

INTERSTATE SOCCER CLUBParent & Player Handbook

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The Interstate Soccer Club reserves the right to make changes to this document at any time it deems necessary.

1. Introduction.

At Interstate Soccer Club (ISC), the players are the true essence of the club. Our goal is to provide a quality soccer organization. We believe that with quality players and coaches we will be able to put out a very competitive product. This manual is a working document. It will give you guidelines as to what ISC expects at all times from you as a person and a player. We are not just looking for soccer players but rather young men and women who are well rounded, positive additions to today's world. At ISC, we are determined and committed to offer the best opportunities for our players, on the field so they can make a difference off the field as well.

2. Vision Statement.

Interstate Soccer Club strives to be a leader in competitive youth soccer for the Siouxland area.

3. Mission Statement.

The mission of Interstate Soccer Club is to introduce the game of soccer to youth of all ages and skill levels with the purpose of providing the opportunity for each player to develop to their highest potential. ISC strives to maintain an environment that embodies the core values of integrity, leadership, perseverance, respect and teamwork while enhancing self-esteem, promoting self-confidence and cultivating a lifelong passion for the game.

4. Parent to Coach Communication.

Parents, players and coaches need time to reflect and process performance following a game. Therefore, parents are asked to refrain from approaching coaches to discuss game-related issues/concerns for a period of **24 hours after the game**. Parents are asked to refrain from approaching coaches prior to, during and immediately after trainings. Coaches need to be allowed to use this time to properly prepare for their training sessions. It is understood that individual coaches will be available and communicate how best they choose to receive the communication from parents and players — whether phone call, personal visit, email and/or text. Please request an appointment to visit with the coach about any training or game related issues or concerns.

5. The Role of the Parent.

The role of each parent is extremely important for all young athletes. At training we ask that all parents respect that the players are training and to stay a good distance from the fields during all training sessions.

At games, parents are expected to applaud good play. There is, however, to be absolutely NO coaching by the parents from the sidelines during games or at training. Also, referees are not to be abused in any way. Please do not berate or shout at referees. We all make mistakes!

Coaches are not to be approached by parents at training or games either before or afterwards concerning players. This is a time for both the coach of the team and the players to be focused on the task at hand. If you have a coaching concern, please direct it to the coach at the appropriate time. (see Parent to Coach Communication Policy). To discuss playing time or game related concerns, wait a minimum of 24 hours to contact the coach. Please contact the coach first and if it cannot be resolved at that level, then contact the ISC board and/or Director of Coaching (DOC) or the board's designee (designee). All of us at ISC need the support of every parent to make this a very positive experience.

6. Child Safety Policy.

Coach's Responsibilities.

ISC players may not be left alone after practices or games under any circumstances. An ISC coach* must remain with players at the practice field until they have been picked up by one of the following: a parent, a legal guardian, an emergency contact, a responsible adult or the Sioux City Police Department or the South Sioux City Police Department (dependent on what complex the teams is practicing) (see below). In addition, it is **required** that at least one other adult be present in any situation that would otherwise leave a coach alone with a player whenever possible. Staff coaches who violate this policy are subject to disciplinary action, including termination for cause. *ISC coach is defined as any paid coach or volunteer parent coach.

Parent's Responsibilities.

Parents are obligated to pick up their children, or make arrangements for that child to be picked up by someone else, **on time**. If you are going to be late, you must contact your coach or team manager. In cases where your child remains more than 10 minutes after the normal end of a practice or game, the coach will attempt to contact you, an emergency contact, a responsible adult known to have transported your child before, or the Sioux City Police Department or South Sioux City Police Department (dependent on what complex the teams is practicing) (see schedule).

Action Schedule.

- **Step 1:** 10-15 minutes after practice or game: The coach must attempt to contact parents or a legal guardian by telephone (all contact numbers must be attempted).
- **Step 2**: 16-20 minutes after practice or game: If the coach is unable to contact a parent or legal guardian, he or she must now attempt to phone the emergency contact for that child to arrange a pickup. The coach may, at this time, transfer responsibility for that child to another coach remaining at the complex. All contact information for that child must be given to the remaining coach.
- **Step 3**: More than 20 minutes after practice or game: If, after this time, arrangements for the child have not been made, the coach must, at his or her own discretion, attempt the following:
 - a. Wait longer with the child (recommended, if possible)
 - b. Allow the child to go home with a responsible adult as long as there is a precedent for that child traveling to and from practices or games with that person. Authorization to do so is implicit in the precedent.
 - c. Contact the Sioux City Police or South Sioux City Police Department (dependent on what complex the teams is practicing) to have the child picked up and taken to the police station. For all three options, the coach must contact the DOC/designee, Club President or Vice President to let them know of the situation.

