



Real Salt Lake AZ
2026-2027 Player Handbook

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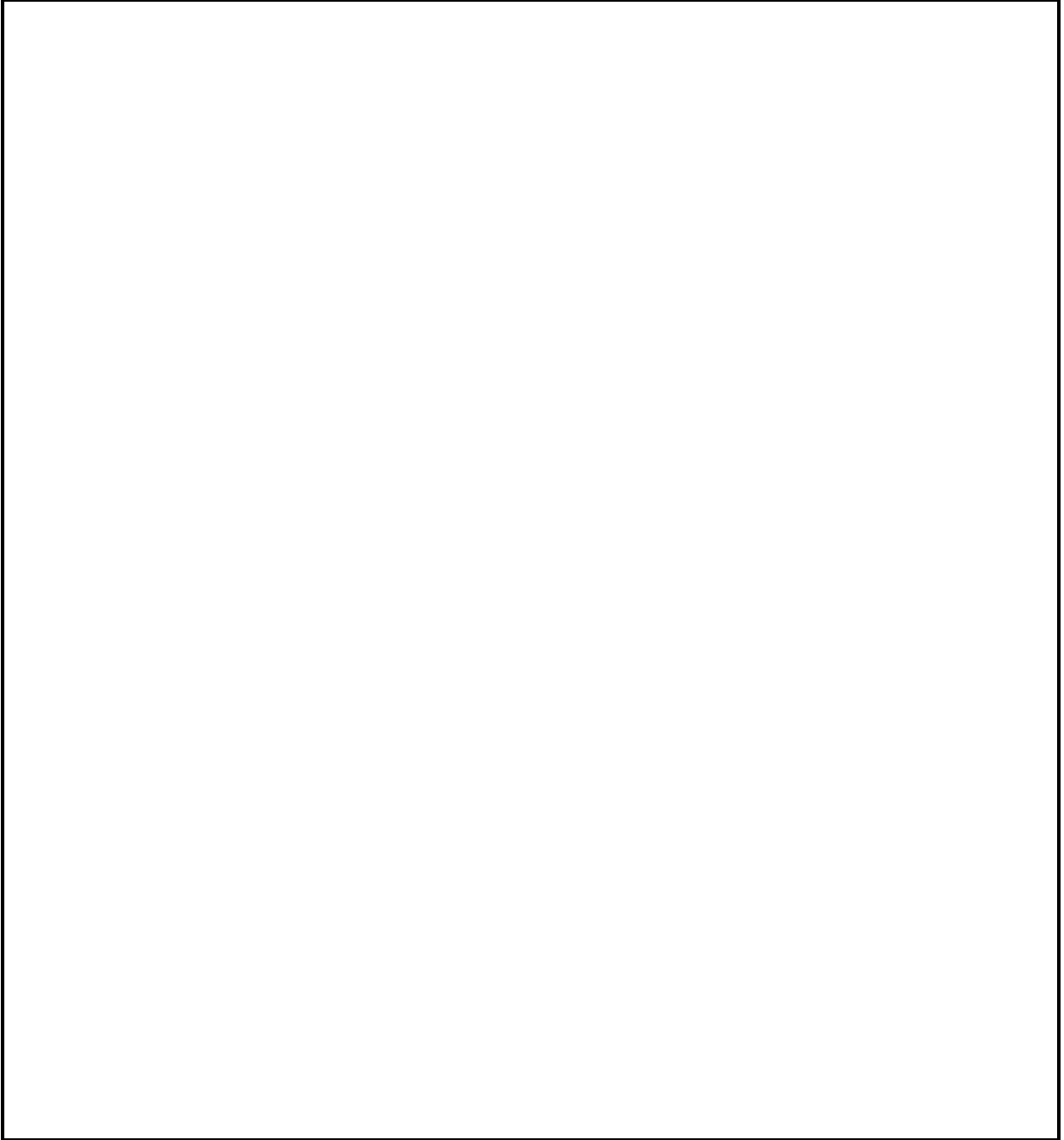
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I. General Information

Mission Statement

The mission of Real Salt Lake-AZ is to be one of the leaders in youth development in the country as well as be the “Gold Standard” within Arizona. We will utilize the resources and infrastructure of Real Salt Lake, and our AZ/regional alliances to provide a complete professional pathway beginning in Zone 1, through Zone 2 and ending in Zone 3 with the Real Salt Lake 1st Team. The individual will be the emphasis within our club so that each player has a specifically designed plan to ensure they are able to reach their maximum potential.

Equally important to our mission of developing talent, is our mission to develop compassionate and educated men and women. We will provide the necessary social experiences for them to succeed off the field. We will instill in our young men and women a “Giver” mentality which puts service, whether to your team, club, family or community, ahead of one’s self.

