



Being selected as a player to one of CISA Competitive teams is an honor and a privilege. CISA and its coaches will help each player develop to your highest potential, but this requires an equal level of commitment from the players.

This document is meant to help parents and their families understand what is involved in being a CISA competitive member.

As a competitive player I will:

- Show respect toward coaches, team members, opposing team members, fans and referees
- Be on time and prepared for all training sessions, games, and tournaments
- Notify my coach if I cannot attend a practice or a game giving as much notice as possible.
- Give 100% during training sessions in order to improve my soccer skills and my understanding of the game.
- Give the coaches my full attention. When the coaches are talking, I will listen and watch the coaches. I will not distract others during the practice session.
- Play the position the coach requires me to play, without complaining.
- Encourage my teammates in a positive manner and never criticize my teammates on or off the field
- Work to improve my fitness level
- Watch high level soccer games
- Put the team first and play as a team, not as an individual.
- Understand that failure to uphold the above commitments could result in reduced playing time during a game

A higher level of commitment is associated with playing on a CISA competitive team. Players can expect to have 2 training sessions each week and 1 game per week as well as participating in several tournaments and possible Cup competitions through the year. CISA players are expected to make soccer a high priority in their schedules.

I agree to respect the CISA Player Commitment as described.

Player Name: \_\_\_\_\_

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

I agree to respect the CISA Player Commitment as described.

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Team: \_\_\_\_\_

Date: \_\_\_\_\_

Players and Parents should sign this commitment and bring it to your first team activity with your coach. Please return it document signed to team manager.