Weather Cancellation.

If a practice session is cut short due to weather conditions the coaches will immediately begin attempting to contact the parents or legal guardian (Step 1) to pick up early. Step 2 and Step 3 will be conducted according to the time line of the originally scheduled practice time. Parents are asked to keep track of the weather in order that players may be picked up in a timely manner should there be a sudden cancellation.

7. Player Development Philosophy.

Our primary focus at ISC is to help each individual player develop, grow, and mature as soccer players, athletes and people. It is a long-term process that cannot be rushed. There is no guarantee that a player will reach his or her potential, but we must give the players an opportunity to become the best that they can be. There is no magic formula, no shortcuts to successful development. Coaching at the youth level is not about collecting or recruiting players to win team championships. It is about working with the players and coaches to improve performance by creating age-appropriate and developmentally appropriate environments that are safe, healthy, challenging and competitive. We need to understand who we are coaching. These players are not mini-adults, they are children. Each age group has different characteristics that affect the way we teach and communicate. For all ages, winning is not the end all to be all. While learning how to compete (win and lose) is important, it is the acquisition of skills and life lessons which remains our highest priority.

Since players develop at different rates, this is not just for those who are the most advanced for their age. Nor is it just for the best athletes or the most committed soccer players. It is why we should set individual challenges in front of each player. Such a philosophy means sometimes taking unpopular stands regarding team formation and player placement. It means being honest with parents about the growth and development of their child. It requires us as coaches to challenge each individual player, while not forgetting about the needs of the player versus the needs of the team(s) and the club. To accomplish these goals, we must all be committed to understanding the game and learning more about how we can coach, direct and lead. In this way, coaches need assistance, players need direction and parents need guidance.

Working together; it is the coach's and manager's responsibility to promote and develop ISC players through the many offered ISC activities. This includes tech sessions, Futsal/Indoor season, camps, goalkeeper trainings, tournaments, etc. All for one, and one for all.

8. Playing Time.

Playing time is not guaranteed. However, our primary goal is player development. Young players (11U and 12U) should receive enough playing time to allow them to develop their skills. The coaching staff will make every effort to enhance a player's confidence and development by giving players an appropriate opportunity to play. Playing time for tournaments/games will not be guaranteed and is very dependent on the following: effort, attitude, practice attendance, ability, decision making, and level of understanding the game. ISC will guarantee enough opportunity to develop each player's soccer skills and **EARN** playing time. Coaches need to coach and not be time managers. Players need to play. Parents need to understand that equal playing time is not possible at this level. As a result, the following policy has been created:

- 1. Players are not guaranteed equal playing time
- 2. Players are provided with opportunities to EARN playing time.
- 3. Players will receive meaningful playing time dependent on attributes listed above
- 4. Meaningful playing time varies from game to game
- 5. Meaningful playing time varies from tournament to tournament
- 6. Meaningful playing time varies from player to player

9. Guest Players.

Guest players among teams in ISC.

Requests for guest players will be handled by the coaches of both teams involved. The use of guest players is permitted when a team is short of available current roster players.

- Guest players are **NOT** to be used to replace currently rostered players that are available for the tournament. Players will be selected based upon the needs of that specific team.
- Teams wishing to obtain guest players from within the club must first look for players inside the age group who would be appropriate selection as a guest player for the event in questions.
- Teams wishing to obtain guest players from within the club must first approach the team coach of the player they desire to add. **Do NOT contact the player or parent(s) directly.**
- Guest players may not be excused from their own team's activities without express approval from their primary coach.
- Any conflict between teams regarding the sharing of players will be resolved by the DOC or designee.

NOTE: Guest players should not be charged tournament fees unless the borrowing team has made it clear PRIOR to the event. Keep in mind, the guest player is helping out the borrowing team.

Guest players from outside the ISC.

Requests for guest players outside of ISC will be handled by the ISC coach and the loaning coach involved. The use of guest players outside of ISC is ONLY permitted when an ISC team is short of available current roster players AND they have attempted every option below.

- ISC coaches must first look for guest players inside the ISC club.
- They should look for players in their particular age group then outside the age groups before looking for guest players outside ISC.
- Any guest player participating in a tournament must be a registered player with a state association prior to playing.