Philosophy

The club believes in identifying and developing players at an early age. The club will be responsible for identifying players of intelligence, personality, athleticism, character and skill. The club believes in developing players through small group play at the youngest ages and progressing to large group and team play in the older age groups, in alignment with US Soccer development philosophies. Players will be exposed to a variety of qualified coaches to encourage their development and understanding of the game. A comprehensive curriculum will be followed for each age group. Each age group curriculum is progressive, and is based on the technical, tactical, physical, and psychological development of the players.

Goals and Objectives

RSL-AZ Strives to:

- Be the leader of player development in the U.S. & “Gold Standard” in Arizona
- Provide a complete professional pathway from U4-Pro
- Player centric system
- Develop compassionate and educated men and women
- Be ”GIVERS”

Equality and Tolerance

RSL AZ has a zero-tolerance policy for any racist, sexist or demeaning language used towards a member of the club or opponent. RSL AZ is committed to the equitable treatment of all players, families, coaches and staff. We are committed to the education and growth of the entire RSL AZ family to ensure we are on the forefront of the policies and procedures of inclusion.

II. RSL- AZ

Club - Team Name

The name of the club is Real Salt Lake AZ. The name of teams will be the RSL-AZ followed by the birth year, gender initial, coach name. The purpose of the naming convention is to build a club atmosphere rather than a “team-only” concept. All teams are RSL-AZ regardless of their geographical location. This naming convention also helps from a branding perspective on a local, state, regional, and national basis. It also helps with recognition as a club with high standards and expectations.

Coaching Staff

The coaching staff is expected to attend training and matches, but it is important to note that there may be times when the head coach cannot attend, and the assistant coach, another RSL-AZ coach, or a staff coach will be at the session or match. All efforts will be taken to minimize such conflicts, but please expect this to occur occasionally.

A main benefit of RSL-AZ is the number of talented and educated coaches on staff. There are currently USSF 'A', 'B', 'C', 'D', 'E' and United Soccer Coaches (previously NSCAA) 'Regional,' 'National,' and 'Advanced National' credentialed coaches. Many of the RSL-AZ staff coaches have played and studied soccer collegiately and via international organizations. In addition, RSL-AZ has been able to provide its teams with Regional ODP, National team coaches, and MLS coaches.

Training Emphasis

The training emphasis for all RSL-AZ teams will be on continuing the technical and tactical improvements on the field and developing maturity and independence off the field. RSL-AZ will encourage success in the classroom as well as on the soccer field. The importance of academics cannot be overstated.

Curriculum

The RSL-AZ coaching staff is committed to implementing a comprehensive developmental plan that enhances and perpetuates a competitive environment. The curriculum will create an atmosphere of learning, competition, and, most importantly, fun. The program is centered on skill building. Players will learn in small and large group play. The players will become proficient in all aspects of the technical game. The players will be required to attend all scheduled training sessions per week with additional optional sessions available to them. The majority of training sessions will last 1 to 1.5 hours.

The RSL-AZ development program is built around the "RSL Style of Play" that starts at the youngest ages and runs through every team. The focus is on how we want to play on offense, defense, and in transition. Developing a style of play that can compete at every level and develops complete players and a total soccer concept.

It must be understood that players mature at different rates. Age determines to a certain degree what players are physically, mentally and socially capable of on the soccer field. Some players will be capable of more complex skills and thought processes than others as they develop. The objectives laid out by the coach provide a foundation for development, **but it is up to the individual coach to know and understand their players and introduce more advanced aspects of the game, as it is appropriate**. It is vital to practice and master the basics in order for players to succeed at the next level.

Finally, RSL-AZ has a curriculum established and it will be the goal of the club to successfully implement that curriculum. That curriculum includes:

- Technique (Can I handle the ball?)
- Problem Solving (What do I do with the Ball and How do I play within the team)
- Work rate and Athleticism (How to cover the ground and deal with Game demands)
- Mental & Emotional Strength (Can I deal with the Challenge and Are we Competitors)

Physical Preparation (Conditioning) program

Each player will take part in the most comprehensive conditioning program. Included in this program will be:

- Strength – Both on field and in the weight room (as available).

- Fitness – Testing and implementation of a scientifically based metabolic program.
- Speed – Training to not only accelerate the physical development, but also form to optimize the efficiency of movement.
- Agility – Comprehensive system designed to maximize players’ ability to respond to the game more quickly.

College Advisory Program U15-18 Players

At the beginning of the season (approximately August 1) each player will begin a comprehensive four-year college preparation process. The process will be monitored in the players’ notebooks. The process will be as follows:

- Freshman Year. Education, planning, initial contact, and prepare
 - Education- Each player will receive an education about the diversity and the breadth of colleges’ choices that exist in the U.S. Furthermore, each player will receive information about qualifying for college and how to select the best school (i.e., DI, DII, DIII, NAIA)
 - Planning. Each player will be taken on a step-by-step process toward gaining acceptance at an appropriate college their senior year.
 - Initial Contact. Each player will contact 20 schools in writing as the first step toward learning about the many college choices and soccer programs.
 - Prepare by competition, meeting college coaches, training, and excelling in the classroom.
- Sophomore. Same as freshman year plus campus visits and more personal contact with college programs. **Multi-touch** marketing campaign begins.
- Junior. Same plus attend college summer camps, informal visits, and narrow list.
- Senior. Same plus make formal visits and finalize selection.

