



SUPER NOVA PLAYER EXPECTATIONS

Players must be dedicated to becoming the best Super Nova FC participant possible, and suited for the team concept. This means the following expectations will apply to all players:

- A. Team/Community Representation-I will...
 - 1. Present a positive, professional image on/off the field (shirts tucked in, hair out of face, shoes/boots tied, clean appearance, etc.)
 - 2. Display good sportsmanship at all times toward the team, opponents and referees
 - 3. Will not use inappropriate language
 - 4. Respect opponents on and off the field of play

- B. Work Ethic-I will...
 - 1. Be on time for practice and pre-game warm-ups
 - 2. Improve baseline physical standards established by team
 - 3. Not take shortcuts on physical demands and challenges-as this only hurts me and my team and may lead to disciplinary action.
 - 4. Attend, to the greatest extent possible, all practices and games
 - 5. Pay attention and respecting coaches and trainers during club activities, practices and games
 - 6. Exhibit commitment and dedication through 110% effort during practices and games
 - 7. Maintain a positive mental attitude towards both games and practice
 - 8. Come to each game prepared and dressed to play with shin guards, home and away uniforms, ball, socks, cleats, water bottles, etc.

- C. Self-Direction-I will...
 - 1. Continually develop and improve my skills on non-practice days
 - 2. Dedicate self to off-season conditioning and training
 - 3. Maintain good grades and behavior in school
 - 4. Maintain a healthy diet and get plenty of rest

- D. Respect for coach, team, parents, officials, and self-I will...
 - 1. Notify a coach in advance, (1 hour prior to practice, 24 hours prior to games), of an absence or tardiness
 - 2. Not taunt, exhibit rude/crude behavior, litter, etc., on or off the field
 - 3. **Never use** illegal drugs, tobacco products, or alcoholic beverages

As a player I acknowledge that I have received and read the above Expectations provided to me by the Super Nova FC this _____ Day of _____, 20____.

I have had the opportunity to ask questions about these expectations and I understand my obligations to the team, coach, parents, and Super Nova FC, and will endeavor to comply with these expectations.

Player Signature: _____

Printed Name: _____

(Note: Once completed and signed this form will be kept on file by the team manager)