10. Player Recruitment.

Within ISC. Our members (coaches, administrators, parents and players) will not directly contact the players, parents or coaches on other teams within ISC with the purpose of convincing them to move to another team within the club. Any player movement will occur only during the club-identified team creation time-frame. Under special circumstances, (e.g. player development) with the approval of the impacted players, parents, coaches, and DOC or designee, team player movements between teams may be allowed outside the defined team creation time-frame by petitioning the DOC or designee directly. Note: Players can be moved from one team to another within the club as long it is developmentally appropriate and with the approval of the DOC or designee. Furthermore, there is to be no recruitment of players by club organizations at ISC sponsored functions. These activities include but are not limited to: league games, league tournaments, and Player Placement Event.

Procedures for handling potential violations:

- 1. ISC members are to report any recruiting effort to the DOC or designee if they become aware of it.
- 2. The DOC, President or designee will contact the involved individual and explain/remind them about our policy and the potential problems that arise from such recruitment.
- 3. If such recruitment efforts continue after verbal contact has been made with an individual, a letter will be sent to the state soccer association.

4. Club coaches wishing to recruit or visit with the parents of potential club players may contact ISC via email or phone to obtain telephone numbers and follow up with their recruitment in that manner.

Outside of ISC.

Our members (coaches, administrators, parents and players) will not directly contact players, parents or coaches on other club teams outside of ISC. Neither parents nor players will be a vehicle for a coach to attempt to illegally recruit players (meaning you cannot call or try to generate interest for players from another club). If a family from another club asks, you may communicate general information about your team and team formation events. Members (coaches, administrators, parents and players) who violate this policy will be responsible for all sanctions by the state soccer association and ISC. Please report any contact you or your player receives other than a casual conversation or general information to the ISC Board at contact@interstatesoccerclub.com. ISC wants to promote a fair and level playing field where players and parents are free to make the best decisions for their families during open enrollment periods.

11. Multiple Rostering.

Consideration for Multiple Roster opportunities is reviewed with each new season, beginning August 1. Forms signed in the past only applied through that soccer year ending July 31.

12. Fees & Fundraising.

Fees. ISC board sets player registration fees. Fees pay for state soccer association membership, general liability insurance, field / facility leasing, field maintenance, club administration, coaches' salaries, and DOC salary. Your registration is a commitment to ISC for the entire soccer season: August 1st – July 31st meaning there should be no expectation for release prior to July 31.

Additional fees will be incurred for players for such things as tournament registration, league registration, travel to/from competition, coaches' travel expenses, etc. Generally, a deposit is required at the first team meeting and the balance is due throughout the early part of the season. This deposit before games/practices begin is because tournament and league registrations need to be done by the team manager months ahead of time. In order to lock in the team's place in a tournament/league, the registration funds need to be in the player's team account. **ISC reserves the right to enforce a "no pay, no play" policy.** Team Managers/Treasurers will need each player to stay ahead on their player account. This is the responsibility of the player and their family. It is not the responsibility of the managers/treasurers to keep asking. No player should ever be in the red on their personal account with the team. Fees will vary from team to team dependent on the following: tournaments attended, league games played, coach's travel expenses, etc. This is divided amongst all rostered players regardless of practice or game attendance.

Fundraising. If the team decides they want to do a fundraiser, they first need to get board approval prior to the event. This is done by contacting the board via e-mail at contact@interstatesoccerclub.com to provide details for approval. Depending on timing of board meetings and the event, allow 6-8 weeks for approval. Once the board approves the fundraiser and the use of the ISC logo/name, the team can proceed. After the fundraiser is completed, the funds should be equally divided by those players that participated in the fundraising event and deposited into their player team account. The funds are not to be held or spent by the parent who organized the event. These funds are property of the ISC players that attended the fundraising event.

13. Team Training and Tech Sessions.

During the regular season, there will be two to three training sessions per week. Players should arrive at training 15 minutes prior to the session to get cleats and shin guards on to be ready to go when the time starts on the field. No running shirts nor exposed sports bras are allowed. Shin guards are proper soccer attire and are expected to be worn at ALL training times including tech sessions, camps and goalkeeper trainings. All training times will be organized by the coaches and managers. The team managers will let the teams know when and where to go for training sessions. Players are required to bring a soccer ball to each training session. We ask that parents respect that the players are training and to stay a good distance from the fields during all sessions. If everybody adheres to the rules, players will all benefit from an environment that is extremely conducive to playing, coaching and learning. The type of environment that is envisioned is one that is quiet and without excessive pressure. It is an environment in which coaches can be heard and understood easily. It is especially one in which a player's every move is not scrutinized by their parents. ISC offers additional technical sessions throughout the year. These are sessions where boys and girls in the same age brackets work on their technical skills with ISC alumni, current ISC licensed coaches and the ISC DOC.

