

# Odyssey Players

## Information, Guidelines and Tips for our Players

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This area outlines some information, guidelines and policies of our Club.

## Odyssey Player Commitments and Expectations

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### I will:

- Play for the good of the game
- Promise to work hard at practice and games to improve my soccer skills and my understanding of the game. I understand the amount of playing time I receive in games will be based on my skills, determination in practice, punctuality, and attitude. I know that I may receive more or less playing time than my team members and playing time is not guaranteed.
- Have a positive and never quit attitude. Exemplify and demonstrate sportsmanship at all times
- Win without boasting: Be generous when you win; graceful when you lose
- Conduct myself with class and dignity...be professional at all times !!!
- Respect all officials and coaches and accept their decisions without question
- Give encouragement to my fellow teammates
- Attend & be prompt to all games & practices
- Immediately report any injury to my coach
- Respect my coach & my opponents
- Abide by my coach's decision regarding playing time and positioning
- Learn and obey the laws of the game
- Practice individual soccer skills on my own time at least 3-4 times per week
- Notify the coach or team manager if I will be late for or unable to attend a game, training session, or team meeting
- Learn the rules, policies & procedures of the Team & Club
- Approach the Coach with any personal soccer related problems
- Be the BEST that I can be at all times; for myself, my team, my club and my family

### I will never :

- Engage in dissent toward an official or coach nor use profane or vulgar language
- Leave a game field or training session without the permission of my coach
- Use a controlled substance (drugs), tobacco products, or drink alcoholic beverages. It is the firm commitment of Odyssey to take an active role in the prevention of drug and alcohol abuse. Our policy is no drugs, no alcohol, and no destructive behavior. We will involve ourselves with the player and parents any time that a situation has an impact on our Club or its members. It is important that we be able to trust players to obey Club rules, because of the responsibilities that we assume when we travel. Violation of this policy may be the basis for suspension or dismissal from the team, or for requiring that a player return home early from an out-of-town tournament at the parent's expense.
- **Forget that I represent the Odyssey Soccer Club !!!!**

# Odyssey Coaches Commitments and Expectations

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## THE COACH'S CREED

### **The Coach in My World**

Pamper me and I will not respect you.  
Manipulate me and I will resist you.  
Intimidate me and I will reject you  
Humiliate me and I will despise you.  
Prepare for me and I will trust you.  
Respect me and I will respond to you.  
Guide me and I will follow you.  
Be an example for me and I will be like you.

The examples set by Odyssey soccer coaches are one of the most influential examples our children will encounter in their young lives. Recognizing the critical role that coaches play, it is imperative that we serve as the proper role models for our players.

### **I Will:**

- Develop my players to the best of their abilities.
- Conduct myself as a responsible adult when dealing with the Players; both legally and ethically.
- Plan and supervise practice sessions that are instructive as well as fun.
- To motivate and teach with positive reinforcement.
- Notify the Board of incidents which may compromise the integrity of the Team or Club
- Abide by the rules, policies, and procedures of the Team and Club
- Strive to attract the best caliber of athletes to Odyssey Soccer Club
- Ensure that players wear their uniforms in a proper and complete fashion. Socks should be pulled up and jerseys tucked in whenever in uniform, not just during the game.
- Work to place as many players as possible on state, regional, and national teams
- Display a positive attitude towards all players, parents, and officials
- To treat players and parents with respect and conduct myself in a professional manner
- Refrain from making negative comments to any players, coaches, or parents
- Develop positive "life" qualities (i.e. discipline, teamwork, etc.) in Players
- Respect the game officials and their decisions
- Take total responsibility for the actions of players on the field;
- When traveling with the team: Remain aware of my players' whereabouts and behavior. · Set schedules and inform players of all activities.
- Provide genuine cooperation to coaches within my team's age group;
- Not discriminate against anyone;
- Refrain from using profane or vulgar language in the presence of Players;
- Provide honest and truthful evaluations of the Player's skill.
- Be responsible for cleaning up the field or bench area (both home and away) after practices or games, and for returning all equipment to its proper place. · All coaches are asked to help in monitoring the activities that take place at the practice fields, and to assist in keeping fields clean, safe and secure.
- **Not Forget that I represent the Odyssey Soccer Club !!!!**

