



City of Conroe Parks and Recreation



VOLUNTEER COACH SOCCER MANUAL



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Welcome to the City of Conroe Parks and Recreation Department!

We are pleased that you will be joining us for our upcoming **Conroe United Youth Soccer Season**. As a volunteer coach, you are playing a role in carrying on the tradition of the City of Conroe's Conroe United Soccer league experience. In an effort to assist you, the Parks and Recreation Department has developed this coaching manual to help you make it all happen. Its design is intended to:

- Assist you in understanding the philosophy of the Conroe United youth soccer league, as well as realizing the goals the Parks and Recreation Department strives for in its youth sports leagues
- Better prepare you to face the challenges that you may encounter as a youth sports coach
- Educate you regarding policies and procedures of the Parks and Recreation Department that govern the program

We encourage you to ask questions and make suggestions along the way and expect your best effort each and every day. The positive attitude, creativity, and energy of the coaches are what make our soccer league great and keep youth coming.

Youth Sports League Goals

The City of Conroe Parks and Recreation Department strives to put youth sports into perspective by putting the emphasis on being a winner in life, rather than just on the field/court. Through sports, players can build self-esteem, learn valuable social skills, stay active, develop leadership skills, and learn to set goals for themselves. We attempt to achieve these goals by:

- Teaching players the skills they need in order to be successful in the sport they are playing
- Making sure that players are **having fun** at practices and games, so they will want to continue playing in the future
- Ensuring that everyone participates equally in practices and games and gets as many touches as possible
- Focusing on the effort rather than the scores

Emergency Phone Numbers

- Dial **911** for Fire, Paramedics, and Police.

Important 911 Information

- Exact location of accident, street names and park
- Your name and the number you are calling from
- Type of injury and circumstances

Accident Report Procedures

- Report all accidents/injuries involving players, coaches, and spectators immediately to the Field Supervisor.
- Inform them if 911 has been called, so they can assist in directing emergency personnel to the exact location of the injured party.
- If an accident occurs while practicing, please report it to the Field Supervisor.
- The Field Supervisor has a first-aid kit in the concession stand.

Safety Rules

- Offenses that will not be allowed:
 - Slide tackling for age groups under 8 year old
 - Kicking or attempting to kick an opponent
 - Tripping or attempting to trip an opponent
 - Jumping at an opponent
 - Charging violently or dangerously
 - Charging from behind
 - Pushing an opponent
 - Punching, striking or attempting to strike an opponent
 - Holding opponent
- Footwear must be soft, cleated soccer shoes or tennis shoes.
- Shin guards are mandatory and are to be worn underneath the socks.
- The wearing of jewelry is prohibited under all soccer rules with the exception of medical medals, which must be taped inside the uniform worn. Coaches must check before each game to be certain that players are not wearing bracelets, necklaces, chains or earrings. Players with earrings that cannot be removed must have earrings padded and taped. Rubber bands and soft headbands may be worn to control hair.
- Coaches must make sure all players leave with their designated adult from all practices and games.

Important Conroe Parks and Recreation Department Phone Numbers

Wes Wagner, Recreation Coordinator (League Coordinator)

936-522-3914

wwagner@cityofconroe.org

Braden Macurdy, Recreation Specialist (League Coordinator)

936-522-3999

bmacurdy@cityofconroe.org

**Datrin Rogers, Oscar Johnson Jr. Enrichment & Recreation
Center Supervisor**

936-522-3968

drogers@cityofconroe.org

Mike Cantu, Assistant Director - Recreation Manager

936-522-3903

mcantu@cityofconroe.org

Oscar Johnson Jr. Enrichment & Recreation Center

936-522-3990

Conroe United Rainout Line

936-522-5653

(Follow the Conroe United Facebook Page for updates)

Severe Weather Protocol

- To receive notification of delays or cancellations, please call the Conroe United **Rainout Line** at **936-522-5653**. Or check the **Conroe United Facebook Page**
- If you ever hear the air horn, that is the indication that everyone needs to get off the fields and find shelter due to bad weather.
- If you see lightning or thunder is audible during your practice, please stop practice and report it to the Field Supervisor. Practice will be delayed a half-hour after the last lightning or audible thunder has occurred.
- If you see lightning or thunder is audible during a game, report it immediately to the Game Referee or Field Supervisor. At that time, the games will be delayed a half-hour after the last lightning strike has been seen or audible thunder has occurred. A decision will then be made by the League Coordinator and/or Field Supervisor to cancel or continue the games.
- In case of a Tornado Alert, games **STOP**...Leave for a place of safety.