14. Travel.

Travel is a big component of ISC. Traveling allows our players and teams to compete against a wide variety of teams and participate in higher quality games than can be had if we continuously play against our local club teams. Another benefit of travel is the team and club bonding that naturally occurs as players and their families spend off-field time together. To that end, when we travel to a location that requires an overnight stay, teams are strongly encouraged to stay together. When out of our area for games and tournaments, the coach will impose a curfew/bedtime for the players. Also, depending on the morning game times, the coach may also announce a specific time that all players are to be dressed and in the hotel lobby for a morning run and/or workout. ISC parents are expected to enforce these times in support of their coach. When traveling to a tournament, players must remember that they are representing Interstate Soccer Club and should act accordingly. Running in the halls, excessive noise, kicking soccer balls indoors and similar behavior is unacceptable. Tournaments generally require our players to play at least 3-4 games in a two-day period. The time between games should be used for physical and mental rest. Shopping, sight-seeing and similar activities are contrary to the purposes of tournaments. Please plan all of these activities for after play has concluded for the day or weekend. Players as well as parents and coaches are expected to observe exemplary manners when traveling as they are representing ISC in all they say and do.

ISC understands that parents may not be able to travel with their player to every out-of-town game. Parents should coordinate with other parents to secure travel accommodations for their player. If a coach transports players to an out-of-town game site, there must be two or more players traveling with the coach. According to USYS and SafeSport requirements, coaches and players are prohibited from being in a 1:1 situation. So, if a coach provides transportation to two players to an out-of-town game and one of the player's parents makes it to the game, the second player would need to travel back with that family or another family; not with the coach.

15. Game Day Procedures.

On game days, players are expected to be at the correct field, completely dressed, 45 minutes prior to the kick-off (some coaches prefer 60 minutes). There are circumstances that may change this though and team managers/coaches will communicate changes before the game. This time before the game is used to warm-up and prepare for the game. Late arrivals are seriously frowned upon. Generally, the home team must change jerseys if there is a color conflict. To avoid any problems, players should always

bring BOTH jerseys to every game. Before the game, players should be properly fed, hydrated and rested. Players should also make sure to have their own water bottle(s) ready if needed during the game. During the game, all ISC players should keep positive when playing or watching the game from the bench. This includes no offensive comments whatsoever towards the other team, referees and teammates. The bench should make sure to be attentively watching the game and always ready to go in for the coach. No food on the bench (unless there is a medical reason). No cell phones or other electronic devices on the bench. Once the game is finished and the handshakes are completed with the opposing team and the referees, all ISC players should clean up their personal belongings as well as all trash by the ISC bench. ISC policy is to leave the bench cleaner than when we arrived! It is the players' responsibility to make sure the bench is clean and all belongings picked up. It is the coach's responsibility to enforce this policy.

16. Uniforms.

All ISC teams will wear board approved uniforms only. The cost of uniforms is separate from the cost of club fees. Uniform ordering is accomplished when the team manager submits their team roster (each player's full name, uniform number and email address) to our coordinating board member. Parents will then get an email with a specialized link to order their personalized uniform through our uniform vendor. All players are expected to order their uniforms when the email link has been sent from our uniform vendor.

Liability: ISC accepts no liability for mistakes made during uniform ordering. Players are expected to order their own uniform as listed by our uniform vendor. Our current attire brand, uniform vendor, and ISC are committed to answering questions on the uniform process in a timely manner. The uniforms are the possession, property and responsibility of the player.

17. Club Logo and Spirit Wear.

The logo of ISC is considered intellectual property and is proprietary to ISC. Only approved vendors are allowed to produce spirit wear items. Spirit wear is defined as all items, including apparel and merchandise that carry the ISC logo and/or name. All spirit wear merchandise for sale to the membership falls under the direction and control of ISC. ISC members cannot use the ISC logo, name, e-mail list, tax ID without the prior approval of the Board of Directors. No altering of the club logo with team specific names.