Community Service

Critical to the development of the individual and team is service to others. Coaches will plan events for players and parents to participate in community service activities as time permits.

- See “life’s big picture.”
- Learn to function as a team off the field.
- Develop meaningful relationships with one another.
- Grow into mature men and women.

III. Team

RSL-AZ teams will participate in the appropriate leagues as determined by the coaching staff. Teams will play against older and stronger teams, when possible, as a way to gain consistent and more aggressive opposition. Winning league games is not as important as the preparation for the State Cup Tournament.

Team Roster

The number of players participating on the team will be based on the plans of the coaching staff and age group. The optimum number of players can vary based on the makeup of the team. The roster size could increase or decrease due to injuries, dropouts, or other unforeseen circumstances.

Once a player has committed to join an RSL-AZ team. The intent will be that the player remains with the club for the entire season. Players may move from one roster to another if the coach deems this is in the player's best interest.

Fields

RSLAZ's fields will vary by location. RSL-AZ will do everything in our power to provide reasonable notice of any field changes and to work with all available resources to provide quality fields for games and training. Our players and families are expected to clean up after themselves following all trainings and games. No trash should be left behind.

Team Manager and Treasurer

Each team must have a Team Manager and a Team Treasurer. These administrators will coordinate the financial aspect of the team's operation and also the organizational flow of other areas such as player registration, tournament registration, fundraising, payment of team activities and other related tasks. The Team Manager may coordinate these tasks directly or may have other team volunteers participate in this role. It is not the intent of this document to define these roles in detail but instead to acknowledge the responsibility of these positions.

Typically, the Team Manager will be the conduit where information from the coaches is distributed to players -- information that was not given to the players at practices or at matches. The Team Manager, more than likely, is the one that contacts the players of any schedule changes.

The Team Manager must have the ability to communicate to the players and parents any changes in schedule and also to coordinate any assignments to the parents or the players.

The Treasurer will be responsible for creating a team budget, monitoring the team account, and collecting funds for the team. The Treasurer will also be responsible for submitting the quarterly financial report to the Club Finance Manager.

The Team Manager and Team Treasurer shall refer to the Team Operations Manual for additional policies and information regarding managing the team and team's finances.

****Even with volunteer helpers on the team, the coach is ultimately responsible for the success and management of the team.**

Tournaments

The tournaments entered over a season are carefully selected to enhance individual and team development. In our effort to develop independence and maturity, older players travel to out of town tournaments with the team. Parents will always be welcome to join us at all matches, but

the importance of having the players travel and room together develops skills very important for their transformation into successful college student-athletes. The coaches and chaperones will be solely responsible for the players during these trips. Players will be asked to act in a mature and responsible manner at all times. There will be ZERO tolerance for any abuses regarding behavior on these trips. Players are expected to be “ambassadors” for the club and are expected to behave appropriately. *See RSL-AZ Tournament Travel Rules.*

IV. Player Expectations

Equipment

1. Each player must provide shin guards, proper shoes, water, and a **fully inflated ball** at all practices and games. RSL-AZ encourages the use of quality balls at training.
2. **Players must wear the RSL-AZ practice gear to every practice** - navy RSLAZ training jersey, navy shorts, and navy socks. It is very important that players look mature and professional at all training sessions and matches. Mismatched and non-soccer attire is highly discouraged. Shirts will be **tucked in**, sleeves are NOT to be rolled, NO sagging shorts, socks will be pulled up just below the knee, NO jewelry, NO hats, or other head gear, with the exception of concussion head gear.
3. Bring all uniforms to every match along with a fully inflated ball, soccer shoes (flats and studs), socks (extra pairs), and the RSL-AZ Pre-Game Warm-up t-shirt. In the case where a player has forgotten one of these items, they may not be able to play.