# Travel Expectations

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Odyssey recognizes the value and special significance in participating in Tournaments outside of our immediate area. There are many benefits to this type of travel including:

- Gaining experience in playing higher level of competition
- Playing in a high pressure atmosphere
- Building team camaraderie
- Seeing and playing against different styles of play
- Participating in a professional soccer environment
- Showcase our Teams and Players to the outside soccer community
- In order to present ourselves in the best possible light as players, teams and as Odyssey Soccer Club we have adopted some guidelines that all players and teams should follow.

## Pre-Trip Activities

- It is highly suggested that all Players travel and lodge together in the same hotel. Special accommodations may be made to take advantage things such as Frequent Flier Miles
- The coach should outline the minimum requirement needed for transportation and lodging keeping in mind that cost is an integral factor in the decision making process.

## Team Behavior Rules

- Coach, players, and parents should review and agree on general travel behavior requirements and consequences if violations are committed.
- **At the coach's discretion, players may be sent home at parent's additional expense if they violate serious behavior rules related to drugs, drinking, illegal activities, tobacco products or having members of the opposite sex in rooms at any time.**

## Player Responsibilities

- Because of the importance of tournament play to the development of a team, all Odyssey players are expected to participate in every event unless injured.
- The Club insists on making player safety the top priority when players are traveling.
- Players are to act like young ladies and gentlemen at all times in any public places.
- Each Player is required to be where the Coach wants you to be at the time the Coach sets.
- No one goes anywhere alone or leaves the hotel without the expressed permission of the Head Coach
- Hotel rooms must be kept neat and organized. Also, players should tip housekeeping at the end of their stay. A player should be designated just prior to check-out to inspect the room for any items (clothes, uniforms, money etc.) left behind.
- We are guests of the hotel. Footwear and proper attire should be worn in the public areas of the hotel. Our reputation for future stays by Club teams are on the line.
- Players are to be punctual and strictly follow all curfews.
- Any problems must be communicated to the Coach immediately.
- **REMEMBER THAT YOU ARE Odyssey !!**

## Team Activities

- The Coach will determine all soccer and non-soccer activities during the trip.
- Parents and players should remember that team activities take priority over any personal agendas you may have.
- Soccer trips are not vacations. Obviously having fun is a part of all trips but we must remember that soccer must remain the top priority at all time.

## Travel Dress

- Players should wear a standard outfit such as team polo shirt, warm up top or some other appropriate team attire at any team activity.
- As we are a premier soccer club, baseball hats and caps should be left at home !!!

#### Guest Players

- Guest players are invited to play at the discretion of the Team Coach.
- They will be expected to pay their share of team expenses unless other arrangements have been directed by the Team Coach.

#### Hotels

- If more than one Odyssey team is going to a particular event, it is desirable that teams try to arrange to stay at the same hotel to promote camaraderie amongst teams
- Hotels that include continental or full breakfasts are preferred.
- If players are sharing rooms, and someone leaves early, they are still responsible for their share of the total cost of the room.
- Team meetings should be in the common area of the hotel.

#### Transportation

- Once at the tournament, all players will travel to and from games in the transportation mode provided for the Team.
- Players are not to drive any rented vans.

#### Meals

- Teams should strive to eat together at team meals if possible.
- Obviously, all players should be strictly following their own team's prescribed nutrition and hydration policies.
- The team should purchase healthy snack type foods and drink for in between meal eating and the cost will be shared equally.

