

Holston Valley Futbol Club – Guiding Principles for Competitive Soccer

Philosophy

The ultimate goal of the Holston Valley Futbol Club is to develop soccer players to compete and excel at the high school level. We believe soccer in this area can best be served by focusing our efforts on the development of not just the gifted player, but also the larger number of players expected to serve as the supporting cast.

In focusing the bulk of our development efforts on the supporting cast, we also seek to encourage long-term involvement in the sport in this area. The vast majority of those that go on to coach and educate others about the game are made up of the type of player we focus on. Therefore, it is in our best interest to fully develop these players as they will be the ones required to guide future development.

Further, HVFC believes in developing the complete soccer player. We are not churning out defenders, forwards and midfielders. Rather, we seek to develop the skills necessary for all of these positions in every player. When players move to the high school level and beyond, coaches are not looking for defenders, forwards, midfielders, etc., they are looking for players.

At the end of the HVFC Club experience, we feel we have succeeded if we have provided fully-capable soccer players, with all of the skills necessary to compete and excel. Further, should these players go on to serve as ambassadors of the game in some capacity in this area, our developmental goals have been met.

Development Emphasis

At the playing ages below U13, the emphasis is on 1v1 ball skills. At times, that emphasis is to the detriment of other “game” skills. We focus so hard on 1v1 ball skills because success in this sport depends on a player’s ability to win a 1v1 dual. Not only that, but the ability to control a ball in a 1v1 situation buys time and space for players to make decisions. Without that base of technical skill, no progress in tactical development is possible.

At the playing ages of U13, U14, and U15, tactical development becomes an emphasis. At these ages, we expect to develop tactical thinking in players and educate them on the principles associated with team defending and attacking – all with a purpose. We encourage players to solve the obstacles the opposing team presents on their own. In doing so, we begin to develop players that don’t just simply react to play, but dictate it. We want thinkers, not soldiers to carry out orders.

At the playing ages above U15, we try to integrate players playing in high school into one team. Once the players get into high school, they will never again be playing with or against players of the same age, size, strength, etc. Therefore, in keeping with its mission, it is the Club’s job to best prepare these

players for that environment. As such, U16, U17, and U18's will be combined into one playing team (unless special circumstances dictate otherwise).

Game Play / Tournaments

It is the Club's belief that all players should play in all of the games. Assuming those players have attended practice and otherwise complied with the team's rules, they should have an opportunity to compete. Players do not improve unless they are playing in games where the result is still in question. Pressure to perform in a game situation brings on dramatic improvement.

The type of skills a player possesses at U10 is not necessarily an indication of the type of skills a player will possess at U15. Patient development has transformed numerous players. Discarding them at the youth level will be to our detriment.

In cases where the number of players allows for two teams within an age, in most cases, we will attempt to make an even split of the squad. These splits are fluid and meant to push less developed players into game settings.

In all cases, our teams will try to win every game we play. However, we will not do so to the detriment of player development.

A note about tournaments: If a team has performed well enough to make it to the semi final or final of a tournament, playing time will be up to the coach. Under these circumstances, all players may not play in those games.

Tryouts

A child will not be turned away as a result of ability. As stated in many instances above, what a player is today has little bearing on what they might become.

Is the belief of the Holston Valley Futbol Club that it is our duty to develop these kids as fully as possible as they might be the role player that makes a difference, or the coach of tomorrow that affords another player the same opportunity.

Holston Valley Futbol Club (HVFC) - Code of Conduct

HVFC PLAYERS

We want players to be fully aware of the Club's policies and ambitions before a commitment is made.

Once a player commits to HVFC, he/she agrees to abide by the policies of the Club and team. We understand that there are things more important in life than soccer. For example, in terms of priority, family and schoolwork should come first. However, as a member of HVFC, we expect players to commit to the game of soccer and the Club.

