



## PLAYER & PARENT HANDBOOK

### **ALPINE STRIKERS VISION, MISSION & CORE VALUES**

#### **Vision**

Alpine Strikers FC will distinguish itself as the preferred local soccer Club, providing an exemplary program for our community's players.

#### **Mission**

The core mission of Alpine Strikers FC is the development of our players. The Club provides appropriate levels of competition, outstanding complementary programs, and recruits, develops, and retains the highest quality coaches and officials.

#### **Core Values**

- **Player-centric**  
Coaches and volunteers place the needs of the player first.
- **Personal responsibility**  
Players, coaches, and volunteers embrace their responsibilities as members of the club and their team.
- **Sportsmanship**  
Players, coaches, and parents consistently demonstrate exemplary sportsmanship and personal integrity.
- **Teamwork**  
Players, parents, and volunteers work cooperatively to achieve team and club goals.
- **Open communication**  
Decisions by club volunteers, coaches, parents, and players are transparent.
- **Pride**  
Alpine Strikers FC creates a sense of pride in our players, coaches, parents, volunteers, and greater community.

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### **INTRODUCTION**

A value vital to fulfilling our mission is clear and consistent communication between the Club and its teams, coaches, players and parents. Players and parents, please take the time to read and discuss this document together so that we may establish shared values and expectations.

### **THE CLUB, THE TEAM AND THE INDIVIDUAL PLAYER**

The Board of Directors of Alpine Strikers FC is elected at the annual general meeting held each May (directors serve two year staggered terms) and its purpose is to enforce and interpret the Club's By-Laws. The Club's managers meet monthly to discuss club-wide issues of interest or concern; the Club's Board also meets monthly to discuss more specific fiduciary or governance issues. More information about the Club's organization is available on the website: [www.alpinestrikers.org](http://www.alpinestrikers.org).

Alpine Strikers FC is a “player-centric” (not team-, coach-, or parent-centric) club. The highest priority in the Club’s decision-making is “what is best for the player(s).” Decisions by the Board, DOC and team coaches will be objective and based on their best evaluation of the relevant facts.

Alpine Strikers FC is a non-profit educational institution; we strive to operate in a manner similar to your child’s school:

<u>School</u>	<u>Alpine Strikers FC</u>
Student	Player
Parent	Parent
Teacher	Coach
Room Parent	Manager
Assistant Principal	Technical Director (TD)
Principal	Director of Coaching (DOC)
School Board	Board of Directors



### **CURRICULUM**

Alpine Strikers FC has adopted the US Soccer Federation’s Curriculum for youth development that was launched in 2011. The curriculum has four keys:

1. Development over winning
2. Quality training
3. Age appropriate
4. Have fun and inspire players

### **NEW TEAM FORMATION and TEAM SELECTION**

Alpine Strikers FC is dedicated to the development of youth soccer players in our community. All players will be given an equal opportunity to participate in new team formation each fall and spring season. Players will be selected based on technical, tactical, psychological, and physical characteristics. Alpine Strikers FC will try to find a place on a team for every competitive level soccer player. In the event the coaches believe it is in the best interest of a particular child's long-term soccer success to gain additional experience before joining the club, that player will be directed to the club’s academy or a recreational (AYSO) league. Playing at an appropriate level is important for a player's proper development, and therefore the coaches will direct kids to the team, academy, or league that best suits each child’s current ability.

The core mission of Alpine Strikers FC is the development of our players. To fulfill our mission, the primary criteria for team selection will be the Head Coach's, Technical Director’s and/or Director of Coaching’s assessment of the skill level of the player. In this way, the coach can concentrate on developing each player and each team at an appropriate pace to ensure players learn the necessary skills and develop a passion for the game.

Players will be placed on one of several teams: Red (highest skilled players), White (next level of skill) and Blue (third level of skill), etc. Where possible, players in the age group will be offered opportunities to train together, via the club’s “side-by-side” training concept. During the season, players may be “shared” between teams (though some exceptions apply for games). In this way camaraderie is fostered between teams and the fullest development of each player and each team is

encouraged. Children develop at vastly different rates, so players will have the opportunity to move between teams based on the coaches' evaluation. The club will endeavor to place each team in the appropriate competitive league with teams of similar skill.

