



Tri-City Football Club
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Tri-City Football Club Policies and Procedures

INTRODUCTION

We have enjoyed success with our involvement in youth football and learned that a key ingredient of success is clear, consistent communication between the academy, its teams and coaches, players and parents. This document is one way of explaining, in detail, our expectations of you as a member of Tri-City Football Club and what you can expect from the academy. It will help you identify potential problem areas and at the same time answer questions about the academy's decision-making process. As you have committed to becoming a member of Tri-City Football Club, please take the time to read the following pages carefully. The Tri-City Football Code of Conduct Form must be signed by the player and a parent to be accepted to the academy. In addition, coaches, team managers, parents, and players will all be required to read and sign the Tri-City Football Code of Conduct.

PLAYER EVALUATION AND SELECTION

Players are evaluated throughout the season during practices, scrimmages, and games. There are many terminologies used to categorize and describe football abilities. Present and potential team members are evaluated in four areas:

- 1) Mental dimensions (character, confidence, discipline, and leadership)
- 2) Physical dimensions (endurance, strength, and speed)
- 3) Technical competence (skills, ball proficiency, passing, and receiving)
- 4) Tactical awareness (runs, movement without ball, anticipation of play)

If you have any questions about the meaning of these terms, please ask the coaches.

Coaches will base their decisions solely on the four areas of evaluation and it is their responsibility to make decisions for the good of the academy and team. Politics, friendships, personal relationships, and financial contribution to the academy or team will not influence these decisions. Your understanding here is important, for just as players have the freedom to select a football academy without unfair pressure and with a full understanding of what is expected, the coach needs the same freedom to work objectively. We will not always agree on issues as sensitive as player evaluation and selection. We hope you will respect our attempt to be objective in these matters.

TEAM MAKEUP

1. Tri-City Football hopes to field teams for both boys and girls in the following age groups: U10, U12, U14, U17, and U19.
 - a) U10 age group plays 7 v. 7, typically with a 10-player roster.
 - b) U12 age group plays 9 v. 9, typically with a 13-player roster.
 - c) U14, U17, and U19 play 11 v. 11, typically with a 16-player roster.

2. The number of teams in each age group is dependent primarily on three things:
 - a) The number of registered players.
 - b) The number of available qualified coaches.
 - c) Available practice space.
3. Teams are established before the commencement of match play for each season.
4. When more than one Tri-City team competes in the same age group, the players will be divided into A-B teams based on previous Tri-City Football game assessments, and practice evaluations. This serves two purposes: to provide each player with the appropriate level of competition and to prevent Tri-City teams from being placed in the same division if we play in competition outside our academy.
5. It is necessary, on occasion, to place players on a team at a higher age group to be able to accommodate the greatest number of qualified participants. This means U10 players may be placed on a U12 team, or U12 players on a U14 team. Players are never allowed to play down to a lower age group, regardless of their status with classmates.
6. While some players and/or parents may find these situations frustrating, parents should understand that no approach is perfect and that other academies experience the same frustrations. Regardless of the make-up of the teams, the academy is adamant that certified coaches train all teams equally.

PLAYER COMMITMENT

1. Tri-City Football is a competitive football academy geared toward players who love the sport of football and are serious about their development as football players. It is important to recognize that players and parents invest significant time and resources in playing academy football and expect the academy to create and foster an environment which will ultimately allow players to compete at the highest levels.
2. Tri-City Football intends to produce quality young adults. An excellent work ethic is vital on the football pitch, and it is valuable in all of life. Our players will need to be good workers on and off the field. They will be required to help in all game or practice work assigned by coaches.
3. Your commitment to the academy and the academy's commitment to you are for one season (12 weeks), and at the end of each season you must register again. At the end of the season your commitment to the academy is over and you are free to leave the academy if you feel it is in your best interest.
4. The aim of this policy is to create an appropriate competitive environment for the proper development of our players. The intention is not simply to win games and move up the competitive ladder. No player will be cut from a team during a football season unless it is for disciplinary reasons or failure to fulfill financial obligations.
5. We expect our players and parents to be ethical, honest, and to honor their commitments both verbal and written; therefore, you should make your decisions thoughtfully and carefully. Once your commitment is made, the academy expects your full participation and support for the entire football season.
6. If you have committed to the academy, the academy will also be ethical and honest, honoring its commitment to you. The team coach will make decisions regarding temporary suspension from the academy after carefully consulting with the academy administrators. Decisions made by the coach and administrators are final.