Cancellation Procedures

- **Practice:** In case of practice cancellation, we cannot guarantee make-up availability due to limited field space. Contact the League Coordinator to inquire about making up a practice.
- **Game:** If the Parks and Recreation Department must cancel a game:
 - **The first rained out game will not be made up** □
 - **The second rained out game will be made up and so on.**

Coaches' Pre-Game Check List

- Players should be in proper attire.
 - Uniform shirt
 - Shorts
 - Socks
- Players' shin guards are under their socks.
- Players' shoes are tied and/or double knotted.
- Players are not wearing jewelry.
 - If the earrings are new and cannot be removed, please make sure the ear is padded and taped for everyone's safety. We have materials for this at the sports van.
- If player's hair is tied back, please make sure it is a soft material – no hard clips, headbands or beads for safety purposes.
- Have players arrive 30 minutes prior to the game for warm-ups.
- If you are coaching a younger team, please remind parents and players to use the restrooms before the game. This will help both you and the players.
- After warm-ups are finished, make sure you have put all your equipment away.

Coaches' Season Check List

A map of the field layout and game schedules can be found at www.cityofconroe.org under the Parks and Recreation Sports/ Athletics tab. Please let your team members know where to find this information!

Uniforms

- All players will receive a new uniform shirt prior to the first game of the season. Coaches are encouraged to have the kids wear the same color shorts and socks.

Equipment

- Equipment will be picked up at the back of the soccer field concession stand before each practice. After practice is over, please bring equipment back. If you have a 5:30pm practice and there are teams practicing after you, you may hand off your equipment to that team.

Practice Procedures

- We will have staff at the soccer fields. The staff will set up and put up the goals for practice.
- We will cancel practices if it is pouring rain, lightning is visible or thunder is audible.
- See the cancellation section for contact information.
- There will be first aid kit available at the field if needed. Please report accidents to the Field Supervisor and/or League Coordinator.

Cancellation Updates

- Cancellations for games and practices will be posted on the Conroe United Facebook Page
- The Rainout Line is 936-522-5653

Make-up Games

- All Make-up Games will be scheduled by the Wes Wagner League Coordinator.

Game Schedule

- Will be posted on www.teamsideline.com/conroe

Coach/Parent Communication*****

Ongoing and open communication is essential for a positive experience for each parent. Parents/guardians are encouraged to discuss questions and concerns with coaches and/or the League Coordinator. We recommend using the app **Sportsyou** to communicate with parents.

Comments to parents at the end of practices or a quick e-mail to let the parents know how their child is doing, are greatly appreciated by parents. This will also make it easier for coaches to approach a parent about a problem with a player if one should arise later in the season. All coaches are encouraged to include the League Coordinator in your communication to parents to help keep your supervisor aware of what is going on with the team.

Should you need to contact a parent regarding safety, medical, or behavioral issue, it is important to document the conversation, so that the Parks and Recreation Department will have written records in case of a dispute or continued problem later in the season.

Sportsmanship

Youth sports leagues are for fun and skill development. Players and parents (and even other coaches) are going to follow the example you set in how they respond to game and practice situations. Coaches are expected to always exhibit good sportsmanship and expect the same from their teams. Coaches should share the following with their players:

- If a player makes a mistake, don't pout or make excuses. Learn from it and be ready for the next play.
- If a teammate makes a mistake, offer encouragement, not criticism.
- If you win, don't rub it in.
- If you lose, don't make excuses.

Please remember the primary job of an official is to manage the game within the rules of the league and maintain a fair and safe playing situation for all participants. It should be understood that all officials will make judgments that coaches may not always agree with. Regardless of the situation, a coach should accept the decision as final. If you feel the need to question a decision made by an official, approach the individual at the appropriate time, in a calm and mature manner. Yelling, screaming, jumping up and down, or continually nagging or questioning an official once the game has resumed will not accomplish anything.

If a player or parent is found to be abusive or argumentative towards an official, coaches are expected to take steps to correct this situation immediately. Coaches are to assume responsibility for the conduct of these individuals during games.

