player's Code of Conduct as outlined above, and failure to comply with that code can result in temporary or permanent suspension from the club and team related activities pending a formal Board of Directors hearing.

Player Training Commitments

1. Will have and use all appropriate equipment at all games and training sessions.
2. Understand that conditioning and practicing the skills taught is the player's responsibility. This includes attending clinics and conditioning programs within and outside the club. Doing this will increase my chances of success on the field.
3. Missing training sessions can affect my playing time.
4. Any and all conflicts must be resolved with the coach in a timely fashion.
5. Exhibit good sportsmanship and be respectful to opponents.

Player Basic Understanding

1. The best way to learn the game is to watch the game.
3. I will abide by the decisions of my coaches and team captain(s) in the best interest of the team.
4. I will focus on how I played, not how much I played. Playing time is earned not given.

Parent Conduct and Commitments

1. Encourage and help your child work toward skill improvement and good sportsmanship. Set a good example. **Do not publicly, or in front of a player, question the referee, coaches', or fellow teammate's decisions or play.**
2. Understand the need to be prompt to practices and games.
3. Do not ridicule or yell at your child (or other players) for making a mistake.
4. Do not instruct your child or other players from the sideline. If you notice something during a game or practice, talk to the coaches, not the players, at an appropriate time away from game situations.
5. Do cheer and support the team.
6. Do your part to volunteer for team and/or Club activities or events.
7. Understand and agree to uphold the Code of Conduct as outlined above for both parent and player and know that failure to comply with that code can result in temporary or permanent suspension of the player and/or parent from the club and team related activities pending a formal Board of Directors hearing.

By signing this agreement, I am willing to make a commitment and accept the responsibility to abide by the rules of the Eagle Express Soccer Club.

Parent Signature

Date

Player Signature

Date