Absences and Tardiness

1. The tone of both practices and matches is typically set within the first 5 minutes. Therefore, it is extremely important that the players be prompt to practices and matches. Players are expected to be at matches at least 45 minutes prior to the scheduled start or time specified by coach. Players should be prepared for practice and ready to participate at whatever time practice is scheduled to begin. Absences and tardiness to practices and matches will not be considered a normal event. It is understandable that there are reasons for this to occur, however every effort should be made to be on time.
 - a. Church, Family, and School are acceptable reasons for missing.
 - b. All of these can be planned, so there is no reason for unexcused absences. Players must communicate these conflicts in advance.
2. If for whatever reason a player knows that they are going to be late for practice or a match, please inform the head coach. The coaches plan for practice and matches. If the coaches are unaware of your expected absence or tardiness it could affect the team. If you are going to be tardy or absent, it is the responsibility of the player to contact the Head Coach. It is not the parents' responsibility. Obviously, a parent can call, but it is the player's responsibility to ensure that the coach is notified.
3. Absences and tardiness may affect playing time! Each week there are players that will be competing for starting positions and playing time in matches. As quality players continually show their desire to play by their skills and attitudes towards the team, they

will be rewarded - those players that are constantly tardy or simply absent without the coach's knowledge may have their match playing time adversely affected.

4. Some general rules to be applied are as follows: un-excused absences or continual tardiness to practice is unacceptable. If a player is continually absent, the player may be asked to no longer participate on the team. Withholding of playing time or starting positions will not be arbitrary nor will it be a surprise to the player. The coach will discuss with the player at the appropriate time that the problem becomes apparent. Please see your Head Coach for any deviations from these guidelines.

Trainings & Games

Team Training. RSL-AZ will deploy a club-wide system of play. This club-wide system has been selected to ensure that teams not only succeed but ensures individual player success at higher levels. The club-wide system is indicative of the training and development philosophy and is set by the RSL-AZ Executive Director.

A. OBLIGATION & PRACTICES

1. Each player commits for one season. Player Loan requests will not be honored.
2. Each team member is expected to attend all scheduled practices.
3. If unable to attend a practice, the Head Coach or Assistant Coach **shall be notified prior to scheduled practice.**
4. Team members are expected to wear proper attire and bring appropriate gear as determined by club guidelines.

B. GAMES

1. Each team member is expected to attend all games.
2. If unable to attend a game, a notice of absence shall be given to the Coach not less than (3) days prior to scheduled game unless due to a sudden illness or emergency.
3. All other unexcused absences at games may be treated the same as unexcused absences at practices.
4. Bring everything to every game... (shoes, shin guards, uniform, warm-up gear, ball, etc)
5. Players are expected to arrive at games 45-60 minutes prior to start time, or as specified by coach.
6. Players are expected to be focused at tournaments. Tournaments are not to be treated as vacations.

HS Age players may maintain a notebook and bring it to training (optional – depending on coach)

Players will keep the following in their binders:

1. Schedules and calendars
2. Player and team evaluations
3. School report cards (optional)
4. Practice and player notes and assignments
5. Pre-university work book
6. Other materials determined by coach or Club

Player Conduct

1. RSL-AZ Players will be Givers in the classroom, on the field, and in their communities.
2. RSL-AZ will respect the game, coaches, teammates, the opposition, referees & adults.
3. RSL AZ is committed to racial and social equality. Any demeaning or racist language used by a parent, player or supporter will immediately be referred to the RSL AZ diversity board for disciplinary hearing, who will provide guidance and feedback to RSL AZ Leadership for next steps. Discipline could culminate in the suspension from games and training, as well as removal from RSL AZ.

Unacceptable behavior will not be tolerated by player or any player's family. Issues may lead to the release of the player. Listed below are some of the reasons, but not limited to all:

- Disrespect to coaches or staff
- Disrespect to teammates;
- Disrespect to others (including referees, administrators, opposing players and supporters);
- Persistent unsporting conduct at practices and matches;
- Failure to meet the financial commitments of the team;
- Continued tardiness or absences at practices and games;
- Behavior that is detrimental to the team, RLS AZ, US Club Soccer, US Soccer, USSSA or the A.S.A.;
- Vandalism.
- Alcohol, tobacco, drug use or use of any substance determined to be unsafe and/or illegal.
- Misconduct, profanity and disrespect for coaches, other players, referees, etc. will not be tolerated and may result in suspension.
- Failure to meet the rules of the US Soccer, US Club Soccer, ASA, USYS, USSSA or RSL AZ;

Although these reasons are open for interpretation, the coaching staff, Team Managers, and parents will review each situation after meeting with the player and his/her parents. If any action is planned, the player and parents will be notified and a recommendation stating the reasons for removal will be submitted in confidence to the RSL AZ Disciplinary Committee. The RSL AZ Program takes player removal very seriously and this option will only be used as a last resort.

Any other conduct not covered in this guideline may be subject to review by Head Coach, the Director of Coaching, RSL-AZ Grievance Committee, and RSL-AZ Board of Directors.

All players and members of RSL-AZ must adhere to the Social Media Policy listed below.

