



Parent/Player Contract

Financial Commitment

Parents may choose to receive a 5% discount by making a one-time, all-upfront payment, or they may choose a monthly payment plan.

Please note that uniforms and team fees are not included in the registration fee.

- Falling behind on a payment plan will result in a temporary suspension of playing privileges until payment is made.
- Any player whose CLUB REGISTRATION FEES are 15 days past due will have their player card revoked and will not be permitted to play in any games or participate in practices with their team until their fees are brought current or other arrangements are made with the Club.
- Any player whose TEAM FEES are unpaid or past due will have their player card revoked and will not be permitted to play in any games with their team until their fees are brought current or other arrangements are made with the team officials (team manager, treasurer, and/or coach).
- All player fees (club registration fees and team fees) must be paid in full before the player is released from the club or transferred to a new club.

Club Registration Fee: The fee charged to register with the club for one seasonal year

Team Fees: Tournament registration, coach travel reimbursement and other team events

☐ I hereby acknowledge and agree to the liabilities mentioned above.

City SC Competitive Refund Policy

City SC's competitive program has a stringent refund policy because a player's acceptance has the effect of denying another player an opportunity to play on a competitive team. Additionally, costs accrue to the Club for services provided to the team based on player headcount. Accordingly, fees are not refundable and not transferable. Fees for participation in the club cover the entire soccer year. A player who accepts an invitation to play with the Club commits to pay the entire fee for the full soccer year. No refunds, partial or full, will be made to players who choose not to participate at any point after registration for any reason, including players suspended from the program. There will be no reimbursements granted for any programming canceled due to forfeited games, weather, pandemic, epidemic, natural disaster, or acts of God.

The only exceptions are:

- (1) In the event that a player has a season-ending injury, the board may consider a partial refund after review of records provided by the treating physician or facility
- (2) For families that move during the season. The board may consider a partial refund in these circumstances on a case-by-case basis
- The initial deposit is never refundable
- All refund requests must be submitted within 30 days of the injury or relocation. Refunds will be issued in the original form of payment within 30 days from the date the refund was approved. This policy applies to registration fees only.
- Team fees are non-refundable.

☐ By agreeing to this ELA, I certify that I have read and understand the above information.

City SC Guarantee

As a member of City SC we guarantee the following deliverables over the course of the season:

1) A professionally licensed coach for all games and practices

- Should your coach need to miss a game or should a coaching change be necessary at some point in the season for any reason, arrangements will be made to cover for/replace the coach with another professionally licensed coach

2) Placement on a team that best fits the player's ability based on coaches' evaluation at tryouts and throughout the season

- Rosters are subject to change throughout the season based on individual player development and progress

3) Field space at Southwest area fields for team practices

4) One formal player evaluation

5) Instruction Based on City SC Southwest Curriculum

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Player/Parent Code of Conduct

Playing for City SC and representing our club at the local, regional and national levels is a privilege and an honor that all players must take seriously. All players and parents must adhere to the guidelines outlined in the Code of Conduct below and are expected to represent our club with respect, integrity, honor, and class.

As a player of City SC, I pledge to:

- Respect teammates, coaches, officials, opponents, spectators and parents and will not engage in discriminatory behavior or verbal or physical abuse of any kind
- Refrain from engaging in any conduct that is criminal under any laws applicable to me, including but not limited to laws governing the possession and use of drugs and alcohol
- Abide by all team rules as outlined by my coach, the club or other applicable governing organizations

- Respect the property of others whether personal or public, including all property and equipment owned by City SC, opposing clubs, and home and away venues
- Use social media responsibly and will not author, post or forward vulgar, offensive, hateful or disrespectful notes, texts, videos, photographs or other content online that reflects negatively on me, my team, City SC or other individuals. Whenever possible I will discourage others from posting content online that could be deemed unflattering or damaging to my or others' reputation or the reputation of my team or City SC.
- Demonstrate good sportsmanship at all times and conduct myself as an ambassador of my sport
- Behave in a manner that is respectful and consistent with the spirit of this Code of Conduct on and off the field

