



# Vermont Patriots Team Rules and Expectations

Welcome to the Vermont Patriots Integrative Soccer Academy!

At the Vermont Patriots (VTP), we base our philosophy primarily on the guidelines set by the US Youth Soccer (U.S. Soccer's Player Development Initiatives) and Vermont Soccer Association. In addition, our multicultural founding members expanded this and have included aspects of coaching philosophies from around the world, including Europe, South America, and Africa.

Training sessions are first and foremost child centered, age appropriate, and fun. Setting attainable goals is very encouraging, most often leads to positivity, increased confidence and ultimately enjoyable success. *For the young soccer players Futbol is more of an art than science, and that is where we capture their imagination.* Once we have achieved this approach to fun, the work rate, understanding and skill will follow shortly after. These soccer principles will allow us to keep our focus and maximize efficiency for players, families, and the academy. Our training will emphasize technical abilities, mental and physical speed and agility, and tactical comprehension, each at their age appropriate level.

Soccer is full of fundamental life lessons to be experienced while playing and growing up. Competency during participation in team sports activities may be as basic as learning to balance on one foot while shooting, to multifaceted cognitive reasoning and tactical maturation and navigating involved social interactions. Our programs and philosophy seek to positively influence player's development, whether the child is experiencing success and/or failure. Constructive and age appropriate approaches to failures are the stepping stones to success. Introducing the inevitable mishaps of the game (and life) within a nurturing, positive and fun milieu will allow for development of fortified internal locus of control, boosted self-esteem, and unswayable self-confidence.

Soccer is much more complex than what meets the eye. This is one of the reasons why they call it, "The Beautiful Game." Coaching and playing, literally, involves all aspects of life trying to sync simplicity and harmony under a tactical proposal. Training players properly is no small feat, and that is why the Vermont Patriots Sports Academy requires coaches to be licensed under the United States Soccer Federation (USSF) for the age appropriate groups. This certification carries benefits for the coach and the participants as it explains the game and the lifestyle necessary to have fun and be successful.

Welcome to the Academy, and welcome to the VTP Family!

Sincerely,

Nick Martel, President

## **Team Rules and Player Expectations**

1. Respect yourself, your parents, coaches, referees, volunteers, teammates, opponents, equipment, and fields. All these people and components have made it possible for you to play soccer at this club. There is absolutely zero tolerance for bullying, racism, or any other form of physical or verbal abuse.
2. Have fun! No ifs, ands, or buts. If we do not have fun, then why do it?
3. Have...FUN! It is the foundation.
4. To have fun you must commit to the academy and attend practices and games. Your teammates count on you to be on the training ground day in and day out to make it fun and productive for all.
5. Check the schedule regularly and communicate absences. Coaches plan sessions in advance and knowing who will be present is crucial.
6. Be ready to start practice right at the assigned time. This means you may have to come a bit early to prepare.
7. Dynamic warm-ups before the games start 30 minutes before kick-off. Arrive before then and be ready for the warm-up.
8. When you join the Vermont Patriots, you start representing the club on and off the field. Be presentable on and off the field.
9. School always comes first, regardless of how talented you are.
10. Actively participate, ask questions, accept feedback, work hard. We work hard to bring you this opportunity, and we expect nothing less in return. You must couple talent with hard work to learn and improve.
11. Use only reusable water bottles.

## **Parent Responsibilities and Expectations**

1. This is a family commitment. It took countless hours to put together the program for our kids to enjoy. Signing up commits the parent to bring the kids to all scheduled practices.
2. Inevitable things happen, and a simple call to the coach will suffice that the child will not be present. Our expectation is that the child will make it to the vast majority of practices.
3. Be on time.
4. No parenting from the sidelines. We need you and want you to be present to cheer on our players. Should you have recommendations/constructive feedback, our coaches will always have time to listen to you, but not during practices or games. Meet them after.
  - a. Should you really have a lot to say, ask how you can get involved and volunteer to lead a group.
5. Cheering is completely permitted. Organize, bring fan clubs, gear, drums, vuvuzelas, anything your creative mind can think off to support our teams!

## **Health and Safety**

Whatever we do, health and safety take priority over any soccer activity, including the FIFA World Cup. The following are health and safety rules:

1. Based on US Soccer Federation mandate, and Vermont Soccer Association rules, the Vermont Patriots have adopted that no player age 12 and under will be permitted to head the ball.

2. Shin guards are a must.

## **Required Equipment**

At the Vermont Patriots, we aim to bring the best quality of soccer for a one small fee. We are working hard to provide uniforms and training equipment to be included in the annual fee. Nevertheless, certain items must be provided by families:

1. Shin guards
2. Soccer shoes
3. Socks
4. Snacks

## **Payment and Refund Policy**

### **Payment**

Our annual fee is \$50 per family, regardless of how many siblings. Payment is due at the time of sign up.

### **Refunds**

Refunds will be allowed if the child did not receive a uniform and/or no training sessions had been conducted. Reach out to us and discuss your situation.