PLAYER RESPONSIBILITIES

1. Attendance at games is mandatory. Games may be rescheduled at short notice, and you will be expected to make every effort to attend. Teams may play in tournaments. Barring a special family circumstance, you will be expected to be there.
2. Players should arrive at all games at least 30 minutes early in uniform.
3. During games, players are expected to follow the instructions of their coaches. Players not on the field are expected to sit and watch their teammates from the bench.
4. Players are expected to try their best within the rules of the game and always compete aggressively, but fairly.
5. During practice sessions the players are to give the coaches their full and undivided attention. Misbehavior is distracting, is disrespectful of your coaches and teammates, and will not be tolerated.
6. Players are expected to condition themselves both during the season and in the off-season. Failure to be in good physical condition will necessarily affect a player's ability to perform and may cut a player's playing time during the season.
7. Players are expected to work on football skills year-round either on a formal or informal basis.
8. Practices are mandatory and should only be missed on account of illness, religious obligation, or special circumstance. Please inform your coach in advance if you can't make a practice. Players are expected to arrive for practices 10 minutes prior to the scheduled start time with plenty of drinking water, and shin guards. Players should use the washroom prior to practice and should be ready to train seriously when they arrive. Lack of participation in practice may affect playing time or starting in games.
9. Nutrition and rest are also the responsibility of the player. We expect players to eat nutritious, healthy food in a timely fashion so as not to interfere with performance. If you have questions about which foods are best for performing athletes, please refer to the nutrition guidelines available on the Tri-City Connect website.
10. As a member of Tri-City Football Club, you are responsible for your own performance and conduct. Honesty, communication, and reliability are always expected.
11. The academy asks for you to respect yourself and the sport of football. This requires that you maintain a healthy lifestyle and a healthy team attitude. Any use of drugs, alcohol, or cigarettes is not acceptable to the academy and may result in temporary suspension or even removal from the academy.
12. In addition, our academy will insist you maintain a positive team attitude and a personal sense of sportsmanship and fair play.

OFF THE FIELD

Tri-City Football players are expected to carry themselves as ladies and gentlemen on and off the field. At tournaments, player behavior is expected to be exemplary on and off the field. As elite athletes, players are further expected to conduct themselves with dignity and respect at home and at school. Disrespect for adults, including teachers and parents, will not be tolerated. Poor behavior by one player is a bad reflection on teammates and the academy.

SCHOOLWORK

Part of the commitment to playing for Tri-City Football is a commitment to being able to handle all of the obligations that a student has in his or her daily life. It is expected that all players be prepared to play football at Tri-City Football games and practices. This demands that players do their best in school, and use their time to fulfill their obligations in their primary role as students. Players who are not doing their best in school and/or are not meeting their homework obligations are jeopardizing their position on their team and letting their fellow teammates down. With this understanding, it is sometimes necessary to miss practice due to overwhelming schoolwork. In this situation contact the coach in advance and there will be no penalties.

COMMUNICATIONS

As a member of Tri-City Football Club, you are responsible for your own performance and conduct. Honesty, reliability, and communication will always be expected. There will inevitably be times during the season when coaches make decisions and players will be instructed to do things they may not understand. During such times, players are encouraged to talk with their coach so they can gain a better understanding of why certain decisions are being made and what is expected of them.

If you have issues or concerns such as the amount of playing time you are receiving, whether you are starting, what position you are playing, etc., please do not hesitate to speak with your coach at the appropriate time. All Tri-City Football coaches have an open-door policy with respect to such issues or concerns and they encourage and expect you to communicate when you have such issues or concerns. You and your coach may not agree on such matters, but you will both have a better understanding of each other and what needs to be done to resolve the matter. If you feel your coach is treating you unfairly, you may contact the academy managing director to investigate the matter.

