



State 48 FC Code of Conduct 2021-2022

The following Code of Conduct is intended to illustrate the types of behavior that are expected at sporting events associated with State 48 FC. While these rules are detailed, they are by no means exhaustive and should not substitute for good judgment and sound thinking that is not defined in the code. The Code of Conduct is organized in a manner that promotes good sportsmanship, courtesy, amity and fellowship and a belief that we should behave towards others as we would want others to behave towards us. We believe these principles will foster a safe environment for all to enjoy soccer. Behavior or language that is unsportsmanlike, rude, offensive or vulgar will not be tolerated. Parents, as a part of State 48 FC are expected to be courteous in all soccer situations and maintain the same high standards expected of the players. Inappropriate actions taken by a player, coach or parent will be subject to review by the board with potential sanctions. Below are some basic expectations of State 48 FC parents, players and coaches.

1. Encourage the player but not force him/her to participate.
2. Acknowledge that participation in State 48 soccer is for the youth involved, not the adult.
3. Inform the coach of any physical disability or ailment that may affect the safety of his/her child or other players.
4. Discourage any behaviors or practices that would endanger the health and well-being of any player.
5. Promote the emotional and physical well-being of all players ahead of any personal desire for their player to play or win.
6. Support and demand a sports environment for all that is free from drugs, tobacco, alcohol and the abuse of legal drugs.
7. Teach and encourage the player to obey the rules and to resolve conflicts without resorting to hostility or violence.

8. Participate in only positive cheering during games, not to instruct or coach players during games and practices.
9. Be a positive role model for players, encourage sportsmanship and demonstrate regard for officials by showing respect and courtesy, by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other event connected with State 48 FC. To never ridicule or yell at any player for any reason.
10. Expect and guide their player to treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
11. Work with coaches to resolve any behavioral or other problems their player may have while participating in State 48 FC activities.
12. Wait at least 24 hours to speak to a coach about a situation that you may find frustrating unless there is an immediate safety issue with a player.
13. Encourage good conduct on the part of all adults and players and to notify coaches or managers of any actions on the part of parents, spectators or players that may endanger the well-being of others.
14. Avoid sitting or standing on the end lines or on the same side as the players unless it is required by the hosts or field set up.
15. Teach their child that doing one's best is more important than winning.

Additional information regarding expectations for parents of State 48 FC

- Parent/Coach unity and communication are important to a player's development. State 48 FC values the opinions of our parents as well as those of our coaches. We accept that sometimes a parent may disagree with a coach's decision or would like to have a more in-depth understanding of a particular decision. We ask that you respect the coach, State 48 FC and the relationship your child has with the coach by keeping discussions constructive and confidential. Scheduling a time to meet with the coach to address the issue rather than doing so during or right after a game/practice would be an effective way to build a positive mutual relationship and to air concerns.
- Parents should encourage players, but not coach from the sidelines; this is the responsibility of the coaching staff. When there is more than one "coach", players become confused. Your child and other players can also become distracted when you give direction or criticism. In addition, if you are always telling your player what to do, they will not learn how to make the many split-second decisions on their own that soccer requires. Parents are spectators and supporters. You are encouraged to cheer not only for your child but also for all their teammates.

