



NorthStar Soccer Inc.
5017 Hidden Glen Drive
Traverse City, MI 49684



NORTHSTAR GIRLS SOCCER CLUB

PLAYER COMMITMENT

I, _____, accept the invitation to be a member of the NorthStar Soccer team for the 2010-2011 season. By accepting this invitation, my parents and I agree to abide by all policies rules set forth by the NorthStar organization, including the Parent and Player Codes of Conduct.

In addition, I agree to devote my time and energy to developing myself individually and as a team member. I fully intend to participate in all practices, scrimmages, games, tournaments and team events. If the need arises, I will discuss with the coach any reason that I cannot attend a team activity, and I agree to do so well in advance of that activity. **I acknowledge that the player, not the parent, is primarily responsible for notifying the coach.**

Most importantly, I promise to be respectful of my teammates, coaches, officials, fans and opponents and to represent NorthStar Soccer Club and my community with pride, integrity, and sportsmanlike conduct.

I understand that failure to comply with the commitments and responsibilities (outlined below and in NorthStar policies located on the NS website) may result in disciplinary measures such as, but not limited to, reduced playing time, game or team suspension, or removal from the team. Failure to follow through on my commitments will also reduce my merit ranking status and play eligibility.

Specific commitments that are part of every NorthStar team include:

- **Team Practices:** Players are expected to be at **all** practices unless arrangements have been made in advance with the coach.
NOTE: Absences (excused or unexcused) from practice will affect the player's weekly ranking status and may consequently affect playing time.
- **Team Competitions:** Players are expected to participate in **all** league games, tournaments, and friendly matches unless arrangements have been made in advance with the coach.
- **NorthStar Mentoring:** U-16 and older players are expected to act as mentors/coaches for the NorthStar Academy Winter and Summer Camps. In addition, older NorthStar players will be assigned a NorthStar Buddy who they will be responsible for individually mentoring over the course of the soccer year. This pairing will take place at the August NorthStar Kickoff Picnic, an event **all** players are expected to attend.

- Team Camps/”Marquee Event” Players are expected to participate in team camp/Marquee event as outlined in the team plan.
- Indoor League Play: Players are expected to participate in indoor league play, as outlined in the team plan.
- Other Team Activities/Events: Players are expected to participate in **all other team events/activities as outlined in the team plan.**

→ *Please read carefully before signing this Commitment form.*

NorthStar Pursuit of Excellence

The very nature of a select/premier team dictates the need for a serious, disciplined, and conscientious effort by all players. We must never forget that our teammates are constantly striving to improve themselves and their contribution to the team. Poor personal behavior or inadequate level of effort can never be allowed to adversely affect teammates who are “giving it their all” In simple terms, we must constantly attempt to motivate, encourage, and assist teammates in their efforts each and every day. To that end the following will not be tolerated.

- Rude, disparaging, berating, teasing or any form of negative behavior toward another player, coach, or parent.
- Behavior which excludes any individual or group. (clique formation)

NorthStar Policy on Practices

Players are expected to attend practices on time and be ready to play; this means dressed, fed, and well rested. If a player cannot attend a practice or other NorthStar event, she is expected to contact her NorthStar coach before practice and explain her absence. Players need to bring to practices: personal water bottles (no sharing), appropriate weather-related clothes (warm-ups, gloves, hat, etc.), shin guards (dress in practice like you do in a game), and a soccer ball.

NorthStar Policy on Playing Time

Playing time is determined by MERIT. Each position and playing time will be earned. Hard work, positive contributions to team chemistry, attendance at practice and other NorthStar events, adherence to team goals, norms and tactics will be determining factors. Nothing is guaranteed from week to week except the opportunity to control your own destiny. (Please go to www.northstarsoccer.org for more detailed information regarding Playing Time.)

NorthStar Policy on Drugs, Alcohol and Tobacco

NorthStar's policy on drug, alcohol, and tobacco use is ZERO TOLERANCE. If NorthStar becomes aware of any player who has become involved in under-age drinking, illegal drug use, or the use of tobacco, the player will be dismissed immediately WITH NO REFUND of any fees or costs paid to date. There will be no second chance, reinstatement or appeal. Do not jeopardize your hard work and dedication by poor personal choices.