18. Refund.

Signing up for a competitive soccer team is a complex process. It involves player placement event, acceptance, physical commitment and financial dues. It also potentially involves excluding other players. Thus, the club dues are considered non-refundable for withdrawal without exceptional circumstances. If injury prevents playing for the entire season (fall & spring), up to 75% may be credited toward the following season. If injury prevents playing for half the season (fall or spring), up to 25% may be credited toward the following season. All decisions for credits will be made on a case-by-case basis by the Board of Directors. In the case of injury, a physician note may be required. Any credits or refunds outside this policy are not guaranteed and subject to decision and approval by the Board of Directors. Any monies deposited into a player's specific team player account (for tournaments, leagues, etc.) will be refunded in full minus any balance acquired via fundraising.

19. Financial Assistance.

You or a family you encounter may need financial assistance. ISC has a formal application process for families that wish to apply for financial assistance. Financial assistance received from ISC will only be applied to registration fees and would not cover team fees or uniform purchases. Inquiries can be directed to the Club President by emailing contact@interstatesoccerclub.com.

20. Weather Related Cancellations.

Soccer culture is that games are played in light to moderate rain. ISC will occasionally cancel a set of games or practices for bad weather or because the fields are unplayable. The policies below outline when the club will shut things down, but parents (and coaches) are of course welcome to hold their kids out if that is their best judgment.

Closing of Fields: Games and practices will be cancelled by the DOC or designee for reasons outlined below. All efforts will be made to have decisions at least 2 hours before game/practice starting time. The goal of this policy is that both teams of games (and all parents at practice) will have a clear understanding on whether the game or practice has been cancelled and to avoid situations in which one team comes and its opponent does not. Cancellation notices will be communicated to coaches and team managers. It is the team coach and manager's responsibility to contact their team but it is the parent's responsibility to be aware of the weather conditions and stay I with communication options.

Thunder and Lightning: Games and practices will be cancelled if severe weather warnings indicating heavy thunderstorms accompanied by lightning and/or dangerous high winds are broadcast from the National Weather Service or a community siren is sounded. Cancellation notices will be communicated to coaches and managers. During games/practices, any referee hearing thunder or seeing lightning will suspend or cancel play immediately. Players and spectators will be asked to clear the field and seek shelter. If games are more than half over, they should be considered complete. Other games may be resumed after the weather has passed. There will be a 30-minute wait until after the last lightning or thunder before play will be resumed. Games, once restarted, must end at least 5 minutes before the next scheduled game on that field. This implies that interrupted games, which are being played on a field that is also scheduled for use in the next timeslot, will need to be rescheduled for another time or must resume play on an unscheduled field, subject to the availability of the referee. During practices, any coach hearing thunder or being informed that thunder was heard will tell the players to clear the field and seek shelter, and will inform other coaches so that all practice at the facility is stopped. Practices ½ or more completed will be considered complete; players should go home and not wait for a restart of practice. Coaches should not leave until last child has gone home. There will be a 30-minute delay after last occurrence of lightning (or thunder) before practice is restarted.

21. Misconduct and Disciplinary Procedures.

ISC expects all players, coaches and parents to act appropriately. We are all representing the ISC program when at tournaments, league games or just wearing our apparel around town. Players, coaches, and parents will abide by the Code of Conduct policies. The agreement contract shows your support for ISC and your commitment to bettering the ISC environment. If a player/coach/parent is found not adhering to the Code of Conduct and the Agreement contract they previously signed, the following steps will occur:

Verbal Counseling: The DOC or designee shall conduct a meeting with the party involved at which they will be notified that they are being placed on verbal notice and future allegations will result in additional

action. DOC or designee and the ISC Board will maintain written documentation of the meeting for future reference, if necessary.

Written Notice: Should a second actionable offense occur, the party in question will be provided written notice, outlining the results of the first meeting with the DOC or designee and notifying them of a second actionable offense. The written notice shall include:

- 1. Nature of the problem.
- 2. Action to be taken and consequences if further infractions occur.
- 3. Request that the party will refrain from continuing the offending behavior.
- 4. Notification that if the behavior continues and another complaint is lodged, they will be asked to discontinue their relationship with ISC.
- 5. Should the party in question feel they were unjustly accused; appeals should be in writing within two weeks of the written notice and submitted to the ISC board. The DOC and the ISC Board will keep a copy of the written notice, along with the documentation from the verbal counseling or written notice for future reference.