Club Social Media Policy

The Real Salt Lake Arizona (RSL-AZ) organization recognizes the importance of using social media services to improve communications with our community and club members, as well as creating awareness in the community by promoting our club, its players, and educating the community on the sport. These services include but are not limited to, Facebook, YouTube, Twitter, Google, Calendar, Team Snap, Instagram, Snapchat and multiple other social media platforms. Social media gives people access to immediate information and updates,

conversations with RSL-AZ staff and rich multi-media experiences. To ensure that these social media services are used in a positive matter, the RSL-AZ has developed the following guidelines:

- Any online postings must be consistent with RSL-AZ policies and guidelines and will apply to the RSL-AZ Board of Directors, technical trainers, coaches, managers, assistants, players, parents, volunteers, and all others affiliated with RSL-AZ.
- RSL-AZ Social Media admins are restricted from tagging a player in any social media post without parental consent.
- RSL-AZ Social Media admins are restricted from “following” or “friending” a club player under the age of 18, under any circumstances.
- RSL-AZ Social Media admins are restricted from posting a player’s (full) name without the written consent of the parent or player if 18 or older.
- The RSL-AZ reserves the right to post or remove club related social media content.
- The RSL-AZ initials, name, logo and/or visual identity cannot be used for personal social media without RSL-AZ approval.
- The purpose of using social media services is to support the RSL-AZ mission, goals, and programs, and to enforce the club’s philosophy on the sport of soccer.
- Members of RSL-AZ and their representatives are not permitted to post information, photos, or other representations of inappropriate behavior, or items that could be interpreted as demeaning or inflammatory.
- Public comments of a negative nature about officiating or any other member is not permissible.
- Any Information, announcements and news will be approved by the RSL-AZ Marketing Team or assigned RSL-AZ staff member.
- Confidential or proprietary club information or similar information of third parties, who have shared such information with you on behalf of the RSL-AZ, should not be shared publicly on these social media channels unless approved by the RSL-AZ Marketing Team or assigned RSL-AZ staff member.
- Be mindful that all posted content is subject to review in accordance with the RSL-AZ Privacy Policy and Terms and Conditions.
- Please refrain from reporting, speculating, discussing or giving any opinions on the RSL-AZ topics or personalities that could be considered sensitive, confidential or disparaging.
- The RSL-AZ organization encourages technical trainers, coaches, managers, assistants, players, parents, volunteers, office staff, board members, and the club’s supporters/community (social media fans) to use social media but reminds users that at any time they can be perceived as a spokesperson of RSL-AZ.

Things to Remember:

- Be genuine: Social media is all about people connecting with people. Remember to humanize your social media interactions.
- Be truthful: Make sure you have all of the facts before you post. Site and link to sources whenever possible to help build a community.
- Be respectful: Respect for the dignity of others and to the civil and thoughtful discussion of opposing ideas is critical. Feel free to respectfully disagree with a position but please do not propagate online confrontation as it reflects poorly on our organization
- Be positive: A good rule of thumb: if you would not say it in person, don’t say it online.

- Allow comments: A good philosophy for comments is to encourage thoughtful discussion, debate and differing viewpoints, with the understanding that all comments made must be civil, respectful, and appropriate for your audience. If comments are lewd, libelous, incite violence or are otherwise hurtful or hateful speech directed at either individuals or groups, RSL-AZ who serve as account administrators reserve the right to delete such comments.
- Everything you post is public information: Any comments, text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including photos, videos, comments, and posters) may be accessible even after you remove it.
- What you post may affect your future: Many university school admissions officers, scouts, professional teams, national governing bodies, volunteer organizations and employers review social networking sites as part of their overall evaluation of an athlete, candidate or employee. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including photos, videos, comments and postings).
- Always think twice before posting: If you wouldn't want your parents, friends, coaches etc. to read what you have posted then DON'T. Every time you post, it is PERMANENT.

Monitoring and Consequences:

RSL-AZ also reserves the right to delete any comment or post that violates RSL-AZ's Social Media Policy. If you have any doubt about posting content on these social media sites, please consult the RSL-AZ Marketing Team or assigned Staff Member. Due to the evolving nature of social media, these policies and guidelines are subject to revision by RSL-AZ. We also welcome feedback from the club membership. Comments or posts that threaten or disparage the subject person will result in an investigation by the RSL-AZ Directors and the following actions depending on severity of the incident:

- Warning and ban from using RSL-AZ Social Media sites
- Corrective action plan to include written apology to the offended subject •
- Report to Law Enforcement
- Termination of relationship. No refunds of any sort will be given to those individuals who are suspended or dismissed from RSL-AZ as a result of disciplinary measures.

V. Parent Expectations

Supporter Responsibilities (Parent/Guardian)

As parents, guardians or supporters of the team and its players, you play a major role in this program. As the person(s) driving the players to practices, matches and other events, your role is crucial and self-evident. In addition, the expense of running a quality program obviously requires your financial support as well. The staff and players appreciate your support in these many ways and encourage you to participate in making the team a success.

At least one parent or guardian for each player must make themselves available to attend team meetings. These meetings are important as they will relate to the operations of the team and allow a forum where questions and concerns can be addressed before becoming problems. Monthly financial reports may be provided at this meeting. The head coach may be available at this meeting to answer any questions.