How to Be a Great Coach

Acting the Part

As coaches, you have the amazing ability to impact the lives of the players you encounter. Therefore the behavior of each coach is under careful watch and in many situations will be patterned by players and parents. Coaches are role models who should be confident, excited and enthusiastic each day. The following are some general leadership guidelines and group mechanics techniques:

- Speak as though you have something important to say and the players will believe that you do.
- Exhibit energy and enthusiasm in every action and word.
- Keep players' attention by changing your tone and volume.
- If you have a sense of humor – use it. Be natural. Boys and girls will notice your ease of manner and be at ease with you.
- Remember your manners – learn players' names, shake their hands, and say “please” and “thank you.”
- If you want your players to be on time, always start on time. Make sure that your first activity at each practice is fun and exciting, so they won't want to miss it.
- Don't do something you don't want the players to imitate. Don't yell if you don't want the players to yell. Don't sit unless you are conducting an activity where sitting is appropriate.
- Watch your language – both negative language and foul language are unacceptable.
- Dole out loads of positive reinforcement and appreciation to players (even those on the opposing team), parents, league volunteers and staff. Encourage players to do the same.
- Always be familiar with what is being taught – think about or practice the activity before presenting it to the group.
- Focus on the process, as well as the product. Make sure that you reward the effort as much (or more) than the outcome.
- Work hard to make everyone feel like part of the team at all times – don't tease players or let

other players ostracize a player.

- Remember **YOU** are important. Coaches are leaders and have a tremendous impact on how much a player enjoys the season.

Tips for Coaching Your Own Child

- Examine your motivation for coaching. Don't coach your child if your sole intent is to "create a star." You should be willing to do what's best for your entire team's development – not just your child.
- Realize that your child's teammates (and their parents) may become jealous – and rightfully so if you give preferential treatment to your child. Nothing is more negative to relationships with other parents and players as when a coach unfairly favors his/her own child.
- Some coaches go out of their way to be harder on their own children than other players, so that no one thinks that the coach's child is getting special treatment. This doesn't solve problems – it just creates new ones. Do your best to treat your child the same as other players.
- Don't compare your child to other players. Let your child develop at his/her own rate.
- Have a discussion with your child before the season starts to talk about your different roles as a coach and a parent. Give your child a chance to ask any questions or voice any concerns, for example what he/she should call you at practices. Be sure to explain to your child why you want to coach the team and how you will coach the team.
- Remember that equal treatment of players includes time during and away from practices and games. Don't be a parent during practice and don't be a coach on the car ride home from a game. Tell your child that when you are coaching, you will need to treat him/her like everyone else on the team, but things will go back to normal when you are wearing your "parent hat" again. Resist the temptation to talk with your child about the other players' performance or about what positions other players should be playing.
- Because of your emotional commitment to your child, it is hard to be objective. You may find it useful to ask another person (not your spouse!) for an objective evaluation of whether he/she thinks you are treating your own child fairly compared to how you treat other players on the team.

Player Personalities

Working with players with challenging personalities can be difficult, but also rewarding. Below are some tips for working with some of the most common personality traits that coaches may struggle with:

The Shy Players

These players will not want to participate in some of the drills or interact much with the other players. Let these children work things out at their own pace. Ask the children and the parents what would help them feel more comfortable. If the children want to sit out, allow them (where the coach can still supervise) and tell them to join the team when ready. Generally they will join the team when they have warmed up to the group a bit. Coach enthusiasm will help speed this up.

The Talkative Players

These players always have something to say. Try to channel this energy into something positive by encouraging them to communicate with their teammates. For example, they should tell their teammates "good job" or encourage each other on the field. Coaches will not be able to stop the chatter, so they should try to put it to good use instead.

The Scared Players

These players seem to like coming to practice, but don't want to risk falling down or getting dirty.

Let these players participate on their own terms and do not draw attention to the "wimpy attitude." Instead, be sure to praise these players when they do take a risk. After enough positive reinforcement, they generally come around.

The Helpful Players

These players are always at the coach's side, offering to help. Let them! These players can always pick up balls or lay down cones. Keep them busy!

