



Ohio Galaxies Futbol Club Player/Parent Handbook

Overview of Handbook

This Ohio Galaxies FC handbook is designed to provide guidelines to help support and embrace each player and give the player opportunities to have fun, enjoy the game, and pursue excellence relative to their skill level as the player develops physically, emotionally, mentally and socially. Soccer is a team sport and to succeed, the game requires teamwork and commitment. We ask parents and players to review this document and sign the parent and player agreement on the last page of document.

Parents' Code of Conduct

- Children do not need to be criticized
- The experience should be positive
- Relieve the pressure of competition, don't increase it
- Children are easily affected by outside influences
- Be respectful to the coach, assistant coach, team manager
- Be respectful to the officials
- Be courteous and respectful to your opponent
- Applaud good plays by your team and by your opponent

Between the exuberance of the winner and the disappointment of the loser, we find the referee. The referee follows a creed to watch every player and to call the match to the best of his/her ability. Please do not openly question the referee's judgement or his/her honesty. The referee is the symbol of fair play, integrity and sportsmanship. Remember that no referee can call a perfect game, anymore than someone can coach or play a perfect game.

Accept the result of each game. Encourage the players to be gracious in victory and to learn from defeat by working toward improvement.

Please maintain a proper attitude to all officials, opponents and players.

Ten Commandments For Parents of Athletic Children

1. Win or lose, make sure that your child knows that you appreciate their efforts and are not disappointed in them. They should look to you for constant positive enforcement.
2. Do your best to be completely honest about your child's' athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful, but don't coach your child on the way to the game or on the way back from the game. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach them to enjoy the thrill of competition just for the pleasure of being "out there trying." Help them and nurture them to develop the feel for competing, trying hard and for having fun.
5. Try not to relive your athletic life through your child. They are playing the game.
6. Don't compete with your coach. On the soccer field, the coach is the complete authority figure. Don't undermine the coach's efforts.
7. Don't compare the skill, courage, and attitude of your child with other members of the team.
8. Get to know your child's coach so you can be assured that his/her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that there are 2 sides to every story and that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before reacting.
10. Explain that courage is not the absence of fear, but means doing something in spite of fear.

Your job is a tough one and takes a lot of effort to do the job well. Keep up the good work!

OGFC – The Role of the Player

To be a part of Ohio Galaxies Futbol Club you must realize that no one individual, player or coach can be bigger and more important than the collection of individuals that make up the club.

Some of our players because of the position they play and the God given talent they have been given will be in positions of recognition and praise. The play of the player can never overshadow, however, the play of the team and their commitment toward success. Team is always a "we" principle rather than a "me" principle. Every one of us has some of the "me" in us and that is very natural and it is a part of who we are. It is what drives us as competitors. But when the "me" in us runs contrary to the "we" in us, we've got a problem.

It is the belief of the Ohio Galaxies Futbol Club that everyone falls into one of these player categories. If you fall into one of the less than desirable categories and you do not like that classification – do something about it **TODAY**.

Doers

They do their job to the best of their ability. Day after day – week after week – month after month – season after season. They have talent that is buoyed with effort and character. These players are consistently good and possibly consistently great. They can have a bad day but very seldom does it last very long. Doers find their way out of jams. These guys see the “big picture”.

Let’s face it – doers are difference makers. They see the big picture. They have an intense desire to succeed at everything they do. They can multitask and be successful.

Flashers

They show up and tease you with their talent. They are not consistent. Often time termed “Coach Killers” because coaches are intrigued by their talent level but are left wondering why the player never plays to his potential. Their inconsistencies show up both on and off the field. They “flash” talent, but not consistently enough to win. They do not see the big picture.

Rollers

These players come onto the team and try to make an impact. They do not count minutes played, they do not complain about a lack of opportunities; when they get an opportunity, they make the most out of it. They let it rip when they get a chance. These players are confident in themselves. They will give it up every time. They see the “big picture”.

Whiners

Do their job just good enough to get by. Never give it up for their teammates. Complain when they are not starting and do not see that their whining and negative attitude affect their talent and production. When you ask them to tell you why they think they should start ahead of those ahead of them, they give you answer “I’m better – you all just do not like me.” These players always complain no one understands them. Coaches are always trying to replace them. They go through life mad at the world. Things never change for them unless they change.

Movers

These players are usually young talented players who lack experience and move up and down the depth chart. The question asked about them?

(1) Can we count on them?

(2) Will they do what it takes to prepare or rely solely on their athletic ability which got them here?

These players will impress you at times and disappoint you at times; you will love them one minute and be mad at them the next.

Try Hards

You know what you are getting from these players. Maybe not the most talented group but they give you all that they have. You can win with try hards. Coaches like them because they are consistent in their effort and know what to expect from them. They

prepare better than most everyone else. These players will make the team. They do not take their jobs for granted. They appreciate being on the team and understand the team concept. They want to contribute desperately, and usually do.