Player performance will be evaluated by observing the player during open tryouts, practices, scrimmages and games. The Club's DOC, team coach, and, in some cases, independent professional coach evaluators, will conduct player evaluation and selection. Although player and team selections are inherently subjective, they are by no means arbitrary. Players will be evaluated in the following four areas:

- Mental Strength (player focus, attitude, and effort)
- Physical Ability (speed, athleticism, agility, endurance, etc.)
- Technical Competence (ball skills)
- Tactical Awareness on offense and defense

Decisions on player selection are based on the player's current ability and potential in these four areas. If you have any questions about the meaning of these terms, please ask the coaches. Creating a good soccer team requires selecting various types of players who are able and willing to play specific roles for the benefit of the team. Different positions require strength in different areas. We hope it goes without saying that club or community politics, friendships, personal relationships and financial contribution to the Club or team will not enter into player and team selection.

### **ASFC ROSTER CHANGE POLICY**

ASFC is committed to the long-term development of its players and teams. "Open" tryouts will occur at least once per year (generally in December or at the conclusion of the fall season). These tryouts should include all returning players and any new players interested in spots on a team. Coaches are strongly encouraged to communicate directly with any player (and the family) "on the bubble" so that the players have an opportunity to seek extra training to improve. It is the express obligation of all ASFC coaches and managers to assist players who desire to leave the team for any reason in finding placement on a new team. Any exception to this policy requires DOC approval. Failure to comply with the policy may result in disciplinary action.

### **Player Movement within the Club**

Should both teams' coaches and the DOC agree that a player has developed to the point where he/she is capable of competing for a starting position on a more competitive team within the age group or club, the player may be offered the opportunity to make such a move. It is preferable that movement between teams take place between seasons, but the DOC is ultimately responsible for this decision and will work with the family and team coaches on the timing.

### **Player Placement by Age**

The Club's policy is that U8 to U13 players should play at the appropriate age level according to the child's date of birth – the soccer playing year is from August 1 to July 31. This policy is consistent with the Club's philosophy to encourage players to play on teams with players of similar skill, size and maturity. *This policy will be enforced with all new players to the club beginning with the fall 2013 playing year.* Players currently playing up **may** be grandfathered on existing teams. The player's coach and the DOC will address player status on a case by case basis.

## **PLAYER GUIDELINES AND EXPECTATIONS**

The primary soccer league season is the fall. Alpine Strikers FC teams typically begin practice sometime between mid-July and mid-August and run until early November for high-school age teams (who begin high school soccer in early November), and December for the younger teams. The specific start and end dates are reached by mutual agreement between the coach, manager and families and are based on the team's goals.

Many Alpine Strikers FC teams take a summer break from early-to-mid June until the start of the fall season practices (in mid to late August). During the summer there are many opportunities for additional practice and skills training (camps, small groups, or age-group training). During the winter, players who are interested are encouraged to play indoor soccer (e.g. futsal) or participate in small group or other age-group training.

During the primary Club soccer season (fall), players are expected to make the commitment to Alpine Strikers FC their first recreational activity priority. To be clear, this means that if a player chooses to play another sport or activity and a conflict arises, the player understands that his or her commitment to the Alpine Strikers FC team takes precedence, regardless of the relative importance of the two conflicting events. During the "alternative season" (which for younger teams is spring), players are expected to attend soccer practice and games if they don't have a conflict with another recreational activity.

Your commitment to the Club and the Club's commitment to you are for one full soccer year (spring and fall), and at the end of each year, you may be asked to try-out again. The DOC, in consultation with the team's coach, will decide if tryouts are open (every roster spot is open to any and all players who try out), or only to add players, and this process will be communicated to the teams.

### **Team Goals**

Our youngest teams have the following goals:

- Establish fundamentals of good technique through repetitive training
- Express learned technique in game situations
- Develop a passion for learning and playing the game of soccer
- Develop good training habits

As they mature and learn, the team will begin to think about:

- Tournaments (fun and experience)
- League and tournament results

### **Player Evaluation, Starting Positions and Playing Time**

It is Alpine Strikers FC policy that playing time is earned and not a given. Player performance during the season will be evaluated by observing the player in training, scrimmages and games. In general, Alpine Strikers FC players are expected to play an average of 1/4 to 1/2 of each game throughout the season. This can be adjusted to a lower amount at the coach's discretion if a player is late or misses practice or games.