As a parent of a player at City SC, I agree to:

- Support all players unconditionally and set a positive example on the sideline
- Refrain from instructing, coaching or criticizing my child and all other players at games and practices
- Respect the decisions of officials and teach players to do the same. Berating referees will not be tolerated.
- Respect opposing coaches, players and parents
- Abide by all rules/standards set forth by my child's coach, the Club, Cal South and the leagues we play in
- Abide by the 24 hour rule and address concerns through the appropriate channels outlined by the Club
- Ensure my child is available for all games/practices, arrives on time and dressed in the CSCC training jersey
- Notify my coach 24 hours in advance if my child is unable to make a game, practice, or team function
- Pay all club registration fees and team fees on time as dictated by the club, my team manager and my coach, regardless of if my player is participating in all tournaments

Parental Sideline Behavior

City SC expects the highest standard of behavior from its parents. Coaching from the sidelines is not allowed and respect for referees is required. All parents must adhere to the 24-hour rule: no communication for 24 hours following an incident. Our escalation policy: First to coach and then to Director of Boys/Girls Program. Emails to staff not consistent with our escalation policy will be ignored.

Failure to adhere to this Code of Conduct may result in any combination of the following disciplinary actions:

- 1) Verbal or written reprimand
- 2) Suspension from the team
- 3) Removal from the team

No refunds will be issued if a player is suspended/removed from the team as a result of failing to comply with the Code of Conduct. Player Cards will be pulled if players are delinquent on registration fees or team fees at any point in the season.

By agreeing to this ELA, I certify that I have read and understand the City SC Code of Conduct and pledge to uphold the behavioral standards set forth by the club. I acknowledge that failure to adhere to these standards may result in suspension/expulsion from the Club.

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Club Communication and Media Agreement

(i) By registering your child to play with City SC you are agreeing to receive Club Communications via email. These email communications contain important information regarding club events so it is essential that everyone receives these communications.

(ii) By registering your child to play with City SC you are agreeing that your son or daughter may appear in any club related image publications by City SC. There may be occasions where photographers or videographers capture images (in public areas) for City SC publications that contain your son or daughter.

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City SC Parent Handbook

Please click on the link below to review our City SC Parent Handbook containing important information in relation to parent and player expectations and club policies. The handbook can be found on the club website under "Forms and Downloads" should you need to reference it throughout the season:

<https://cityscsouthwest.com/forms-downloads/>

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Concussion and Head Injury Information Sheet

Concussion and Head Injury Information Sheet

A) Head injuries and their potential consequences.

The severity of a traumatic brain injury (TBI) may range from "mild" (i.e., a brief change in mental status or consciousness) to "severe" (i.e., an extended period of unconsciousness or amnesia after the injury).

A TBI can cause a wide range of functional short- or long-term changes affecting: Thinking (i.e., memory and reasoning); Sensation (i.e., sight and balance); Language (i.e., communication, expression, and understanding); and Emotion (i.e., depression, anxiety, personality changes, aggression, acting out, and social inappropriateness).

A TBI can also cause epilepsy and increase the risk for conditions such as Alzheimer's disease, Parkinson's disease, and other brain disorders.

About 75% of TBIs that occur each year are concussions or other forms of mild TBI. Repeated mild TBIs occurring over an extended period of time can result in cumulative neurological and cognitive deficits. Repeated mild TBIs occurring within a short period of time (i.e., hours, days, or weeks) can be catastrophic or fatal.

(B) The signs and symptoms of a concussion.