A player dismissed from her NorthStar team for drug, alcohol or tobacco violation is not eligible to participate in any team or club activities or events during the soccer year* of dismissal, with one exception....the player is allowed to tryout for a NorthStar team that would begin play in the next soccer year.

*"soccer year" is defined by United States Youth Soccer as August 1 of the tryout year through July 31 of the following year.

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NorthStar Policy on Profanity

No profanity is allowed at any time. We must always remember our roles as mentors and guides to our teammates and the community. The NorthStar standards of excellence in play and behavior cannot thrive in an atmosphere that tolerates profanity.

NorthStar Policy on Refunds

Partial refunds of uncommitted fees will be considered on a case-by-case basis. Examples of non-refundable, committed funds include, but are not limited to, league registrations, club and team administrative fees, coach and trainer fees, referee fees, field rental, and tournaments for which the team has already registered.

NorthStar Policy on Tournament Teams

Teams may be formed for the purposes of attending a specific tournament(s) under the direction and discretion of the NorthStar directors. Players from any Senior Division team, rostered or reserve, may be invited to participate in a tournament or event as part of a team assembled for that specific purpose. These events are above and beyond the events listed in the Team Plan and are by invitation only. Eligibility is determined by 1) player in good standing on a current NorthStar Senior team, 2) demonstration of effective team behaviors, 3) technical and tactical abilities, and 4) positional needs.

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NorthStar Code of Conduct for Traveling Athletes

"You never get a second chance to make a first impression."

It is important to remember that as athletes you have other responsibilities when you travel to out-of-town and out-of-country events. Those responsibilities are outlined below and you are expected to abide by these guidelines. Please remember that you are not only representing yourselves, but also your team, the NorthStar Soccer Club, Traverse City, Michigan, and the United States of America, as well as parents and supporters.

The goal of every NorthStar team when traveling is to have whomever we come in contact with throughout our travels say the same thing about us: "That NorthStar team was the BEST group of young people we have ever encountered." Nothing less meets NorthStar expectations. How you act and behave is a direct reflection upon your club, your coach, your parents, your town, your state and all of us on the trip. We ask that all athletes, regardless of age, abide by the following basic policies:

- Conduct at all times shall reflect honesty, good sportsmanship, courtesy, and respect towards others.
- Policies, procedures, rules and regulations of your NorthStar Team and the NorthStar Soccer Club must be followed at all times.
- Use of language that is abusive, foul or offensive to others is prohibited.
- Possession and/or consumption of any alcoholic beverage (even if it is legal in the country we are in) or any illegal drugs are prohibited.
- Theft or possession of stolen property is prohibited.
- A willful act of destruction to property of others is prohibited; it is the responsibility of the individual perpetrating such acts to make restitution.

Players who violate or disregard any of the Standards, Policies or Code of Conduct will meet with the Head Coach and the (involved) chaperones. Appropriate action will be taken and may include loss of playing time,

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game suspensions (up to and including the players being sent home--upon notification) at the expense of the player's parents or guardians.

I agree to abide by all rules, regulations, policies, and standards of behavior established by NorthStar and to follow the specific instructions of the Head Coach and/or chaperones in all instances. I understand that the safety and welfare of the group is of the utmost importance.

I understand that I am expected to participate in all group and individual activities. **I understand that all rules, policies and standards of the soccer club remain in force while traveling.** I further understand that the use of alcohol and drugs is forbidden.

In the event of any infraction of the rules, the head coaches reserve the right of final decision and may, if deemed necessary, institute disciplinary procedures up to and including limiting or eliminating playing time and exclusion from excursions. If necessary, I will be required to place a collect telephone call to my parents, and/or secondly, my parents or guardians will be required to come (at their expense) and remove me from the trip as the result of any action(s) deemed to be detrimental to the safety or well being of the program or its participants.

I understand that any detrimental behavior on my part may have immediate implications as well as implications when I am back home.

