

**ALBERTSON FURY/ ECNL PLAYER CODE OF CONDUCT**

As a player of Albertson Fury and the Albertson Soccer Club, I understand I must follow the rules and policies of the club and any leagues or competitions that we participate in. I understand that as a player I am a representative of Albertson and as such, must not conduct myself in a way that reflects poorly on the club. I also understand that my participation rights are dependent on adherence to the following;

* Take responsibility for your development
  + Maintain a high level of fitness and nutrition to enhance performance and prevent injuries
  + Incorporate lifting, strengthening, stretching, yoga and fitness outside of team events
  + Spend time on individual player development, before, after and outside of practice
  + Have a positive and enthusiastic player mentality at all times
  + Be respectful and professional on and off the field at all times to teammates, coaches, officials and parents
  + Challenge, encourage, support and motivate your teammates
  + Be fully committed to the team’s success and maintain a high level of competitive spirit
  + Learn and carry out our style of play
  + Attendance at team and club events is mandatory, no unexcused absences
  + Communicate any scheduling conflicts to the coach in as far in advance as possible
  + Arrive fifteen minutes early for every session
  + Have proper equipment ready at all team events
  + Understand that performance in games and practice is important with regards to playing time
  + Players take responsibility for their actions and mistakes in order to aid development
  + Have a 100% focus and effort at all times during each exercise and activity
  + Wear correct designated kits for practices
  + Wear correct uniform for games and team travel
  + Behave professionally during games and team trips
  + Arrive one hour early to all games
  + Communicate any injury issues immediately to the coach

Player Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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