Symptoms usually fall into four categories:

Thinking/Remembering: Difficulty thinking clearly; Feeling slowed down; Difficulty concentrating; Difficulty remembering new information. Physical: Headache, fuzzy or blurry vision; Nausea or vomiting (early on); Sensitivity to noise or light, balance problems; Feeling tired, having no energy. Some of these symptoms may appear right away. Others may not be noticed for days or months after the injury, or until the person resumes their everyday life. Sometimes, people do not recognize or admit that they are having problems. Others may not understand their problems and how the symptoms they are experiencing impact their daily activities. The signs and symptoms of a concussion can be difficult to sort out. Early on, problems may be overlooked by the person with the concussion, family members, or doctors. People may look fine even though they are acting or feeling differently.

(C) Best practices for removal of an athlete from an athletic activity after a suspected concussion.

Remove athlete from play.

Keep athlete out of play the day of the injury. The athlete should be seen by a healthcare provider.

Do not try to judge the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion

(D) Steps for returning an athlete to school and athletic activity after a concussion or head injury.

The athlete should return to play only with permission from a health care provider who is experienced in evaluating for concussions. Ask the health care provider for written instructions on helping the athlete return to school and return-to-play. Give the instructions to the school nurse and teacher(s) and the return-to-play instructions to the coach and/or athletic trainer.

By completing this player contract, I acknowledge that I received and reviewed the information contained within this document and have also reviewed this information with my player.

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Sudden Cardiac Arrest Fact Sheet

FACTS

Sudden cardiac arrest (SCA) is a rare, but tragic event that claims the lives of approximately 7,000 children each year in the United States, according to the American Heart Association. SCA is not a heart attack. It is an abnormality in the heart's electrical system that abruptly stops the heartbeat. SCA affects all students, in all sports or activities, and in all age levels. The majority of activity-related cardiac arrests are due to congenital (inherited) heart defects. However, SCA may also occur after a person experiences an illness which has caused an inflammation to the heart or after a direct blow to the chest.

WARNING SIGNS

Possible warning signs of SCA include:

- Fainting
- Difficulty Breathing
- Chest Discomfort or Pain
- Dizziness
- Abnormal Racing Heart Rate

ASSESSING RISK

Health care providers may use several tests to help detect risk factors for SCA. One such test is an electrocardiogram (ECG). An ECG is a simple, painless test that detects and records the heart's electrical activity. It is used to detect heart problems and monitor a person's heart health. There are no serious risks to a person having an ECG test. ECG's are able to detect a majority of heart conditions more effectively than a physical exam and health history alone.

What are the risks of practicing or playing after experiencing warning symptoms?

There are risks associated with continuing to practice or play after experiencing warning symptoms of sudden cardiac arrest. When the heart stops, so does blood flow to the brain and other vital organs. Death or permanent brain damage follows in just a few minutes. Most people who experience SCA die from it. However, when SCA is witnessed and an onsite automatic defibrillator (AED) is deployed in a timely manner, survival rates approach 50%.

How can I help prevent my child from experiencing SCA?

Daily physical activity, proper nutrition, and adequate sleep are all important aspects of life-long health. Additionally, parents can assist students prevent death from SCA by:

- Ensuring your child knows about any family history of SCA (onset of heart disease in a family member before the age of 50 or a sudden, unexplained death at an early age)
- Ensuring your child has a thorough pre- season screening exam prior to participation in an organized athletic activity
- Asking if your school and the site of competition have automated external defibrillators (AED's) that are close by and properly maintained
- Asking if your child's coach is CPR/AED certified • Becoming CPR/AED certified yourself
- Ensuring your child is not using any non-prescribed stimulants or performance enhancing drugs
- Being aware that the inappropriate use of prescription medications, energy drinks, or vaping increase risk
- Encouraging your child to be honest and report symptoms of chest discomfort, unusual shortness of breath, racing or irregular heartbeat, or feeling faint

What should I do if I think my child has warning signs that may lead to SCA?

1. Tell your child's coach or band leader about any previous events or family history
2. Keep your child out of play or band

3. Seek medical attention right away

What are the survival steps for sudden cardiac arrest?

- Immediate activation of EMS
- Early CPR with an emphasis on chest compressions
- Immediate use of the onsite AED
- Integrated post-cardiac arrest care

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