## The Odyssey Uniform

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Whenever a Odyssey player is in uniform, she/he is representing the Club and should wear their uniform properly and with pride. Please read and abide by the following guidelines:

- Bring all uniform equipment to every game including all uniform shirts, shorts, socks, shoes (cleats and turf depending on conditions), warm-up shirts, warm-up suits and tape.
- Jerseys must always be tucked into shorts whenever you are wearing the uniform (not just during the game). Sliding pants should be the same color as the shorts, not extend below the uniform shorts and not be visible.
- Players should be dressed alike during team warm-ups before games.
- Uniform socks will be pulled up whenever you have them on. Shin guards must always be covered by socks.
- Arrive at games looking professional (i.e. Team Warm-Up Suit, Team Warm-Up Shirt).
- Have your equipment bag with you at all practices and games. Put bags carefully in a row on the sidelines at all games. Keep bags in a proper team location at practice.
- Bring your water bottle with you to all practices and games. At games, place your water bottle behind your bag when not in use. **To prevent passing on illnesses to teammates, do not share water bottles !!!**
- Use saddle soap or leather protector on your shoes before every game; in other words, shine and take care of your shoes. They are your tools of the trade !!
- Bring your properly inflated soccer ball to every practice and game.
- Leave your rings, watches, necklaces, bracelets, earrings, other jewelry and hairpins (except for rubber bands or other elastic bands) at home or in your equipment bags.

**REMEMBER, YOU ARE Odyssey !! TAKE PRIDE..ACT THE PART !!!**

## **Training Routines**

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Without regular and proper practice, soccer skills and tactics cannot be mastered. It is impossible to expect that players master their skills only during their prescribed training sessions. Therefore, it is imperative that players set aside time at home to work on their individual technique and conditioning. We demand a tremendous time commitment from the Odyssey coaches, and we expect our players to be willing to make the same commitment. We know that many of our players have other interests and demands on their time, but we believe it very important that you make every effort to have them attend each practice session and allot time at home to further refine their skills. They will need those refined skills if their team is to be competitive and if they are to continue their individual development. So please make every effort to arrange their schedules to allow time for soccer practice.

Odyssey practice schedules will vary according to the age group, season and upcoming events (i.e. State Cup, tournaments etc.). The times and days of your team's practice will be set by the Head Coach based upon these factors. Generally, team training sessions will incorporate both individual technique and team tactics based upon the age group.

### **Important Training Session Tips**

- It is imperative to come to practice sessions regularly. You cannot miss training sessions or practice poorly and expect to improve. If you have a problem attending a practice, give your coach a call, in advance, if possible
- Pay attention to the coaches in practice
- Do not distract others at practice (e.g., conversing with teammates while attempting a drill is distracting to others)
- Practice at game speed (learning to do a skill in slow motion will not help in a game)
- Bring water or sports drinks to replace lost fluids during the training session
- Every player should bring a fully inflated ball to each training session.
- Shinguards are mandatory at all training sessions.

## **Game Day Preparation-Preparing to do Your Best !!**

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Soccer is a very demanding sport. You must be prepared to do your best at every game. Here are a few simple basic guidelines:

- Come to each game mentally and physically prepared to do your best.
- Be sure to arrive prior to the prescribed time to allow for all warm-up activities.
- Arrive at the game well rested. Avoid late nights or spend-the-night parties on the night before a game. More than a few soccer games have been knowingly "forfeited" the night before the soccer match. Fatigue, as a result of too little sleep, raises the risk of injury.
- Build up body fluids before the game. Start drinking water and or sports drinks as much as 24-48 hours before the game, and try to take in as much proper fluid as possible right up to game time.
- Eat sensibly, especially on the day of a game. For instance, milk, peanuts or carbonated drinks before a game will shorten a player's wind.

- A pre-game warm-up to get an abundant flow of blood to the muscles, followed by sensible, slow stretching activities designed to increase flexibility and minimize the possibility of muscle pulls or injury, are of vital importance.
- Bring a properly inflated ball to each game and practice !!!
- Make certain that you have proper equipment, and bring them to each practice and game.
- Proper fitting shoes and regulation shin guards are essential.
- Watches, jewelry, and hair pins should be left at home !!!
- NO baseball caps or hats !! Leave them home !!
- Treat minor injuries promptly and properly. For muscle strains and bruises, remember the principle of "R-I-C-E" -- Rest, Ice, Compression and Elevation. Your team should arrange to have ice available at every game for quick application to twisted ankles or knees.
- Let your coach know before practice or a game of any condition that might affect your ability to play. Seek early medical help for physical problems that persist.
- Call in advance to tell your Coach if you will miss a practice or game.