Challenges During Games

Some players who do great during practices suddenly don't perform during games. Below are some common issues that coaches may face:

Players Who Just Want to Sit On the Bench

The pressure of games really affects some players. Some players may love performing in front of a crowd, but others become shy. Don't force these players to play – they generally will not participate anyway and may get upset. Talk to them about the importance of helping teammates and how fun it will be (just like practice). Don't bring up the fact that parents/grandparents are there to watch – that just puts more pressure on the player. This may be something to bring up with parents as they may not realize that their child is feeling this way and will need to understand why their child isn't receiving the same playing time as the other children.

Players Who Want to Be in the Game, but Don't Participate

Talk to these children about why they aren't active in the game and see if anything is bothering them. In future games, coaches may need to direct the player to pass to this player to get them involved (although make sure that times are picked for all players to be passed to, so these children aren't singled out).

Players Who Don't Play as a Team Member

These "ball hogs" will sometimes make other teammates upset, but generally are some of the better players on the team, so don't give too much flack as long as they perform well. However, in a recreation league, this need to be addressed immediately, so everyone gets the same chance to play and succeed. Speak with these children individually about the importance of passing. Coaches should give positive reinforcement when these children pass to other players.

The Team Just Swarms the Ball

Encourage players to spread out using phrases like "move to the open space" or "find your position." Players generally start swarming and then will spread out on their own, so give them a few minutes before you start directing them to move. If they continue to swarm, work on passing and positions in practice.

Everyone Takes Too Many Shots/Just Kicks or Throws the Ball as Hard as Possible

Encourage players to pass to other players and specifically recognize this, so all the players can

hear. Just like in a drill during practice, tell the players that they have to pass the ball to a teammate at least 2 times before going for the goal/basket.

Loud Parents

Let the parents know your coaching philosophy and the league philosophy from the beginning of the season in the form of a letter or quick talk to parents before or after your first practice. Encourage parents to let you do the coaching while they do the cheering. Remind them that if the players hear instructions from too many sources, it can be distracting. Give parents examples of specific things they should say, especially if you're trying to reinforce something specific like passing.

Things You Can Expect

Age 4-5

- Most players cry immediately when something is hurt. Some cry even when something is not hurt.
- Twenty seconds after the start of the game every player will be within 5 yards of the ball.
- Several players will slap at the ball with their hands or pick it up.
- During the season you will end up tying at least 40 to 50 shoelaces.
- Team play and passing is an alien concept to most of these players. They know if they pass the ball they may never get it back. They may even steal the ball away from their own teammate.
- The children will do something absolutely hysterical. Make sure you laugh!

Age 6-7

- There will be at least 200-300 falls during the season, but now players will usually pick themselves back up.
- They will wear their uniform to bed.
- Passing is not an important part of their game, no matter how much anybody yells at them to do otherwise.
- Incidental things are important. They are forming habits that will impact their future participation. Ask them to take care of their equipment, cooperate, listen, behave and try hard; however, realize they often forget and will need to be reminded.

Age 8-9

- Starting to find out how much fun it is to play the game skillfully, but will still stop and laugh if the referee gets hit on the backside with the ball during the game.
- They start to understand off sides, but still forget themselves when the goal is in front of them.
- They might cry after the game if they lose, but will forget it if you ask them to go out for ice cream.
- You might actually catch them practicing on their own without you telling them to do so.
- Their parents are telling them to do one thing during the game, you are telling them another thing, but what they end up doing might be what their friend is telling them to do.
- You will see a pass that is deliberate.

Age 10-13

- They will yell at their teammates when they make a mistake.

- They will openly question the referee's decision.
- They will pass the ball even when they know they will not get it back.
- Players will encourage each other.
- Team cooperation is emerging.
- They will point out inconsistencies between what you say and what you do. They are "moral watchdogs."
- The difference in skill levels between players is pronounced.
- Some players might be as big as you are, some might be half your size.

Characteristics of Players

Age 4-5

- Short attention span.
- Can attend to only one problem at a time.
- May understand simple rules that are explained briefly and demonstrated.
- May or may not understand or remember what lines mean on a field, what goal they should aim for. We need to be patient and laugh with them as they get "lost" on the field.
- Easily "bruised" psychologically. Shout praise often. Give hints; don't criticize.
- Need generous praise and to play without pressure.
- Will play on a team, but will not really engage with their teammates.
- Very individually oriented (me, mine, my).
- Constantly in motion, but with no sense of pace. They will chase something until they drop. They are easily fatigued, but recover rapidly.
- Physical coordination is limited. Eye/hand and eye/foot coordination is still developing.
- Catching or throwing skills are still developing.

