



PLAYERS TRAINING RULE

AS A PLAYER I PROMISE TO...

- Be on time to the training field.
- Notify coach by text or phone if I am running late or not attending a training session.
- Be correctly and appropriately dressed:
 - a) Turf shoes double tied.
 - b) Correct JSS training gear
 - c) Jersey tucked into shorts
 - b) Socks pulled up to knees
 - c) Shinguards
- Bring a water bottle onto the field of play.
- Not to enter the field of play with objects which might be dangerous. e.g. jewelry, watches, toys etc..
- Enter the playing field running.
- Come with the correct attitude to train and improve.
- Show respect and do not interfere with any training equipment on the field.
- Not name call or complain about other players.
- Not fight.
- Encourage my teammates.
- Assist with removing the training equipment and putting it in the correct storage area, after training.
- Use appropriate language at all times.
- Take care of preparing my uniform for training and game
- Know what time and where I have to train or play and against who
- Eat well all the time, but especially before and after practices/games
- Listen to only my coaches and fellow teammates during games and practices, not adults on the sidelines

PARENTS/FACILITY RULE

AS A PARENT I PROMISE TO...

- Be punctual to the training field.
- Notify coaches if running late or not attending a training session.
- Encourage and demonstrate good sportsmanship toward all players, coaches, fellow parents, game officials and administrators at all times
- Allow the coach to be the only coach. Mixed instruction causes confusion.
- Not smoking or alcohol on the premises.
- Not enter the field during training/games, unless instructed by the coaches.
- Use appropriate language at all times.
- Cheer on our Juventus teams!