You are responsible for knowing what is going on with your team. There are times when changes are made (sometimes last minute) to practice and/or game dates, times and/or locations. Most teams communicate primarily by e-mail or whatsapp, so you must check your messages daily. If you are going to miss a practice or game (or arrive late or leave early) you must notify your coach or the designated person at the earliest possible moment. In case of inclement weather, your team has a procedure for announcing field closures.

PARENT RESPONSIBILITY

1. Parental support and involvement in the academy is essential. Team parents must make sure their child attends every academy and team function (practices, meetings, games, etc.).
2. We understand there will be times when conflicts cannot be avoided, and other more major events occur. The academy requires your communication, planning, and understanding so we can minimize conflicts.
3. It is the team's responsibility to present a periodic schedule to allow time for your planning.
4. When parents or players have an unavoidable conflict, the academy expects timely communication to see if the academy or team can make any necessary adjustments.

SIDELINE COACHING

1. There will be no coaching by parents. "Go", "Shoot", "Pass" are interpreted as instructions and as such are not desirable. No matter how good your intentions are, we insist there be no shouting instructions to your child or any other player on the team.
2. We also insist there be absolutely no yelling or complaining to referees or officials during or after games.

3. Your vocal support and positive encouragement are welcome after good play. Please do not criticize or “moan” with disappointment when mistakes are made. The players are aware of mistakes they make (especially the bad ones), and we also teach our players that overcoming and learning from mistakes is an important part of the learning process.
4. No one other than those listed on the official game roster may sit on or near the team bench before and during games (please respect the space and privacy necessary for the coach and team to carry out their game responsibilities).
5. Please respect all the other players on the team; please do not make critical remarks to others about specific players on your team. Many times, these comments are overheard by the players or others and can be quite hurtful and foster an unhealthy team environment.
6. Please respect your coach and do not make negative remarks to others about coaching decisions. The academy’s first concern is the long-term growth and development of our players as individuals along with their football abilities under pressure. There will be times when coaches make decisions and players are instructed to do things parents will not understand. Academy, team, and player development will sometimes be given a greater priority than winning, especially in the younger age groups. Parents must understand this and conduct themselves in a manner consistent with this philosophy to maintain a healthy team environment. Remember, playing only to win without taking healthy team and player development into account will not result in a solid foundation upon which your child will be prepared for future success.
7. Parents, always at the appropriate moment and time, should feel free to communicate and ask questions about your child. Also, please take the initiative to encourage and teach your players to speak up and communicate for themselves whenever possible.
8. Tri-City Football Club believes in and teaches players the benefit of having mental toughness to guide their intense focus on the game of football. We will instruct your child to ignore adverse conditions such as: calls made by the referee that they do not agree with, name calling, foul language, rough play, cheating, poor weather, negative behavior by parents or opponents, etc. We expect our parents (as well as our coaches) to have this same mental toughness.

THE COACH

1. The coaches for Tri-City Football are instructed to conduct themselves first as teachers and second as football coaches. Nothing positive will come of the academy’s efforts if we produce world-class players who do not know how to conduct themselves as successful human beings. In this regard you can expect Tri-City Football coaches to conduct themselves as positive role models and display appropriate behavior.
2. Our coaches recognize they are dealing in an important way with young people and cannot overlook the impact they have on players’ lives. Coaches are responsible for the conduct of the team on and off the field whenever the team is together. We insist our players are polite, well behaved, and respectful.
3. Players and parents can expect honesty, communication, consistency, and reliability from the coach. The academy and the coaches are committed to giving players the tools and skills to enable them to become as good as their ability, desire, commitment, and effort allow.
4. Coaches are committed to creating an environment that is conducive to the development of quality competitive football. We recognize there are things more important in life than football. In terms of priority, family and schoolwork come

first. However, if the coaches see you are not willing to put your football above other recreational activities during the season, it may affect your playing time and/or your status with the academy.