Parents are expected to adhere and help enforce the Social Media Policy as outlined in the Player Expectation section.

Suggestions and Complaints

The policy of the staff is to embrace “open door” communications. If you have any questions or concerns, please come forward with them. Do not hold back expressing your concerns or let a bothersome situation continue. If we hear your concerns sooner, we will be able to address them sooner as well. The staff would also appreciate any positive comments too, since they need the positive as well as the negative feedback. Ideally, the players will attempt to manage communication with the coach, but in the event, this is not successful, please communicate with the coach and player together.

We follow a chain of command for dealing with parent concerns. Any concerns should be brought up first to the player’s coach. If they are not addressed by the coach, the family may then contact the coach’s regional director.

Another area that the staff, especially the coaches, would like to have communicated to them, are any issues at home or in the classroom that may be affecting the players attitude or general well-being. If you feel that something is going on with a player that may explain certain behavior or attitude, let the coach know. With prior knowledge, it is easier to make adjustments and accommodate a special case rather than deal with the disruption of a behavioral issue on the field.

There are some guidelines that the staff would remind all supporters to review before the season:

1. Show respect to the teams we play, their coaches and their supporters;
2. Show respect to the officials. **Refrain from criticizing the referees**, it is a detriment to the flow of the game and most likely would negatively affect the team you support;
3. **Please do not coach from the sidelines**. First of all, you may contradict what the player has been told by the coaching staff. Secondly, we are trying to teach the players to manage the game themselves. Your comments could create communication misunderstandings. If you have a comment, speak to the coach or the player before or after the match;
4. **RSL AZ is committed to racial and social equality. Any demeaning or racist language used by a parent, player or supporter will immediately be referred to the RSL AZ diversity board who will provide guidance and feedback to RSL AZ Leadership for next steps or disciplinary hearing. Discipline could culminate in the suspension from games and training, as well as, removal from RSL AZ.**
5. Please continue to encourage the team. Keep the comments positive, avoid negative comments. In addition, acknowledge good play from the team you support as well as the team you play. **Support effort** as well as accomplishment; Parental evaluation carries a great deal of weight with children. The attitude shown by parents at games towards their child, the opposing team, the officials and the coach, influences the child’s values and behavior in sports. Criticism, disrespect for officials and opponents by over anxious or over-protective parents bent on immediate success, rather than long range benefits,

undermines the purpose of playing soccer and brings into the game stresses beyond those of competition. These inappropriate stresses contribute to behavior that is not in keeping with the spirit of the game.

6. Remember that kids are watching us and monitoring our behavior. RSL AZ parents are expected to be role models!
7. Acknowledge the efforts of the team, staff and participate fully in:
 - a. Team and Club fundraising activities
 - b. Team and Club activities
 - c. Supporting ALL players, other teams, coaches, and parents. ***Parents are of vital importance to the success of your children and the team. Your commitment to the team is larger than that of the players. THANK YOU!!!***
8. **Generally, parents should set up across from their players. This might be changed by a league/tournament.** Players are expected to sit with the team when not in the game. Although parents mean well, contact with players during the game can be distracting.
9. If a need arises where you have to speak to the coach, please do so away from the players and at a time when the coach is free to provide you with the attention you require. Just before, during a game, and just after a game should be avoided as they are generally very busy times for the coach.

IV. Finances

Player Costs

There are six categories of costs per player for RSL-AZ. By accepting a roster spot on a team, you are accepting the commitment of these fees for the full season. Fees are non-refundable.

1. Player Registration
2. Club Training Fees
3. Uniform (2 year uniform cycle)
4. Team Fees
5. Volunteer commitment
6. Incidentals

Player Registration

Every player participating on an RSL-AZ team must pay their respective club fees and their Team related expenses.

These Club Training Fees cover items such as soccer specific conditioning, goalkeeper training, insurance, fields, lights, additional equipment, coaching fees and administrative costs. Club fees can be paid all at once or a payment plan may be set up.

The Club fee and Registration are paid directly to RSL-AZ. These fees are non-refundable. Team Fees are team related expenses will vary based on tournament, league and travel requirements. Team fees are paid directly to the team and the funds go into the team account.

Club Training Fees

These fees can be found on each program's website.

Uniform costs

Uniform kits must be purchased online through Soccer.com These include home/away uniforms and practice kit.

Team Fees

Team fees vary about \$200-\$600 per player or more. These will vary by team depending on the number of tournaments and travel costs. Fees include items such as tournament registration fees, team outings, field rentals outside of regularly scheduled practice, coach travel expenses, league and referee fees etc. This cost does not include player or family travel or accommodations. Fundraising is encouraged to offset these fees.