Age 6-7

- Attention span is a bit longer than age 4-5 players, but still is not at a competitive stage.
- Inclined towards small group activities.
- Always in motion, scratching, blinking, jerking, rocking.
- Easily "bruised" psychologically. They will remember negative comments for a long time.
- They want everyone to like them.
- Developing physical confidence.
- Starting to imitate older players and sports heroes.
- Lack of sense of pace. They go flat out until they drop.
- Skeletal system growing rapidly. Often results in apparent lack of coordination.
- Cardiovascular and temperature regulations system is not developed. Their heart rate peaks quickly and they over heat quickly. Make sure they get adequate water breaks.
- They need to be encouraged constantly.
- Better at recognizing when ball is out of play and remembering what goal they are going for.

Age 8-9

- Gross and small motor skills becoming more refined and reliable.
- Ability to stay on task is lengthened. They have the ability to sequence thought and actions.

- Greater diversity in playing ability and physical maturity.
- Skills are emerging. Becoming more predictable and recognizable.
- Able to pace themselves.
- Starting to recognize basic tactical concepts, but not sure why certain decisions are better.
- Repetitions of techniques are very important, but must be dynamic, not static.
- Continued positive reinforcement needed.
- Explanations must be brief, concise and mention "WHY."
- Becoming more serious. Openly, intensively competitive, without intention of fouling.
- Still mostly intrinsically motivated. Peer pressure starting to become a factor.
- Prefer identification with team.
- More inclined towards wanting to play instead of being told to play.
- Possible to teach them positional play with the exception that they will understand it.

Age 10-13

- They begin to develop the abilities to sustain complex, coordinated skill sequences.
- Most players are able to think abstractly and are able to understand some team concepts that are foundational to the game.
- They are beginning to be able to address hypothetical situations and solve problems.
- They are susceptible to conformity and peer pressure.
- They are developing a conscience, morality, and scale of values.
- Players tend to be highly self-critical. Instruction needs to be enabling. Show them what can be done instead of what not to do.
- Although they are more serious with their play, they are still mainly involved because it is fun.
- They are openly competitive. A few may foul on purpose.
- They are looking towards their role models and heroes in order to know how to act.

Designing a Great Practice

Before you can plan your practice, you must first decide the purpose of the practice. Is it to get to know the skill level of the players, to improve a particular weakness, or to introduce a new skill? The factors that influence this decision may be the time frame within the season, an upcoming game, or the current mental state or attitude of your players. Early in the season, you will typically introduce new skills and topics. Later on, as you think your players have begun to master some of the basics, you can challenge them with something new. After the team has played a game or two, you can cater your practices to a specific weakness you observed during the game. On occasion, you may discover that you and the participants just need a break. Be realistic about how much information your players can handle. Choose 2-4 key points that you want to make and choose activities that reinforce these points.

Plan the progression of your practice to include five parts: past skill warm-up, new skill training, team training, scrimmages, and cool-down. Water breaks are recommended after the new skill training and after the team training. Each break should be about 1-3 minutes. These breaks provide time for the youth to rest and not have to follow directions, as well as give coaches time to set up the next drill.

Stretches

Some of the best stretches are the ones that imitate the movement the players will be doing on the field. (Look up Dynamic Stretching – high knees, butt kicks, etc.)

Skill Warm-Up

Warming up for 5-10 minutes is an important part of getting your practice started. For young players, the mental aspect of warming up is just as important as the physical benefits. The intensity level should be fairly low at the beginning and then should slowly increase. Start the warm-up with 1 or 2 activities that the players are familiar with or that require little instruction such as dribbling, shooting, or passing. After the activities, lead the players through a brief, light stretch.

Skill Training

The skill training part of your practice is where the players get the most out individual skill development. Typically this part of practice should last 10-20 minutes. For younger teams, this part may be the longest and may include several drills. Coaches should have equipment for every 1-2 players. Coaches should pay close attention to the players' technique.

Team Training

Team training refers to the stage in practice where the skills are put into play in game-like drills and situations by introducing a defender, working in a specific direction, or utilizing the help of teammates. For these 10-15 minutes, maintain a strong emphasis on proper technique and reiterate the points introduced earlier in the practice

Scrimmages

Players are put in true game situations for 10-15 minutes (at the most). Don't be quite as concerned

with proper technique, but still reinforce the same points brought up earlier in practice. Make sure that the coach controls the scrimmage and that everyone benefits from it, possibly by limiting ball touches or rewarding players that successfully demonstrate what was taught in practice.

