



Player \_\_\_\_\_

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## WMSC U \_\_\_\_\_ PLAYER CONTRACT

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As a Member of the WMSC Rep Program and as a Player on the U \_\_\_\_\_ Team, I understand that the following are my responsibilities.

- To arrive prepared and on time for practices.
- To arrive prepared and on time for game warm-ups and games.
- To arrive prepared and on time for tournament warm-ups and games.
- To practice and play to the best of my ability.
- To notify the Coach in advance when I am unable to participate in a practice, game or tournament

- To ensure a healthy diet and proper hydration.
- To participate in the regular physical training sessions as I continue to increase my strength and endurance.
- To participate in the regular skill sessions as I continue to improve my skills.
- To listen attentively to the Coach, Assistant Coach(es), Trainer(s) and Team Manager.
- To respect Players as they listen to the Coach, Assistant Coach(es), Trainer(s) and Team Manager.
- To respect and encourage my Teammates both on and off the field.
- To conduct myself as an ambassador for the WMSC at games and tournaments and Team functions.

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Should I not be able to accept my responsibilities as a Player, I understand the consequence may include being asked to leave a practice, being asked to leave a game, being required to sit on the Player bench for part of a practice or game, being required to sit on the Player bench for an entire game.

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Signature of Player \_\_\_\_\_

Signature of Parent(s) \_\_\_\_\_

Date \_\_\_\_\_

### Coach Notes