**Exceptions:** In a single elimination game, tournament, or for a league championship, players may not receive the average minimum playing time. However the coach should have prepared for this and played players more in other (less competitive) games.



Coaches will base decisions on starting lineup, player positions and the amount of playing time on the four areas of evaluation mentioned above as well as other factors such as attendance at practices/games and coach's priorities for a particular game. Should you have any questions, please talk with your team coach. Once each season, players will receive a written evaluation; this is a great opportunity for your child to reflect on his or her improvement during the season and on areas that need additional attention.

### **Attendance at Practices and Games**

Players are expected to make as many practices and games as possible. We understand that there will be times when conflicts cannot be avoided due to family, religious or school events. If you do need to miss a practice or game, *please notify your team coach and manager as soon as possible so he or she can plan around your absence*. It is also important that players arrive on time for both games (usually 30 minutes to one hour before) and practices.

### **Before, During and After Games and Practices**

From the designated arrival time at all practices and games, players are expected to concentrate on soccer. Players should arrive on time ready to practice or play with appropriate equipment and clothing. Practicing and playing their best requires the players' undivided attention. We ask that there be no visiting between players and parents, family, or friends from the start of the warm-up until dismissal by the coach. Of course, we expect that players will have proper rest, hydration and nutrition to support a rigorous athletic program. Learning to be "ready" to play is an invaluable life skill that translates into every area of a player's life and carries forward into adulthood. Please let us help your child learn this lesson.

### **Uniforms and Equipment**

Please bring a ball, cleats, shin guards and water to all practices and games. Players should not wear any part of their game uniforms to practice except warm-ups (unless otherwise directed by the coach). You must bring ALL of your Alpine Strikers FC uniform (white and red) to every game.

### **Communication with Your Coach**

Honesty, reliability and direct communication are a foundation of our program. There will inevitably be times during the season when players will be confused by the coach's instructions or decisions; players are encouraged to talk with their coach so they can gain a better understanding of why decisions are being made and what is expected of them. If you have issues or concerns such as the amount of playing time, position, etc., please do not hesitate to speak with your coach. Any problems with other players should be brought to the coach's attention immediately.

Once a year, the club solicits your input in an anonymous survey; this is a great opportunity to provide feedback on the club, coach or manager. The Board depends on these surveys to develop our teams and programs and appreciates your honest feedback.

### **Team Communication**

Good communication is the key to a great club soccer experience. You can expect timely communications from your coach and manager, and they should expect the same from you. Sometimes changes are made at the last minute; please check your email the day of practice or game (especially if it has been raining). If a player is going to miss a practice or game (or arriving late or leaving early), please notify your coach and your team manager as soon as possible. The coach carefully plans practices and games and a change in the makeup of the players attending can impact the quality of the experience for the remaining players.

### **Issue Resolution and Escalation Paths**

Occasionally, issues do arise between parents and team managers, or parents and coaches, or between teams and the Board/Club. All on-field/soccer-related issues should be elevated through the coaching “chain-of-command”: Coach – Technical Director – Director of Coaching. Non-soccer issue escalation would follow the team management pathway: Team Manager – 8 v 8 or 11 v 11 Vice President – Club President. The Club’s Director of Safety and Disputes may be called upon to assist in the dispute resolution process.

### **Player Safety**

#### **Personal Safety Rules:**

1. Buddy System: all players should travel in pairs (restroom, chasing lost balls, etc.)
2. Three-man system: adults should avoid being alone with any child they are not related to (two children and one adult or two adults and one child)
3. No child left behind (corollary to the three-man rule): an adult (parent) other than the coach should wait until all children have been picked up from a game or practice; parents are welcome (encouraged) to attend practice to address safety concerns (escort to bathroom, help move goals, etc)
4. Goal safety: players may never climb or hang on the goals; they can tip over and cause serious injury or death
5. Never hesitate to call the police if you observe anything suspicious; please consult the attached emergency card with field addresses and emergency contact numbers; please print, cut, fold and laminate so that parents and players can keep a copy handy.
6. At the field, please remember to put backpacks together in a location near the field and away from walkways and parking lots in order to discourage theft.

