

# Carolina FC

## Player Commitment to Excellence in Soccer

***To be the BEST that I can be at all times for myself, my Team, and my Club***

- I will work hard at practice and in games to improve my soccer skills and my understanding of the game.
- I will maintain a positive, never-quit attitude.
- I will exemplify and demonstrate sportsmanship at all times.
- I will encourage my fellow teammates and never criticize them.
- I will attend and be prompt to all games and practices.
- I will practice individual soccer skills on my own time.
- I will approach my coach with any personal concerns relating to soccer.

Understanding that Soccer is a very demanding sport, I must be prepared to do my best at every game. I have a responsibility to:

- Come to each game mentally and physically prepared to do my best.
- Arrive at the prescribed time to allow for warm-up activities.
- Arrive at the game well-rested.
- Adhere to a sports specific diet and fluid intake.
- Bring a properly inflated ball to each game and practice.
- Bring the proper equipment to and dress appropriately for each practice and game.
- Treat minor injuries promptly and properly— inform my coach before practice or a game of any condition that might affect my ability to play.

All training, practices, games and tournaments are mandatory. There is no guaranteed playing time in CFC's Select Program. Playing time is based on attitude, commitment, ability, and merit.