CHANGE

Change is a part of an evolving society that we live in. It is also a part of being on a team. Change in people, leadership, and plans are a part of the process. People respond to change in 5 ways. The way each player on the team responds to changes throughout the course of the soccer season can have a profound impact on the team. Players need to strive to have to have a positive impact on the team.

Climber

Leaders on team. Decision makers. Wants to move forward. Sees the objective and works passionately towards it. Paves the way. Sees the big picture. Totally accountable.

Jumper

Trusting in leadership. Knows what works and what does not and will “jump in the boat.” Accepts change. Willing and acceptable of change if necessary. Will do whatever it takes for team to be successful.

Straggler

Not willing to jump in the boat; needs to be pushed. Has one foot on deck and one foot in boat, which slows down the process. Could go either way depending on the circumstances. Somewhat of a front runner.

Self-er

Rejects change. Last to get into boat. Needs to be carried into the boat. Would rather say “I told you so” than “you were right”. Slows down the progress of the group. Not a good team member. Front runner. Ask questions like “What’s in it for me?”

Slacker

Against any sort of change, wants to live in the past. Wants to go back to the way things were. Totally uncomfortable with anything that contradicts what he knows and what he is familiar with. Refuses to change for betterment of him or team. Takes and does not give to team. Negative influence. Complainer. Very selfish. Can only see his own personal objective not the teams. “What’s in it for me?” is one’s favorite response. Wants to say “I told you so” during tough times.

COMMITMENT

When you make a commitment, it starts with a mindset then it is usually verbalized then there is ACTION. There also is usually some form of sacrifice, discomfort and even pain. Commitment faces obstacles – there will always be something or someone that will attempt to get in the way. This will force a defining moment – will you or won’t you stick to that commitment. Will you give into pleasure or fight through the pain ... will you take the easy road or the one less traveled.

Commitment – if it is worth it – stick to it. Decide before hand whether it has value – do not let the circumstances or consequences after you make the commitment be the deciding factor.

Always expect some form of adversity to show up shortly after a commitment is made. If commitments were easy, everyone would get everything they set out to accomplish. That claim only goes to a special group of people, “Winners”. Are you part of that group?

Men and women who make and keep commitments are winners in life. They have successful relationships with people, lifelong marriages, and almost always successful careers.

LEADERSHIP

Must have a fundamental belief in a value system.

- Integrity – people know you are who you say you are.
- Respect – There must be a mutual respect.
- Trust – There must be belief in your coach and team captain.
- Loyalty - Coach must be loyal to players and players to coach.
- Mental Toughness – Must be able to handle adversity. Cannot panic when things go astray.

All great teams need great leadership. Leadership does not have to be vocal but it has to be displayed by action. If you see a need to lead on this team by all means do. Leadership is not an entitlement, however, it is something earned. If people do not trust you as a person, they will not follow you as a leader.

Leadership Principles

Things all leaders must know to lead effectively.

- (1) Must know yourself.
- (2) Must know how to motivate talent.
- (3) Must know purpose and goals of team.
- (4) Must know how to deal with external problems.
- (5) Must know importance of team chemistry.
- (6) Must know how to deal with internal conflict.
- (7) Must know the landscape and what lies ahead.

PLAYER INJURIES

Injuries are a part of the game of soccer. It is important that players distinguish between the difference between being hurt and being injured.

Being hurt:

- Player is banged up
- Stiff

- Needs a little extra time to warm up
- Can perform, but may not be at 100%
- He is needed to practice and play
- It is determined he cannot and absolutely will not further his injury with his full participation.

Being injured:

Player is declared injured and further use or contact with injured body part will severely retard healing process and result in disabling player in the present or foreseeable future.

Injured players must follow the following procedure:

- Report all injuries to coaches immediately
- Adhere strictly to rehabilitation program designed to get you well and back on the field
- Condition, if required, so you do not fall behind in your cardiovascular
- Watch practice and study what is being taught. Do not fall behind mentally.
- The key is to get well.
- You are an integral part of this team. The team is counting on you. Do your part to get ready.

PLAYER/PARENT

Players should show their parents the utmost respect at all times. The support of our families is critical to the success of the player and we encourage our players to show appreciation for the role their parents play in their development and growth.

UNIFORMS AND EQUIPMENT

Players are responsible for having their ball, cleats, guards, and water for every practice and game. Uniforms should be tucked in. When you look sloppy, you play sloppy. When you play sloppy we lose discipline. We lose discipline. We lose focus. We lose focus, we lose games. We lose games; we lose our value as players and coaches and diminish our chances to win.

DIET AND HYDRATION

Players are responsible for maintaining a balanced diet with plenty of rest and hydration. Players need to be aware of their bodies and work to maintain adequate levels of hydration in both warm and cold weather. There is not one system in the entire body that does not depend on water and require hydration. Don't just drink water when you are thirsty, dehydration may already be occurring with symptoms of dry skin, a dry mouth, fatigue and weakness. Hydrate before, during and after practices and games.