#### **First Aid:**

All Alpine Strikers coaches will complete First Aid training with a focus on injury prevention (e.g. ACL injury prevention protocol) as well as on-field injury management.

#### **Head Injury/Concussion Protocol:**

Soccer is a contact sport, and as such, soccer players may suffer contact injuries including concussions. Concussions in sports have been getting a lot of attention lately. Much of the concern is related to repeat injuries, and the cumulative effect they can have over time. We hear about it most often

relating to football, particularly NFL players, but studies show players get concussions in soccer and many other sports.

All Alpine Strikers coaches have been trained to recognize the symptoms of concussions, which include:

- Headache
- Dizziness
- Nausea
- Feeling dazed or mentally foggy
- Sensitivity to light
- Ringing in the ears
- Tiredness
- Irritability
- Confusion, disorientation

A player who receives a blow to the head and exhibits symptoms of a concussion will be immediately removed from the training or game situation. The player's parents will be notified of the incident by the coach and/or the team manager. Depending on the severity of the injury/symptoms, a medical release may be required before the player is allowed to train or play in subsequent games.



## **PARENT GUIDELINES AND EXPECTATIONS**

Parental support and involvement in Alpine Strikers FC is essential! If your child chooses to commit to Alpine Strikers FC, your commitment is also necessary. Specifically, parents should ensure:

- Players arrive on time for all club and team activities and are picked up promptly. Notify the coach and manager if the player is going to be late to a team activity.
- Remain current on all team scheduling (usually via Teamsnap Availability tab). Notify your coach and manager as soon as possible if there are unavoidable conflicts.

Alpine Strikers FC is a volunteer-run Club. With over 700 players on more than 50 teams, club volunteers are both necessary and greatly appreciated. ASFC parents are expected to:

- Volunteer for at least one team job. Team Manager is by far the most important role, but teams typically need parent volunteers for the roles of Game Scheduler, Treasurer, Registrar, Social Coordinator, Field Support, and potentially others.
- Volunteer to serve in a Club-level job or support activity. **Each team will have a minimum of one parent (and preferably two) serving in volunteer roles for the Club.**
- Participate in any club or team fundraising activities.
- Follow all applicable club and league rules.

Please be respectful of our volunteers' time and efforts on behalf of the club; we know we cannot please everyone, but we do try our best to provide the highest quality program, including: fields, equipment, uniforms, communication, tryouts and new team formation.



Team scheduling decisions – start/end of season, training day/time/location, selection of playing league and tournaments - will be made by the team coach based on team goals, and in collaboration with the DOC. Game scheduling decisions are made by the Team Manager and/or Scheduler working under the constraints of coach, field, and opponent availability. We know that conflicts do occur – please discuss with the coach and manager.

We request that parents treat their child's team coach with the same respect as their child's classroom teacher; Alpine Strikers FC coaches have many years of experience as both players and coaches. First, **assume good intentions**. Second, ask questions in an appropriate tone and at an appropriate time (right after a game is often not the best time; email or call the coach to ask for a meeting in person or by phone when you both can devote sufficient time to the discussion). Email is often not the best way to communicate about sensitive issues such as playing time or position as it does not allow give-and-take. You and the coach may not ultimately agree on such matters, but you will both have a better understanding of what needs to be done to resolve the situation. Ultimately, if your questions and concerns are not answered, you may contact the DOC.



## Sideline Coaching and Behavior

Alpine Strikers FC supports the Positive Coaching Alliance (PCA) and encourages every parent to take the online positive parent course ([www.positivecoach.org](http://www.positivecoach.org)). The club will provide additional opportunities for parents to attend and become trained on positive coaching philosophies. Some good PCA practices are as follows:

- After games or practices, ask your child if he or she had fun; please don't dissect the game. A good question might be, "what was the best part of the game for you?"
- Parents are not allowed on the player sideline or behind the goal during games or scrimmages (this is a league rule as well as a club rule).
- There will be no coaching by parents. "Go" or "Shoot" or "Send it" are interpreted as instructions and are not helpful to the team or the player. In order to learn effectively, players must not be distracted. For this reason, the Club requests that the coach, assistant coach and DOC be the only coaching "voices" during games and practices.
- Your positive encouragement is welcome after good play by either team - "go team" and "good effort" are examples.
- Please do not criticize or express disappointment (groan) when players make mistakes. The players are well aware of their mistakes, and we teach our players that learning from mistakes is integral to improvement.
- Please respect every player on the team; do not make critical remarks to others about specific players on your team. Negative comments overheard by the players or their parents are hurtful and foster an unhealthy team environment.
- Please respect your team coach and do not make negative remarks to others about coaching decisions. There will be times coaches make decisions and players are instructed to do things parents will not understand. Team and player development will be given a greater priority than winning, especially in the years prior to high school.
- Encourage your child to communicate for him- or herself with the coach; this is an important learning opportunity for your child.
- Parents, as always, feel free to communicate any questions or concerns with the coach; it helps if you ask your child first (even our youngest players will understand coaching decisions and can explain them to their parents).
- Please respect the officials; they are an integral part of the game and at the younger ages, important teachers. Some of our referees are players in our club. The coach is the only person who should make any comment to the officials.
- Please be respectful and courteous toward the opposing team's parents and players. You will have games against the same teams for years to come; please model appropriate behavior.

Alpine Strikers FC teaches players the benefit of having mental toughness and intense focus during soccer games. We will instruct your child to ignore adverse conditions such as questionable referee calls, bad sportsmanship by opponents or opposing parents and coaches, foul language, rough play, poor weather or field conditions. **We expect our parents and coaches to have this same mental toughness.**

Ultimately, if the Board believes a parent/family is not able to adhere to the club's core values and procedures, the family will be asked to find a club better suited to its needs.

## **THE TEAM COACH AND CLUB DIRECTOR OF COACHING (DOC)**

### **DOC Owen Flannery**



Alpine Strikers FC coaches are instructed to conduct themselves first as teachers and second as soccer coaches. You can expect our coaches to conduct themselves as positive role models and display appropriate behavior at all times. When representing Alpine Strikers FC (on the field or at team events), coaches expect our players to be polite, well behaved and respectful.

Players and parents can expect honesty, clear communication, consistency and reliability from the coach. The DOC and other club coaches are responsible for creating an environment where players are given the tools and skills necessary to enable them to become as good as their ability, desire, commitment and effort take them. The foundations for success in the development of individual players and teams are:

- fostering a love and passion for the game of soccer
- maximum concentration and effort during practices and games
- continually striving for excellence in individual skills and team play

Do not expect excessive praise from the coaches. Sometimes coaches are quiet in order to allow players to begin to think creatively and problem solve during the game. Sometimes coaches are critical and sometimes coaches will praise lavishly. In combination, this will help the players achieve their goals.

Often two or more Alpine Strikers FC teams share the same coach. All such coaches are expected to attend all team training sessions and will attend as many games as the schedule permits. However, there may be times when conflicts occur and, in those situations, another coach will cover one of the games or practices. The decision as to which team is covered by the head coach will be determined solely by the head coach and DOC.

The DOC will be responsible for recruiting, evaluating and developing the club's coaches. Teams may request a change in coaching or the DOC may decide to change a team's coach. However, the Club's DOC is responsible for making the final coaching decisions (not the parents).

### **PLAYER DUES**

Each Team is financially supported through seasonal player dues; some of the fees fund club expenses and some are specific to the team.

#### **Per-player club fees fund:**

- Field use fees (including payments to schools and towns, goals, nets and lining)
- Director of Coaching salary
- Technical Director salary
- Club Goalkeeper Coach salary
- Club Administrator salary
- Tryouts, coaching education, selected clinics, player development activities, website, coach development and other club-wide events and services deemed appropriate by the Board of Directors
- Basic coach salary (twice-weekly practice, 8-10 league games and one tournament)
- Insurance, taxes, and other G&A expenses