Volunteering

Every family is required to fulfill 4 hours per player of approved hours for the club. A \$190 Volunteer Bond will be collected in the registration process. This will be applied to future payments or refunded if paid in full, upon completion of 4 approved volunteer hours **and** the selling of at least five RSL AZ Fundraiser Raffle Tickets.

Incidentals

Other variable team costs consist of but not limited to additional administrative expenses (postage, copies, etc.), and team functions.

Financial Obligation

RSL-AZ is committed to ensuring that every player is able to play. At any time if the following policies cannot be followed, contact the coach so appropriate steps can be taken to ensure that the player can play. Failure to communicate a need for help can hurt the team. RSL AZ makes a commitment to each player and each team for one season by committing significant resources to each player's success. It is the responsibility of all participants within this program to meet their committed financial obligation to the team. Failure to meet the obligation will place unwanted burdens on the team, thus the commitment is for a full season regardless if the player chooses to quit. As previously mentioned, this is not a profit-generating program and care must be taken to maintain a sound fiscal policy. Players may be suspended or placed in bad standing with the ASA from participation if the full financial obligation is not met. The following policies apply to financial obligations:

i) Past Due Accounts

*Any player with an account past due more than fifteen (15) days and less than thirty (30) days will have their player passes taken. Any player with an account past due more than thirty (30) days may be suspended from his or her team until satisfactory payment arrangements are made with the RSL-AZ Finance Manager. Suspended players will not be allowed to travel or practice with their teams. **A Late fee of \$20 per month may be assessed to delinquent accounts. Returned checks will be assessed a \$50 fee to the player's account***

ii) Scholarships & Deferred Payments

- (1) Players may apply to the RSL-AZ Scholarship Committee for scholarship assistance. The Scholarship Committee shall establish guidelines for awarding a limited number of scholarships in both the Competitive and Developmental Programs. The primary criterion for awarding scholarships shall be demonstrated financial need. All Scholarship requests are strictly confidential. Those requesting a scholarship must fill out the appropriate forms.
- (2) Deferred payments shall be subject to the discretion of the RSL-AZ Finance Manager. All deferment requests are strictly confidential. Those requesting a deferment must fill out the appropriate forms.

It is the responsibility of all participants within this program to meet their committed financial obligation to the team. Failure to do so will place unwanted burdens on the team. This is not a profit-generating program and care must be taken to maintain a sound fiscal policy. Players may be suspended from participation if financial obligations are not met according to the Player Financial Agreement Form.

Coaches will not be responsible for handling the team finances. This important obligation will rest with the Team Managers and Treasurer. Please contact the Team Manager or Treasurer with any concerns in regards to team finances.

Team Budget

The team budget shall be published to the entire team at the beginning of the season. Team majority will decide how team funds are spent with direction from the coach on team tournaments. Note: small sided tournaments can be paid from team account only if the entire team is invited to take part. The treasurer will publish quarterly expenses to the team.

V. Tournament and Travel Guidelines

Tournament travel is an opportunity for you to grow as a team, both on the field and off. You must learn to have fun and get the job done at the same time.

Expectations:

There is only one expectation. If you can understand this, the rules will take care of themselves:

While on any trip as an RSL-AZ member you will play every minute on the field with class, respect and determination and carry yourself off the field as young men and women, respecting yourself, your teammates, and your club, setting the standard for all RSL-AZ players to follow.

Rules:

There are always consequences for your actions, both positive and negative. Consequences for not following these rules will result in anything from reduced playing time to being sent home at your expense.

1. Treat the room and campus/hotel grounds that you are staying at with the utmost respect:
 - Rooms will be kept relatively clean on a daily basis

- Hallway and room discussions should be relatively quiet, as there are others around
 - Trash should be picked up and thrown away in the proper place
 - Stay out of hallways, lobbies, and other unauthorized hotel locations
 - No unauthorized play (including soccer) of any kind on hotel/campus grounds
2. Be on time (Remember, “**Early is on time, and on time is late!**”) to every meeting, game, or any other function as set by the coach
 3. Adhere to “lights out” and curfew time as set by the coach
 4. If you go someplace you are to first ask a chaperone or coach and **ALWAYS** go with a teammate. - This means that for **ANY** off grounds activity you are to be with somebody from your own team at **ALL** times
 5. Any additional rule set once you arrive at the tournament by the coach or RSL AZ Staff. Be responsible for your own behavior
 6. Dress and behave as if you are being recruited! You never know who may be watching!
 - Wear appropriate club gear to all team functions as directed by coach
 - This includes travel on planes
 7. *At no time are you to be with a member of the opposite sex when no one else is around.
For clarification:
 - Girls are **NEVER** to be in a boy’s room
 - Boys are **NEVER** to be in a girl’s room
 - Girls are **NEVER** to be alone with a boy or boys
 - Boys are **NEVER** to be alone with a girl or girls
 8. ***NO** visitors other than your TEAMMATES are allowed in your room. You are **NOT** allowed in the room of anyone other than your team. ***There are NO exceptions!***
 9. **Use of illegal substances or other substances will result in immediate suspension and possible removal from the club.*

IF AT ANY TIME YOU BREAK ONE OF THESE RULES YOU WILL BE SENT HOME, NO QUESTIONS ASKED. PERIOD

HAVE FUN...Improve, learn, make mistakes, challenge yourself and your teammates and enjoy the experience.