Once a player has committed to the Club, the Club will commit to the player. No player will be cut from a team during the season unless it is for disciplinary reasons (this may include on or off the field behavior of a player or behavior of a parent or guardian), or for failure to adhere to the Club's fee policy. The Club may recommend that a player moves between levels to further their development. However, this would need to be a three way agreement by coach, player and parent. Some HVFC players may be asked to guest play with other Clubs or HVFC teams. All guest play needs to be approved by the relevant DOC. Our Team Managers are instructed not to give up Player Cards prior to Director of Coaching approval.

As a member of HVFC, a player is responsible for his/her own performance and conduct. Best efforts in training and games, good sportsmanship and being a reliable and responsible team member will be expected at all times. HVFC expects players to respect themselves, their teammates and the great game of soccer. This requires that players maintain a healthy lifestyle and a healthy team attitude. Any use of drugs, alcohol or tobacco is not acceptable to the Club and may lead to suspension or dismissal from the Club.

Nutrition and rest are very important parts of a player's responsibility as a member of HVFC. We encourage players to eat healthy, nutritious food at a time that does not interfere with practice or games. Game preparation is very important and players must take their responsibility to rest before games seriously. As a member of a team, players should not let teammates down by being tired or unfit to play.

In addition, our Club insists that each player maintains a positive team attitude and a personal sense of fair play and sportsmanship. Verbal or physical abuse (by player or parent) of teammates, opponents or officials is not acceptable and will be dealt with swiftly and decisively. HVFC expects players to be positive in filling the role that is asked of them for the team at any given moment. From the designated arrival time at practices and games, players will be expected to concentrate on soccer. Players are expected to arrive on time with the required equipment, including cleats (cleaned), shinguards and inflated ball. No cell phones are allowed at games or practices (except in the case of emergency).

At HVFC we expect our players to take the lead and show maturity and responsibility. Players are asked by the staff to bring concerns such as playing time or the position a child plays to the coach. Some younger players may feel uncomfortable approaching the coach but still should be encouraged to do so.

HVFC Players must sign the Player/Parents Acknowledgement prior to each season.

PLAYER GUIDELINES

- We must be honest and responsible with each other. Players must be able to speak with coaches. Coaches must be able to speak with players.
- We must have respect for each other, the officials and the opposition.
- We must be tolerant, caring and generous. We must accept the weaknesses of others.
- We must be self critical and constantly evaluating our abilities.
- Players must wear the Club equipment properly. It is important that team members look the same to create togetherness as a team. No shirt sleeves rolled up, no shorts rolled down; socks should be pulled up to the knees and folded correctly. No tape should be visible on socks.
- Jerseys should be tucked into shorts. Long hair must be secured away from the face. Shinguards must be worn during all training and games.
- There will be no jewelry allowed in training and in games; this includes rings, bracelets, necklaces, chains, studs etc.
- We must be punctual to training and games.
- Players must call or email the coach as soon as they know there may be an absence for training or games.
- We must have a high level work ethic in everything that we do.
- We must inform the coach of any illness or injury.
- Players must never leave a practice or a game without the permission of the coach.
- Players must learn to embrace adversity.
- Players must follow the team itinerary and curfew set by the coach precisely.

- Players must learn to manage their time. A balance between academics and soccer must be found.
- We must be aware that we are representing HVFC at all times including training, games and during Club travel.

Player Disciplinary Procedures

In the event of any breach in Club policy or guidelines the Club may institute disciplinary procedures.

1. Player will be issued with a verbal warning. If a 1st offense is severe in nature HVFC reserves the right to move directly to the consequences of offense 2 or 3.
2. On the second occasion a meeting will take place with all involved parties (Player, Parent, Coach, DOC and if necessary ED). A 1-3 game suspension from all team activities (including training) can be enforced here.
3. On the third occasion players in violation will be suspended from any team involvement for the remainder of the current Club year. Any future return to play/involvement will not be guaranteed but may be granted on a probationary basis

HVFC PARENTS

The staff and coaches at HVFC fully appreciate the contribution of parents and family to our Club. We could not function without the unselfish volunteer work and support of parents. Parental support and involvement in the Club are essential. When a player commits to HVFC the commitment of parents also begins.