### Team fees fund:

- Coach's salary in excess of the basic salary (third practices, extra tournaments)
- Assistant coach fees (decision should be made by coach in consultation with team families)
- Additional fees for tournaments or team camps (entry fee, coach's expenses, etc.)
- Referee fees
- Individual team equipment (soccer balls, team bench, etc.)
- The amount of player dues for each team may vary and will be determined based upon the number of players and the proposed team budget set forth by the team manager; **in general fees run between \$700-\$900 per season** (excluding uniform cost), depending upon the level of the team and the number of extra tournaments and sessions. Note: teams that train 3x per week and play multiple tournaments can expect higher fees.
- Since league and player registration fees, pre-season tournaments and other team costs are payable prior to or in the beginning of each season. The Club *suggests* the following schedule (but teams may adopt a different payment calendar):
  - \$300 on or before June 1st (deposit for the following season)
  - 50% of the remaining amount on or before September 1st
  - The remaining balance is due and payable no later than October 1<sup>st</sup>
- The suggested spring season payment schedule is:
  - \$300 on or before December 15<sup>th</sup> (deposit for the following season)
  - 50% of the remaining amount on or before April 1<sup>st</sup>
  - The remaining balance is due and payable no later than May 1<sup>st</sup>.
- We understand that there may be times when individual exceptions need to be made to the above schedule. Your team manager may define a different payment schedule (and payments on a monthly or quarterly basis). However, such arrangements must be made in advance and may not inhibit the team from meeting club and league payment deadlines.

**Should a player quit or leave the team to join another team after any payments are made, there will be no refunds.** Also, any past due player dues will be immediately due and payable. Refunds will only be made in special cases (determined by the team manager in consultation with the team coach) such as when a player is injured for a significant period of time or if a player's family relocates to another area. Failure to pay dues on a timely basis may result in disciplinary action such as not being allowed to participate in practices and games, and ultimately dismissal from the team.

### Scholarship Policy:

The Alpine Strikers Board believes every child in our community should have the opportunity to participate in Club programs. We also recognize that a high-quality professionally coached program may not be affordable for everyone who wishes to participate. For this reason, Alpine Strikers FC has established a Scholarship Committee to review and award club scholarships to qualifying players.

The Board has authorized the formation of a Scholarship Committee ("the Committee.") The Committee shall be appointed by the Board and comprised of parents who have children registered with the Club. The Committee shall include a member of the Board. The number of Club parents on the Committee shall be set by the Board and may change from time to time.

The Committee will review all applications for scholarship assistance from the Club, assess the demand for assistance and the amount of scholarship funds available and recommend to the Board an allocation of the available funds in a manner that conforms to the principles set forth herein. Factors

the Committee should consider include, but are not limited to, (1) the demonstrated financial need of each individual player, (2) the totality of requests for scholarship assistance for the upcoming season, (3) the relative financial need of the different applicants; (4) the overall burden of eligible scholarship players on any particular team, (5) the extent to which the player has demonstrated a positive impact on his or her team and (6) the extent to which the player's family has demonstrated a positive impact on the team or Club through volunteer efforts (7) any other factors the Committee, in its discretion, deems relevant.

Additionally, the Committee may recommend that the Board waive any or all Club or player fees in appropriate circumstances. Any such waiver will typically be limited to cases of extreme need. The Committee, at its discretion, may interview anyone it deems relevant to the scholarship application, including the player's coach, team manager and family. The Committee may, at its discretion, implement specific reporting requirements or tracking procedures to ensure compliance with volunteer requirements attached to any award of scholarship assistance.

The Board shall approve or reject the Committee's proposed allocation of available scholarship funds *in toto*. A rejection shall be accompanied by any suggested revisions the Board may have. However, as to the Committee's recommendations that the Club waive fees as part of the scholarship award, the Committee may accept or reject such recommendations on a case by case basis. The Committee shall communicate its award or declination of scholarship assistance sufficiently in advance of final payments due to allow the teams to assess any shortfall in operating funds for the upcoming season and plan accordingly.

## **CONCLUSION**

This handbook should detail what you can expect from the Club, coaches and team, and what will be expected of you. In order for our players to receive maximum benefit, every coach, player and family must abide by the Club rules, regulations and policies. If you have any questions, please ask your manager, coach, a Board member, or the DOC. Our desire is to work in a positive, constructive way with our players and their families. We will assume good intentions (as we ask you to do so also). The Board of Directors serves as the Club's Discipline Committee, which is the final source of dispute resolution.