APPENDIX

HOW TO BE A SUPPORTIVE YOUTH SPORT PARENT-“Good Advice for Parents”

RSL-AZ cannot be successful without the support of parents. Following these guidelines will help you ensure that your child has a positive youth soccer experience.

Parental Support - The Key to Peak Performance

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with coaches, or any member of the RSL AZ organization

Let the coaches’ coach: Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You

have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing, and performance usually declines.

Understand and respect the differences between parenting and coaching. Parents and coaches need to understand their roles in supporting young athletes. Although you are ultimately responsible for your child, leave the coaching to the coach. Avoid coaching “over the coach’s shoulder,” don’t publicly question coaching decisions.

Support the program: Get involved. Volunteer. Help out with fund raisers, car-pool; anything to support the program.

Be your child's best fan: Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.

Support and root for all players on the team: Foster teamwork. Your child's teammates are not the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.

Do not bribe or offer incentives: Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.

Encourage your child to talk with the coaches: If your child is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of game - preparation as well as playing the game.

Communicate your concerns to the coach. Positive working relationships among parents, coaches and athletes are based upon clearly communicated mutual goals. While you cannot control a coach’s behavior, you can talk with the coach regularly about the overall development of your child. **At U15 and above the first step is to have the player address the coach.**

Understand and display appropriate game behavior: Remember, your child's self-esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of their abilities, a player needs to focus on the parts of the game that they can control (fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If they start focusing on what they cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), they will not play up to their ability. If they hear a lot of people telling them what to do, or yelling at the referee, it diverts their attention away from the task at hand.

Decrease the pressure to win. Sports create their own pressure to succeed. Additional pressure from you is likely to be counterproductive. Avoid making an event’s outcome larger than life. A youngster’s self-esteem is much more important than winning or losing—your child should not feel less valuable or less loved after a loss. Psychologists report that children show the most improvement when they receive unconditional acceptance from parents versus success-based approval...allow your child and their team to make mistakes.

Understand the risks. Competition places athletes on center stage. Attempting to succeed publicly means accepting the risk to fail publicly. Competing means chancing failure. Giving your best, regardless of outcome, is what athletics is all about.

Monitor your child's stress level at home: Keep an eye on the player to make sure that they are handling stress effectively from the various activities in their life.

Monitor eating and sleeping habits: Be sure your child is eating the proper foods and getting adequate rest.

Help your child keep their priorities straight: Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help them fulfill their obligation to the team.

Reality test: If your child has come off the field when their team has lost, but has played their best, help them to see this as a "win". Remind them that they are to focus on "process" and not "results". Fun and satisfaction should be derived from "striving to win". Conversely, they should be as satisfied from success that occurs despite inadequate preparation and performance.

Keep soccer in its proper perspective: Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their competitive soccer days are over. Keep your goals and needs separate from your child's experience.

Have fun: That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun yet challenging.

Focus on mastery of soccer skills & strategies rather than on competitive ranking. Performance can be controlled by the athlete; outcome frequently cannot. Overemphasizing competitive rank and under-emphasizing sport mastery is a major reason that many 12–18-year-olds drop out of competitive sports.

Realize that sport's primary value is self-development. The probability of achieving lasting fame and glory via sport is low. Many outstanding athletes never achieve professional status, but they do develop lifelong values and self-respect through their sport's experiences.

Show empathy. Understand your child's feelings; be aware of sport's pressure and demands. Use empathy instead of sympathy. A sympathetic response to doubting athletes might be, "Maybe you're right; it is too difficult. Maybe you shouldn't compete today." In contrast, an empathetic response might be, "Yes, it will be a tough competition today. I believe you will do fine. Let me help you get ready."

From: Parenting Your Superstar

POLICY & PLAYER GUIDELINES ACKNOWLEDGEMENT

We the undersigned, acknowledge that we have received and read the **POLICY** and **PLAYER GUIDELINES** of RSL AZ as they relate to our participation and association with RSL AZ. By Our signatures below, we hereby acknowledge and agree to abide by the **POLICY** and **PLAYER GUIDELINES** for the 26/27 full season and as long as we remain a member of RSL AZ.

DATE: _____

PARENT: _____

PLAYER: _____

THE ABOVE **POLICY & PLAYER GUIDELINES ACKNOWLEDGEMENT** MUST BE SIGNED AND RECEIVED BY RSL AZ PRIOR TO PARTICIPATION IN LEAGUE OR TOURNAMENT PLAY.