As a NorthStar player, I agree to act in a responsible, ethical, and positive manner so as to derive the greatest benefits from the trip. I, therefore, certify that I have read and understand these standards of conduct and that I agree to abide by all provisions.

ROOM/VISITATION: NO one of the opposite sex is allowed in ANY hotel room at ANYTIME. All communication with the opposite sex must be in an open, visible public area.

SWIMMING/WHIRLPOOL: We are here for a soccer tournament and everything that we do is geared for that success. Swimming and pool play zaps players strength and energy which is not conducive to helping us on the field. This is not done to be mean -- this is to help ensure that you are 100% when we play.

HOTELS/LODGING: A hotel is a place of business; you are NOT the only one paying to stay there. Activities in hallways are prohibited; yelling, loud talking in lobby areas is not allowed. No horseplay inside any area of the hotel. Pick up after YOURSELF - it may be you one day picking up for others.

REMEMBER TO LOCK YOUR DOOR WHEN LEAVING THE ROOM OR RETIRING FOR THE NIGHT!!

CURFEW: Curfew will be determined by the Head Coach. No one is allowed to leave the hotel during evening free time unless the Head Coach or designated chaperone has granted permission. **NO player** is permitted to leave his/her assigned hotel room after curfew. You are to be IN YOUR OWN room at curfew. Coaches and Chaperones need rest too. Please be considerate and oblige.

ADDITIONAL ROOM CHARGES: Pay-per-view movies, long-distance phone calls or other services that charge fees will not be permitted in the hotel rooms. Any hotel service charges will be paid by the individual on checkout. Individuals are also responsible for the charges incurred for all phone calls. Except for emergencies, room-to-room calls are prohibited after midnight.

ATTENDANCE, TARDINESS, DRESS: Players may NOT leave the tour at any time for any reason, unless the Head Coach or a designated chaperone approves of the absence and renders approval for said absence.

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Players are expected to participate in all scheduled meals and activities, to be PROMPT when meeting for designated activities, and to be appropriately attired.

TRAVEL ETIQUETTE: While traveling by air, electronic devices may be used only if they are in compliance with the airline policy; while in transit, only devices with personal headphones will be permitted. Abusive language or shouting is not appropriate and will not be tolerated. It is expected that players will cooperate fully with chaperones, coaches, travel personnel, airline attendants, bus drivers, tour guides, hotel personnel, and staff regarding behavior.

BUDDY SYSTEM: Players must agree to check in with chaperones according to pre-established team procedures at all times or during sightseeing, meals and shopping times. For safety, players must travel in groups or with a buddy as a minimum. WEAR A WATCH and buddy up with someone who has a cell phone.

BELONGINGS: It is understood that all personal effects may be subject to inspection by the coach or designated chaperone in the necessary enforcement of the policies and rules of the trip at any time during the tour. There will be no liability on the part of NorthStar, and/or the coaching staff or attending chaperones for any theft or damage to personal effects during the trip. If it's important to you, KEEP track of it. IPODS are a great thing to steal! DO NOT BRING THEM TO THE FIELD!

BODY- HAIR ALTERATIONS:

You should look the same when you come home as when you left. This means no body piercing, tattoos, hair colorings, etc. Even if you have your parents with you - and they approve of it - a team travel event is not the time or place for these activities.

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If I am invited to join this team, I realize that I have been selected from a pool of skillful and qualified players and that my commitment is above the recreational level. I willingly accept the responsibilities that go along with that recognition.

I also understand and acknowledge that my position from year to year is earned through hard work, dedication, and commitment as well as the NorthStar tryout process.

In joining the NorthStar Soccer Club, I understand that I am making a commitment to the pursuit of excellence, both on and off the field. I acknowledge that I have read and will abide by the policies, principles, and procedures of the NorthStar Soccer Club as outlined in this document and the policy/procedures section of the NorthStar Soccer Club's website. www.northstarsoccer.org

I realize that I am participating in NorthStar on these terms.

Signatures required at tryouts:

I, (player) _____ Date: _____, agree to all of the above conditions.

I, (parent) _____ Date: _____, agree to all of the above conditions.

I, (parent) _____ Date: _____, agree to all of the above conditions.

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