The Board and other Club volunteers serve because we believe Alpine Strikers FC can and should be a source of community spirit and pride. We also believe soccer is a joyful life-long activity that promotes physical fitness and emotional well-being and teaches our children valuable life lessons. Please feel free to contact us at any time with questions or concerns; we are here to serve the soccer families in our community. Of course, we encourage anyone who would like to volunteer for any club position to please contact us.

Alpine Strikers FC Board

## **Alpine Strikers FC Player and Parent Agreement**

Our family has read the Alpine Strikers FC Player and Parent Handbook. We understand that membership in Alpine Strikers FC is a family commitment and the Club has the following expectations of all players and families:

Be prepared to play at practice and games

- Arrive on time (10 minutes early is even better!)
- Wear the proper uniform and equipment
- Be properly rested, fed and hydrated and bring a water bottle

During the primary season (usually fall league)

- Alpine Strikers FC is the primary recreational activity
- No other sport or recreational activity will take priority in a conflict (regardless of the relative importance of the two conflicting activities)
- Unavoidable conflicts (school, church, family or illness) will be communicated as early as possible with the coach and manager

During the alternate season (usually spring), coaches will communicate the team's expectation regarding conflicting activities. Conflicts will be communicated as early as possible.

Players can expect to play a minimum of one quarter to one half of a game during the season. However, this can, and often will, be adjusted if the player is late or misses practices or games.

In a single elimination game, tournament, or for a league championship, players may not get the minimum playing time (but the coach will compensate by adjusting playing time in other games).

Parents will follow all rules and suggestions regarding sideline behavior; Alpine Strikers FC coaches are the only "coaching voices" Alpine Strikers FC players should hear during games.

Everyone in Alpine Strikers FC will demonstrate good sportsmanship and mental toughness by not complaining about officiating, rough play, playing time or position, field conditions or weather.

Parents and players will treat every coach, official, parent, club volunteer, and player with respect (including the opposition).

Parents will communicate respectfully with coaches (where possible, make an appointment to discuss issues of concern).

Parents will pay dues in a timely manner.

The Club is a volunteer-run non-profit organization with many thousands of hours spent providing the highest quality experience for our soccer-playing families. Each team will provide 1-2 volunteers for club-wide activities (outlined on [www.alpinestrikers.org](http://www.alpinestrikers.org) – volunteer and club information page).

The Board reserves the right to exclude families who are unable or unwilling to abide by club policies.

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Player Signature

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Parent Signature

**Alpine Strikers FC Emergency Contact Info**

Addresses for Woodside and Portola Valley Fields:

If you call 911 from your cell, you get the CHP!

If you need medical assistance, call (650) 363 4961.

If you need the police, call (650) 363 4911.

- Barkley Field, 4205 Farm Hill Blvd., Woodside
- Woodside High, 199 Churchill Ave., Woodside
- Woodside Elementary, 3195 Woodside Rd., Woodside
- Russ Miller Field @ PV Town Center, 765 Portola Rd., PV
- Rossoffi's Field, 3919 Alpine Road, PV
- Corte Madera School, 4575 Alpine Road, PV

**Alpine Strikers FC Emergency Contact Info**

Addresses for Menlo Park Fields:

If you call 911 from your cell, you get the CHP!

If you need medical assistance, please call 911.

If you need the police, call (650) 325-4424.

- Kelly Field, 100 Terminal Avenue, MP
- Willow Oaks, Willow Road at Coleman Avenue, MP
- Burgess Park, 701 Laurel Street, MP
- Jack Lyle Park, Middle Avenue & Fremont Street, MP
- La Entrada School, 2200 Sharon Ave., MP

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- Russ Miller Field @ PV Town Center, 765 Portola Rd., PV
- Rossoffi's Field, 3919 Alpine Road, PV
- Corte Madera School, 4575 Alpine Road, PV

**Alpine Strikers FC Emergency Contact Info**

Addresses for Menlo Park Fields:

If you call 911 from your cell, you get the CHP!

If you need medical assistance, please call 911.

If you need the police, call (650) 325-4424.

- Kelly Field, 100 Terminal Avenue, MP
- Willow Oaks, Willow Road at Coleman Avenue, MP
- Burgess Park, 701 Laurel Street, MP
- Jack Lyle Park, Middle Avenue & Fremont Street, MP
- La Entrada School, 2200 Sharon Ave., MP