Parents must see that their child attends practices, games, meetings and any other function deemed necessary by the coaching staff. We realize that there will be times when more important things than soccer arise. We can create the best possible compromise with good communication, planning and understanding. It is our ambition to keep you updated regularly on Club functions, trips, etc. so conflict can be avoided where possible. Please make timely arrangements with the team manager and coach if any conflicts arise so the team can make all necessary adjustments.

HVFC expects both parents and players to abide by certain rules of conduct. We expect our parents to be interested, supportive, but not obsessive. Parents must accept that soccer expertise lies with coaches. While the Club strongly encourages parents to attend training sessions and matches, it is imperative that parents refrain from “coaching” their child or “refereeing” matches. The Club hires soccer professionals who will focus their expertise on developing each child’s soccer potential and each team’s competitive play.

At HVFC we ask our players to take the lead and show responsibility. We ask our parents to allow our players to take the lead. We ask that the player, not his or her parents, bring concerns such as playing time or the position a child plays to the coach. Some younger players may feel uncomfortable approaching the coach but still should be encouraged to do so. There are life lessons and skills required for the child when such situations arise. It is our aim that parents and coaches can work together in such circumstances to enable the player to grow and mature.

There will be no coaching by parents. No matter how good your intentions are, we insist that there be no shouting instructions to players during games or practice and that there be no screaming.

HVFC's aim is to teach our players to be better all-round players. This means learning to be better sportsmen and women also. A good example in this area will go a long way toward teaching our players that we are serious in our efforts. "Go" and "Shoot," for example, are interpreted as instructions and, as such, are not desirable. We employ excellent coaches whom we trust to coach our teams. Please allow them to do their jobs without interference.

Your positive support and encouragement are of course always welcome.

- Cheer
- Relax and Let Them Play
- Yelling Directions = Distraction
- Remember, they are just kids having fun
- Have reasonable expectations

It is very important that players are not distracted during practice and games. It is imperative that the players only receive one set of instructions at these times in order to avoid confusing or upsetting them. HVFC coaches have the same philosophy regarding coaching soccer and how we want our players to learn the game. Parents have not been instructed in this philosophy. Therefore, in order to avoid giving mixed messages to the players, parents are asked to refrain from giving any instruction to the players.

Parents must refrain from talking directly to the coach after the game. HVFC coaches are instructed not to talk to parents about contentious issues following a game. Conferences should be scheduled for another time.

HVFC's primary concern is for the long-term development of players' soccer skills under pressure and there will be times when they will be instructed to do things parents do not understand. Player and team development will often be given a greater priority than winning. Players and parents must understand this and conduct themselves in a manner consistent with a healthy team environment. It is important that our players do not have a "blame culture"! Players will be instructed and often reminded of the necessity to ignore adverse conditions such as bad weather, rough play, cheating, bad

referees, negative behavior by parents, teammates, etc. This is an essential characteristic for players to possess if they are to realize their full potential as players and people.

Please, as a parent and a role model for these children, show this example and re-reinforce it often to them.

HVFC parents/guardians are required to sign the Player/Parents Acknowledgement prior to each season.

PARENT GUIDELINES

HVFC will always recognize the efforts of parents. However, parents must be aware of the following within a professional training organization:

- Please get your child to training and competition on time.
- Please do not criticize your child's play in the sport.
- Please do not blame and judge your child.
- Please focus on your child's effort. Players must feel the support of staff and parents. Soccer must be gratifying and encouraging and players must be able to work freely in a calm environment.
- Parents must stay away from the players' bench area under all conditions.
- Parents must not enter the field of play at any time. If there is an injury please allow the coach/athletic trainer to take care of the situation.
- Parents should support the coaches. A player develops best when he/she trusts and respects the coach. There will be times when players are instructed to do things that parents do not understand.
- Parents should encourage their child to talk to the coach. Allow the player to take the lead.
- Parents must not coach or referee from the sidelines. Positive encouragement is always welcome. Parents are spectators –they're there to enjoy the matches
- Parents should arrange a meeting with the coach to address questions or concerns. This is welcomed, but should be expressed away from training sessions and games.
- Parents will discuss constructive concerns regarding the coach, players and Club policies first with the coach and then, if required, with the relevant DOC. If there are still concerns after this, parents may make their case, in writing, to the ED.

