

## Player Code of Conduct

Below is a list of requirements that as a ProFormance player you should attempt to fulfil at each training session and match you take part in.

Arrive promptly for the session, be ready to start and greet your coach so he can acknowledge your attendance.

Wear appropriate training wear and ensure shin pads are worn at all times.

Bring non-fizzy drinks to each session to ensure optimal hydration, please also take the water bottle away with you after each session.

Do not kick footballs inside or outside the facility before or after the session has finished.

Please do not kick footballs during water breaks and/or when the coach has asked you to stop.

Players should look at and listen to the coach while the coach is talking.

Work hard, to the maximum of their ability, in every session.

Engage with other other players and help to ensure that everyone is made to feel comfortable in the environment.

Any problems or concerns should be raised with your coach or head of centre as soon as possible.

In any problems are not able to resolved please contact the office.

Enjoy every session and activity at ProFormance. Enjoy the experiences of training and playing with the soccer schools is a key part of the session.

At the end of the session, shake hands with your team mates and coaches.