5. Do not expect the coaches to praise everything you do well. After a time, there are things the coach will come to expect from every player. There are times when the coaches will say very little, and times they may yell out instructions. There are times they will be critical of players, and other times they will be generous with praise. Players and parents are expected to take constructive criticism along with praise for a job well done and be able to accept both.
6. The coach will attend practices and will coach at games. In situations where conflicts do occur, and they will, the academy will designate a coach, or the Director of Coaching, to cover that practice or game.
7. The coaches will make decisions on player selections, game lineup, player positions, amount of playing time, etc. Players must be positive in fulfilling the role they are asked to perform for the team at any moment, even if that role has them coming off the bench or playing a different position.
8. If conflicts or issues arise between a player (and/or) his/her parents and the team, then the coach will be responsible for addressing and responding to the conflicts or issues and make decisions for the good of the team. These decisions will be made at the coach's sole and absolute discretion. The coach's decision will be final. The player and his/her parents must agree to abide by the decision.
9. There are some coaches who coach two or more Tri-City Football teams. All such coaches will attend all training sessions and will attend all team games as the schedule permits. There will be times when conflicts occur and, in those situations, an assistant coach or another Tri-City Football coach will cover one of the games or practices. The decision as to who will coach what team will be determined solely by the head coach.
10. We hold our coaches to the highest standards, but there may be times when you do not agree with the coach's conduct. If you have tried everything to rectify the situation and are still not satisfied, you should contact the Tri-City Football Club Managing Director.

PLAYING TIME

There is no guaranteed amount of playing time, and there are many factors that can affect the amount of playing time for a particular player. The policy of the academy is that playing time is earned and not given. With that understanding, any player who fully participates to the best of their ability in practice and games should expect to play at least 1/2 of every game. The Tri-City Football philosophy is that player development comes before winning games, and players are not able to develop their skills without participation in the games.

Starting positions and playing time are both earned by coming to practice regularly and by working hard, competing, and concentrating during practices and games.

If you have any questions or concerns regarding playing time, please talk with your coach at the appropriate time. If you are still not satisfied, contact the Tri-City Football managing director.

FEES

1. The academy and teams are financially supported through seasonal player dues. Fees assessed cover uniforms, referee fees, training equipment, tournament entries, field maintenance, special training, etc.
2. Should a player quit or leave Tri-City Football for any reason after any payments have been made, there will be no refunds.
3. Failure to make academy fee payments when due may result in the player's inability to participate in the current season until all fee payments have been made.
4. Should any team decide to participate in additional tournaments, the registration fees will be collected and paid by the team parents. The team manager normally handles the logistics and administration for tournaments.

DISCIPLINARY ACTIONS

Our attempt with this agreement is to present in clear detail what will be expected of you and what you can expect of the academy, the team, and the coaches. If you are uncertain of what is expected, it is your responsibility to ask one of your coaches. Knowing and understanding these things, your participation in the academy will be positive for you as you develop your football abilities to the highest level possible.

We have high expectations for the academy, the teams, the coaches, and you. So that you and every player in our academy can get the maximum benefit, we need you and every player to abide by the academy bylaws, rules, regulations, and policies. Everyone has problems from time to time and we will make every effort to work with you to help solve any problems that may arise. After we have exhausted all efforts to solve the problem, we will be left with little choice other than to pursue disciplinary action as outlined below. The same procedures will apply to situations where parents or coaches may require disciplinary steps.

1. The team coach will discuss the problem directly and privately with the player, with the assumption the problem will be corrected immediately.
2. If the problem persists, the team coach will communicate with the player's parents to discuss the problem and lack of response on the part of the player. Parents will have the opportunity to be involved with correcting the problem at this time.
3. If the problem continues, the team coach may temporarily suspend the player. If the situation warrants, the team coach may recommend to the Tri-City Football managing director that the player be removed from the academy. The managing director will notify the parents of the coach's recommendation.
4. The parents of any player recommended for removal from the academy may request to meet with the Tri-City Football managing director.