Cool Down

The main purposes of this part of practice are to cool down the players, congratulate them on a good practice. Design it so the players are slowing down their pace and then finish it with stretching.

Making the Most of a Practice

- Keep the players moving. Avoid having players stand in long lines. If you need more equipment to accomplish this, ask the Field Supervisor for it.
- Practices should be 45 minutes to 1 hour. Please respect other team's time. When your practice time is up, please move to the side, so the next team can start their practice.
- Change activities every 5-7 minutes. The guideline for attention span is about 2-5 minutes per year of age (20 minutes max – even for adults).
- Change the pace. Mix walking, jogging, running and sprinting.
- Keep instructions short and sweet. Be careful not to over coach. Try to demonstrate what you want them to do as opposed to telling them. Involve the players in the demonstration.
- Create opportunities to be successful. Balance challenges with reality. When players feel successful, they will be more likely to try something new.
- Use logical consequences for behavioral problems. Logical consequences are outcomes that relate to the child's behavior. For instance, if a player is not listening and interferes with a drill, then he/she does not get to participate in that drill or has to go last. Punishments such as making players do laps doesn't teach proper behavior and makes players look at running as negative, which it isn't!

**Remember... This is not a competitive league.
We do not keep score! You should not either!**

Coaches' Code of Ethics Pledge

I hereby pledge to create and maintain a happy, healthy environment that is conducive to the enjoyment of our youth by following this Code of Ethics:

- I will place the emotional and physical well-being of all my players ahead of a personal desire to win.
 - I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
 - I will do my best to provide a safe playing situation for my players.
 - I will do my best to organize practices that are fun and challenging, providing growth opportunities in skills for all my players.
 - I will lead by example in demonstrating fair play and sportsmanship to all my players.
 - I will be knowledgeable about the rules of soccer, and I will teach these rules to my players.
 - I will use those coaching techniques appropriate for each of the skills that I teach and the level of development of each player.
 - I will remember that I am a youth sports coach and that the game is for children and not adults.
 - I will provide opportunities for all players to participate in both practice and game situations, allowing the players to apply new skills and demonstrate their abilities.
 - I will never coach or appear in public under the influence of drugs or alcohol.
-

Parents' Code of Ethics Pledge

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players at every game, practice or other sports event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive enjoyable experience for all.
- I will demand a sports environment free of alcohol, tobacco and drugs and agree to refrain from their use at all youth sports events.
- I will remember that the game is for children and not for adults.
- I will do my best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, and providing transportation or whatever I am capable of doing.
- I assume the responsibility to arrange transportation for my child to and from every practice/game site.

Parents: The City of Conroe Parks and Recreation Department wants children to receive the best possible opportunity to enjoy this recreational experience. Parents must remember the proper perspective about the purpose of the activity. Please remember that coaches are volunteers; sometimes we expect more from them than they can give. Parents are expected to follow this **Code of Ethics Pledge**. If they do not, the only ones hurt are the children. This is their activity; help ensure that it is a positive experience for all.

Players' Code of Ethics Pledge

I hereby pledge to maintain a positive attitude and be responsible for my participation in youth sports by following this Code of Ethics:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice.
- I will attend every practice and game that is reasonably possible and notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time if practices are attended.
- I will do my best to listen to and learn from my coaches.
- I will treat my coaches with respect, regardless of race, sex, creed or abilities, and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment free of alcohol, tobacco and drugs and expect adults to respect that wish.
- I will encourage my parents to be involved with my team in some capacity, because it is important to me.
- I will remember that sports are an opportunity to learn and have fun.

Players: Thank you for being a part of the **City of Conroe Parks and Recreation Department Soccer Program**. We are here to serve you. Along with the opportunity to participate comes responsibility. Players are expected to follow this ***Code of Ethics Pledge***. Your effort and time are required for this to be a positive experience. Remember, we are here to provide opportunities; you have the ability to control the outcome.



Conroe United Pledge

Win or lose

I pledge to do my best;

To be a team player;

To respect my opponent, coaches, and officials;

*Let me set the example of fair play and
sportsmanship.*