- Parents must remember that soccer is for the kids and not for the adults. You have entrusted your child's development to the soccer staff. Please respect these guidelines which will allow them to do their best work.

Parent Disciplinary Procedures

1. Parent will be issued with a verbal warning.
2. On the second occasion, the parent will be given a written warning.
3. On the third occasion, the parent will be asked to drop their child off at the field for training and games for a period of time.

If a 1st offense is severe in nature HVFC reserves the right to move directly to the consequences of offense 2 or 3.

HVFC COACHES

We work very hard to provide an excellent coaching staff to fulfill our Club's commitment to provide each player with a quality coach. HVFC coaches are committed to excellence within the program. The variety of coaches within the Club exposes players to different personalities and coaching styles within the Club's overall player development philosophy.

Our coaches are instructed to conduct themselves first, as teachers and second, as coaches. Nothing positive will come of the Club's efforts if it produces world-class players who do not know how to conduct themselves as successful human beings. In this regard you can expect HVFC coaches to conduct themselves as positive role models and display appropriate behavior both on and off the soccer pitch.

HVFC coaches take their jobs of teaching and influencing the young people of the Club very seriously. Coaches contribute to the personal development of each child and make the players overall welfare their first priority. Coaches are responsible for the conduct of the team on and off the field when the team is together and part of an event. We insist that players be polite, well behaved and respectful. You can expect all these qualities from HVFC coaches, as well as honesty, punctuality, reliability and consistency.

Each HVFC coach has received, or is in the process of receiving, a coaching qualification from either the National Soccer Coaches of America Association or the United States Soccer Federation. Many have received qualifications from both. Some of HVFC coaches have also played at the collegiate and/or professional level. However, the commitment the Club makes to each does not guarantee that a player will be offered a college scholarship. What HVFC will commit to do is produce a safe, fun environment

where players can participate in quality, competitive soccer. How successful each player becomes largely depends on his/her desire to succeed and commitment to the game.

Players' exposure to different coaches and styles is vital for their development. On occasions teams may have guest coaches at training, games and tournaments due to conflicts or for other reasons. These circumstances also provide players with the opportunity for growth.

COACH GUIDELINES

- We must be honest and responsible with each other. Coaches must be able to speak to players and parents. Players and parents must be able to speak to coaches.
- We must have respect for each other and our opposition.
- We must be tolerant, caring and generous. We must accept the weaknesses of others.
- We must be self-critical and be constantly evaluating our abilities.
- We must be dressed in Club attire for training and games.
- Each training session must be planned ahead of time. It must be diverse and enjoyable for the players.
- Each head coach must keep attendance of their teams.
- We must continue to educate ourselves and stay up to date with soccer issues and trends.
- We must ensure our players are promoted to the highest team level they are capable of playing.
- We must train our teams on fields approved only by HVFC. At the end of each training session or game our team must pick up all of the trash in the area before departing.
- We must be humble and gracious in victory; courteous and dignified in defeat.
- We must ensure that the players wear their equipment in the proper fashion to ensure safety and togetherness.
- We must set schedules and curfews when on the road with our teams.
- We must use each other as a resource.

HVFC Volunteer Requirements

HVFC is run primarily with volunteer efforts. HVFC is yours, and the Board of Directors would like your help in making it one of the top clubs in the state. To help reach that goal, we are introducing a volunteer requirement to competitive team parents.

- We ask that all competitive parents volunteer for 5 hours for each competitive season. We are not limiting anyone to only 5 hours but we would like to have everyone participating in helping make our Club better.

