



Player Commitment and Code of Conduct



As a high performance athlete it is important to understand there is a certain level of commitment expected of all NRSP players. This extends beyond competing in games and training; it extends to how our players commit themselves as an athlete when alone, with regards to things like nutrition and lifestyle management

Here are some of the core commitments you are adhering to when you join the NRSP:

- A commitment to an (11) eleven month (Jan – Nov) soccer training program
- Attendance at all training sessions, up to three times a week plus one game. Including off-field sport science sessions, nutrition and lifestyle counselling sessions, gym work and tactical/analysis sessions.
- Attendance at all team meetings prescribed by the team Head Coach.
- Attendance at all games, including pre-season exhibitions or tournaments.

The NRSP practice and competition schedule are both intense and designed to draw out the best in you as a Higher Performance Athlete. Time will be one of the biggest commitments you and your family will make.

How to get the most out of the NRSP:

While the commitment NRSP participation requires may seem daunting, it is by no means impossible. The reward will be clear when you see the development and improvement in your playing skills personal growth outside of sport. As mentioned, your success will depend on your commitment.

Here are some ways you show commitment to your NRSP experience:

- Make sure you ask your Head Coach what you can do to improve throughout the year.
- Speak to the Head Coach to ensure you understand your player evaluations.
- Make a list of questions that you can ask the coach directly without fearing any repercussions for asking. Development is the key factor here and receiving honest feedback is as important as absorbing the information presented.
- Ask for advice on what you should focus on at particular times in the program and why (eg. ensure you know what you should focus on during breaks and possible times of injury).
- Discuss training sessions with your parents, focus on learning outcomes and positives.
- Keep a training diary. Many top athletes do. Sometimes private reflection in writing can be a useful motivational tool, particularly for adolescents and teens.
- Unless unavoidable, remain committed to the NRSP long-term as development requires patience.

Chain of Events for Athletic Dilemmas:

During a season it is not uncommon for issues to arise within teams or amongst players and coaches. In the event that this does occur, the communication that should take place is as follows.

- The player should discuss the issue with the head coach and try to come to an understanding. If the above discussion does not provide an adequate conclusion to the issue, the player's parent should meet with the coach to discuss the issue.
- If the above discussion does not provide an adequate conclusion to the issue, the player and parent should discuss the matter with the Technical Director.
- If the above discussion does not provide an adequate conclusion to the issue, the player and parent should discuss the matter with the NRSP Chair and the Technical Director.

Any coaching complaints, positive feedback, suggestions or worries can be brought to the attention of Technical Director at any time by contacting him via email. nrsp.td@cogeco.ca

Player Code of Conduct:

The Player Code of Conduct can be summarized in the following three principles: (1) Demonstrating a positive attitude; (2) Setting a good example; and (3) Maintaining good relationships.

Demonstrating a positive attitude

- Players are expected to show a positive, respectful attitude for everyone involved in the sport. Criticism and disrespect for officials, opponents, coaches or fans undermine the purpose of sport and encourage behavior contrary to the spirit of the game and the mission of the NRSP.

Setting a good example

- Every player with the NRSP is accountable for his/her own behavior at all times on or off the field of play. The NRSP will not tolerate conduct that is detrimental to the sport, the participants, or the community. Such conduct includes: vulgarity, harassment or belittling of officials, coaches or players; verbal abuse, threats or physical violence toward anyone before, during or after a match/practice; and the taunting of opposing players, coaches and parents.

Maintaining good relationships

- Officials - The referee's job is a difficult one. All referees are human and they do make mistakes. In accordance with FIFA laws, verbal abuse toward a referee can result in a red card and ejection.
- Opponents - Players are required to maintain a sense of fair play and be respectful of opposing players, coaches and fans at all times. Sportsmanship begins with respect. Without it, the positive competitive environment, which should be a perfect classroom for learning the values of soccer, is completely undermined.
- NRSP - A successful program/team resembles a family in that members put their own needs second, behind the greater good of the team. Great care must be taken not to undermine my coaches' authority.

It is a privilege to play on a Regional soccer team. As an NRSP player, I will:

- I will play by the rules and in the spirit of the game.
- I will focus on training (development) not winning. Be Self-disciplined regarding proper nutrition, sport science, off-field training and lifestyle management. I will balance school with and commitments with NRSP commitments.
- I will control my temper – fighting, foul or abusive language, and treats can spoil the activity for everybody.
- I will respect my opponents, the game officials and the coaching staff including the opposing team.
- I will do my best to be a team player and train and play to the best of my ability.
- I will remember that winning isn't everything - developing, improving skills, making friends, and doing my best are also important.
- I will acknowledge all good plays/performances - those of my team and my opponents.
- I will remember that coaches and officials are there to help me. I will respect their decisions and show them respect.
- I will arrive early and be prepared for every practice and game.
- I will wear my shin guards and appropriate footwear for all games & practices - no exceptions.
- I will keep my shirt tucked into my shorts during play.
- I will be responsible for the care of my uniform and ensure it is clean for every game.
- I will remove any jewelry, watches, or any item that may cause injury to me or my teammates or opposing players prior to games or practices.
- I will report any and all injuries to my coaching staff

I have read, understand and hereby agree to abide by and support this NRSP Player's Code of Conduct.

Player's name: _____

NRSP Team: _____ Date: _____

Player's signature: _____