



# PROUD TO **BE** SOLAR

## PLAYERS CODE OF CONDUCT

To **be Solar** is to...



### PRACTICE ATTITUDE

- Come to practice early and work on the aspect of your game.
- Come to practice properly dressed. Wearing shin guards, shirt tucked in, soccer shorts, no watches or jewelry, ball inflated.
- Eliminate distractions. Focus on what you need to accomplish during practice

### THE COMMITMENT

There are different levels of club membership but in all Levels our commitment to the club is what makes our club special.

For the members it is about being part of an organization, which promotes values, which the membership believes, are critical to society.

For the players it is about commitment to a club and team which provides their fellow members with an opportunity to train daily in an organization that is set up to allow them to reach maximum potential.

This requires Team Training: Regularly scheduled training sessions occur throughout the entire year.

### TRAINING ON YOUR EDGE

- Train past what is comfortable for you.
- DON'T just go through the motions.
- INTENSITY, INTENSITY, INTENSITY.
- Raise the bar and set the standard.
- Performance goals – based on long-range process. You have virtually total control over outcome.
- Set two performance goals for each outcome goal.

I have received a copy of the Player Code of Conduct, and I understand that it is my responsibility to read and comply with the policies contained

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Name: \_\_\_\_\_ Age Group: \_\_\_\_\_