Final Notice: Upon receipt of a third actionable offense, the party involved will be asked to suspend their relationship with ISC pending review of the allegations. Such notice will be provided in writing and include:

- 1. Nature of the problem.
- 2. Notification that the situation will be brought to the ISC board for review.
- 3. Notification that the relationship with ISC is suspended pending the ISC board decision.
- 4. Possible consequences which will be enforced.

Additional Rules Applying to Coaches: If offenses are committed by any ISC parent volunteer or licensed coach, the following additional sanctions apply:

- Offense 1: Suspension (without pay, if applicable) for two (2) games.
- **Offense 2:** Suspension for one season.
- **Offense 3:** Automatic and indefinite expulsion from ISC. The DOC or designee reserves the right to take immediate action to suspend an accused individual pending investigation if the situation is deemed threatening to the well-being or safety of players, or legal exposure to ISC.

22. Issue Escalation Procedures.

Conflicts do occur and will inevitably need addressed. If a conflict or issue arises there is a path of escalation to follow below:

- 1. If the issue pertains to any player health or safety concern, please contact the Board of Directors President directly as soon as possible. His/her contact information is always posted on our website (interstatesoccerclub.com).
- 2. If the issue pertains to any on-field issues after the mandatory 24-hour waiting period:
 - a. Contact and work with the team coach, if an acceptable resolution cannot be reached then.
 - b. Contact and work with the DOC or designee by e-mailing contact@interstatesoccerclub.com, if an acceptable resolution cannot be reached then,
 - c. Contact club administration by e-mailing contact@interstatesoccerclub.com so your issue may be escalated to the appropriate board member(s).
- 3. If the issue pertains to team communication, player account balances, uniforms, or other "off-field" issues:

- a. Contact and work with the team manager, if an acceptable resolution cannot be reached then,
- b. Contact club administration by e-mailing contact@interstatesoccerclub.com so your issue may be escalated to the appropriate board member(s).

23. ISC Player Code of Conduct.

The player acknowledges and agrees to the following statements of conduct, rules and conditions for participation as a player with the ISC:

- 1. I will conduct myself in a manner that is respectful to myself, my team, my coach and my parents.
- 2. I will not use foul, offensive or abusive language.
- 3. I will accept and listen to what my coaches tell me.
- 4. I will respect and support my teammates.
- 5. I understand bullying behavior will not be tolerated within ISC and on this team.
- 6. I will report any injuries or ailments to my coach immediately.
- 7. I will hustle, work hard, and give my best at all times.
- 8. I will accept my role on my team.
- 9. I will wear my uniform and any ISC gear proudly and properly.
- 10. I will pick up after myself at practices, games and especially on the bench.
- 11. I will not use drugs, alcohol or tobacco products of any kind during my association with ISC.
- 12. I will keep my grades up.
- 13. I will abide by all the other rules and regulations set by the INTERSTATE SOCCER CLUB organization and coaches.

I understand that I am responsible and accountable for my own actions and decisions. Breaking club rules and violating my "Code of Conduct" will result in disciplinary actions from loss of playing time for player or not be allowed to watch game to expulsion from the team.

24. ISC Parent Code of Conduct.

The parent of a ISC player acknowledges and agrees to the following statements of conduct and rules and conditions for participation with the ISC:

- 1. I will be a positive example of good sportsmanship during all practices and games and will show respect to my child, their teammates, opponents, coaches and refs.
- 2. I will encourage my player and his/her teammates from the parent side of the field but will not coach.
- 3. If I am responsible for my child's transportation to games and practices, I will make sure to be at all events on time. If late or have to miss an activity, I or my player will contact the coach via text/phone call.
- 4. While attending ISC soccer games or practices, I will not use foul, offensive or abusive language directed towards a player, coach or referee.
- 5. I will not approach the team's side of the field or my player/child during games or practices to deliver advice, equipment, drinks or food unless medically necessary.
- 6. I will not ridicule or yell at my child or any other child for making an error.
- 7. I will not approach my coach(es) within 24 hours of any incident to provide a cooling down period.
- 8. I will not smoke or use tobacco at the fields. I will not drink alcohol at the field or prior to the games.

I understand that I am responsible and accountable for my own actions and decisions. Breaking club rules and violating my "Code of Conduct" will result in disciplinary actions from loss of playing or practice time to possibly expulsion from ISC for my child.

The ISC Parent and Player Handbook should be read by both the player and parent. Parents and Players should understand by clicking "I Agree" on the Parent/Player Handbook Waiver during the registration process, both parents and players are agreeing to abide by the Code of Conduct set forth by INTERSTATE SOCCER CLUB.