OR

- Our first choice is that you are able to donate your time to the Club. In the event you cannot do that, we would ask you consider a monetary donation in the amount of \$50.

The following are areas of need on a continual basis:

- Line fields
- Work Concession Stand
- Work on goal nets
- Help with Rec sign up
- Finish the installation of the Bleachers
- Event Volunteers
- Other areas of need as they arise

A running list of items will be visibly posted at Eastman Park to help identify items needing attention. Your team manager will have details as the season approaches.

Please consider becoming more involved, even if slightly more so than in the past. Increased participation, even if in small increments, can make a huge difference.

HVFC Scholarship Program

In an effort to be as inclusive as possible and provide an opportunity to those with financial needs to participate in HVFC activities, the Club has adopted a scholarship policy. It is our belief that economics should not be a reason to be excluded from our game.

Eligibility

The Richard B. Russell National School Lunch Act is a United States federal law signed by President Harry S. Truman in 1946. The act created the National School Lunch Program (NSLP), a program to provide low cost or free school lunch meals to qualified students through subsidies to schools. The program was established as a way to provide food to school age children.

The HVFC Scholarship Policy is based on meeting the requirements of the NSLP. If your family qualifies for free or reduced lunch at the school they attend, then your family also qualifies for the HVFC Scholarship Program.

- Qualification for the National School Lunch Program and presentation of proof of enrollment qualifies the player for the *HVFC Scholarship Program*.

Expenses Covered Through the HVFC Scholarship Program for COMPETITIVE SOCCER

The items covered through the HVFC Scholarship Program are 50% of your player's seasonal Competitive Registration Fee for the player. The Competitive Registration Fee includes coaching costs. This fee is age-group dependent and may change from season to season.

Example: If the Club Registration Fee for the Spring soccer season is \$240*, then your total fee is \$120 (50% of \$240).

** Actual Competitive Registration Fee may change from season to season. The above figures are for illustrative purposes only.*

Expenses Not Covered Through the HVFC Scholarship Program for COMPETITIVE SOCCER

While the Scholarship Program does cover some of the expenses associated with HVFC Soccer, it does NOT cover the expenses associated with the following:

- Club Uniform
- Your child's portion of the Tournament Registration Fee
- Travel Expenses
- Hotel Accommodations

- Your child's portion of your coach's Tournament Travel Expenses
- League Registration Fees
- Non-Tournament/League Referee Fees
- Late Registration Fee
- Non-TN Resident Fee

Each player participating in a tournament, league, or friendly match will be responsible for the above fees.

Application Process

- If your child qualifies for the HVFC Scholarship Program, please attend the HVFC onsite registration session to register your child. The website will list the date and time for these onsite registrations.
- If you are unable to attend this session, please contact HVFC via admin@hvfcsooccer.com to make alternative arrangements.
- **Do Not** register online via Blue Sombrero as the scholarship will not be applied in this system.

Please note, any application that includes valid proof of qualification for the National School Lunch Program **will** be approved. **NO** application will be approved without proof of qualification for the National School Lunch Program.

Questions

Any inquiries into the HVFC Scholarship Program may be addressed to the President of HVFC at:

- admin@hvfcsooccer.com
or
- 423/863-1823

PLAYER AND PARENT ACKNOWLEDGEMENT

I hereby acknowledge receipt of the following:

1. HVFC Coaching Philosophy
2. HVFC Code of Conduct
3. HVFC Volunteer Requirements
4. HVFC Scholarship Policy

I have read and understand the Guidelines outlined therein.

Player Name: _____

Signature: _____

Date: _____

Parent Name: _____

Signature: _____

Date: _____

Parent Name: _____

Signature: _____

Date: _____

THIS ACKNOWLEDGEMENT MUST BE INCLUDED IN THE TEAM MANAGER NOTEBOOK FOR THE PLAYER TO BE ELIGIBLE TO PLAY. PLAYERS MAY NOT ENGAGE IN ANY CLUB ACTIVITIES UNTIL THEN.