OGFC – Role of the Team

The definition of a team is a group of unselfish individuals who come together to achieve a collective goal. A team adheres to certain principles that identify it and give it a purpose. Those principals for us here at the Ohio Galaxies Futbol Club are as follows:

- Integrity
- Respect
- Trust
- Mental Toughness
- Discipline

DISCIPLINE

Self-discipline is the most important type of discipline. It keeps you on track as a person, student and athlete. It is imposing certain and specific rules on how you live. Do not allow yourself to travel far off that path you set for yourself. **Discipline is defined as doing something you really do not want to do, so you can do something you really want to do.** In order for us to be successful, we must have discipline. It's these boundaries we set as a team that will lead us to the path of a Championship. We have to all realize a need for discipline in order to achieve the level of success we all strive to achieve.

Remember:

1. Pre-game warm-up is important. Take pride in it. The warm-up is used to get ready to play a game both mentally and physically.
2. Never lose poise
3. Be kind and respectful to officials. They officiate and you play.
4. Do not trash talk to your opponent. Under no circumstances say anything derogatory to them. You are better and bigger than that.
5. Name-calling, teasing, criticizing or other acts designed to hurt feelings or cause injury will not be permitted.
6. Offensive and vulgar language will not be tolerated.
7. Be encouraging to your teammates and help them when they need help.
8. Always play with enthusiasm.
9. Play with intelligent recklessness.
10. Don't let adversity destroy your desire to win.
11. The use of alcohol and drugs is strictly prohibited
12. Players must contact their team coach directly if they have to miss a game or practice.

GOLDEN RULE

We do not have a lot of little rules you have to abide by and remember. We do, however, have one major rule that is critical to your success in this program. It is called "The Golden Rule." You probably learned it at some time in your life at home, from a grandparent, or a mentor. "The Golden Rule" states "**do unto others as you would have them do unto you.**" An easy rule to remember but some people have a difficult time adhering to this simple principle.

GREATNESS

There is a fine line between "what is good" and "what is great." Fewer people achieve greatness simply because they refuse to do the few "extra things" that will get them

there. Commit yourself to being great at everything you do. Do not let little things pile up and get in your way. Do not let a lack of extraordinary effort keep you from being great. The effort to be “great” should be in every one of us. We all possess a talent where greatness can definitely be achieved. **Find it.**

OPPONENTS

We will always respect our opponent. This does not mean we fear them. Quite the contrary – we expect to “kick their butts” respectfully. We do not accept taunting and showboating.

OVERCOMING ADVERSITY

Our ability to overcome adversity will be defining. When adversity strikes we must: Rally together, not divide ourselves.

Focus more deeply on mission, do not lose focus.

Keep calm and do not panic.

Trust our instincts and not question them.

Remain confident in ourselves and team. Do not lose confidence.

Be accountable, do not point fingers.

Be honest and not give out lame excuses.

Ask “What can I do to help” not look to do only your job.

PLAYING TIME

If you have questions about your playing time or role on the team, it is your responsibility to speak with your coach. If it is not clear after speaking with your coach, please speak with the Director of Coaching.

“Don’t count the minutes you play, make the minutes you play count.”

COMMITMENT TO EXCELLENCE

The head coach of the University of North Carolina’s woman’s soccer program once defined the vision of a champion as “ a person, bent over with sweat pouring off of them, totally exhausted...with nobody watching” A player that is committed to excellence trains on his/her own in addition to the normal team practices. He/she becomes a student of the game. The player becomes self-analytical, constantly looking to improve and striving to be their best. The player makes a commitment to work on their game.



Player Code of Conduct

- Play the game for the game's sake
- Be generous when you win
- Be gracious when you lose
- Be fair always, no matter what the cost
- Never lose your cool
- Obey the Laws of the Game
- Work for the good of the game
- Accept the decisions of the officials with good grace
- Believe in yourself and your teammates
- Conduct yourself with honor and dignity
- Applaud the efforts of your teammates and your opponent
- Set an example for others
- Share a common bond with your teammates and your opponents
- Team work and sportsmanship are everlasting
- Remember to have fun

PLAYER DISCIPLINE

Each player will be treated fairly although each player will be handled differently based on their specific circumstance. No two situations are the same.

This game is a beautiful game and must be played with the right spirit. The outcome of a match is not as important as the lasting impressions of teamwork and good sportsmanship.

Ohio Galaxies Futbol Club supports and embraces opportunities where each player will: have fun, enjoy the game, pursue excellence relative to their skill level and develop physically, emotionally, mentally and socially.

I.....have read and agree with the above guidelines and promise to adhere to the above guidelines during my time as an Ohio Galaxies Futbol Club player.

Player Signature.....Date.....

I a parent/guardian of the above mentioned player have read and agree with the above guidelines and promise my child will adhere to these guidelines during the Ohio Galaxies Futbol club season.

Parent Signature.....Date.....