- The passion, commitment, and support of parents are an asset to children playing both competitive and recreational soccer. Research has shown that parents are crucial to a young athlete's success. We know that parents are seeking the best for their children and have made a considerable investment to help their children succeed. Your child and State 48 FC could not be successful without that commitment. We also understand that sports competition sometimes arouses strong emotions. When negative emotions are running high during a game, we ask that you use self-control and refrain from disrespectful or injurious behaviors towards officials, coaches, players, and spectators, whether on or off the field. In addition, we ask that parents assist each other in maintaining positive conduct so that officials, coaches and players can maintain their focus on the activities at hand. Parents can help their player and coach by modeling good sportsmanship.
- Parent's attitudes towards development of soccer skills are clearly reflected in most, if not all children's performances. State 48 FC asks that parents keep the following points in mind when thinking of your child's soccer experience. Measure your child's success not by wins, goals and losses, but by performance, intensity and hard work. Research has shown that athletes focus on tasks and goals, not trophies. They have an intense desire to win, but most of their energy is spent competing against themselves. Success is measured by progress, not wins.
- Is winning important? Eventually, yes. Winning is important, but not until kids have developed the tools, both technically and emotionally, to allow them to be successful in an environment where the aim is to win. Particularly with the younger ages (4-8 year olds), the most fundamental tool in soccer is mastery of the ball and the creativity that comes with it. This cannot be encouraged enough. As skills are mastered, the rest of the game becomes easier. The player's development, including having fun and maintaining his or her passion for soccer, comes first. Winning will follow.
- But what about losing? Losing and the lessons from losing are vital. Stronger opponents are not to be feared, they are to be learned from. "Soccer is a game of a thousand mistakes". Players cannot be afraid to make mistakes. Encourage your child (and yourself) to see mistakes as opportunities to learn. Please refrain from negative post game or practice discussions. Give your child time to self-analyze and digest what the coaches have told them. When they are ready, listen to their analysis of what worked and what didn't and help them to think of ways to improve. Some of the best statements a parent can make are these. In preparation before a game a simple statement such as "Good luck, have fun and I love you." After the game, a statement like "Great game, I'm proud of you (regardless of whether they won or lost) and what do you want to eat?"

Here's to a great season!
Heber and Katie Valenzuela



State 48 FC Head Injury/Concussion Policy 2021-2022

This is the State 48 FC policy for the Management of Concussion and Head Injury in Youth Soccer

1. An Informed Consent Form (this form) must be signed annually by parents and youth athletes acknowledging the risk of head injury prior to practice or competition.
2. A youth athlete who is suspected of sustaining a concussion or head injury must be removed from play – “when in doubt, sit them out”.
3. A youth athlete who has been removed from play must receive written clearance from a licensed Medical Doctor (MD) or Doctor of Osteopathy (DO) prior to returning to play. The ASA “Concussion Return to Play Form” (can be downloaded from ASA website or received from State 48 FC Administration) must be completed and signed by a licensed Medical Doctor (MD) or Doctor of Osteopathy (DO). This form must be submitted to the ASA office prior to returning to play.
4. The referee will note on the game card a player being removed due to a head injury. The referee will pull the pass, advise the coach and team manager the player pass has been pulled, and the player will require written release before being allowed to play in any further games.

Team/Club Official:

1. Shall immediately remove from participation/competition any athlete who is suspected of sustaining a concussion or head injury.
2. Shall not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed Medical Doctor (MD) or Doctor of Osteopathy (DO). Prior to returning to play the ASA “Concussion Return to Play Form” (can be downloaded from ASA website or received from State 48 FC Administration) must be completed and signed by a licensed Medical Doctor (MD) or Doctor of Osteopathy (DO). This form must be submitted to the ASA office prior to returning to play.
3. In coordination with the parent/guardian must complete an injury report form (can be downloaded from ASA website or received from State 48 FC Administration) within 30 days of the injury.

Referee:

1. Shall note on the game card that the player suffered a Head Injury and was taken out of the game. Pull player pass from ring and mail it to the ASA office.
2. Shall complete online concussion submittal form (can be downloaded from GotSport.com).

Parent / Guardians:

1. Shall annually review, sign and return to the State 48 FC Soccer Club the Informed Consent form on concussion and head injury prior to the youth athlete's initiating practice or competition.
2. You should also inform your child's coach if you think that your child/player may have a concussion. Remember, it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.
3. The ASA "Concussion Return to Play Form" (can be downloaded from ASA website or received from State 48 FC Administration) must be completed and signed by a licensed Medical Doctor (MD) or Doctor of Osteopathy (DO). This form must be submitted to the ASA office prior to returning to play.

Athletes:

1. Shall annually review, sign and return to the State 48 FC Soccer Club and Informed Consent form on concussion and head injury prior to initiating practice or competition. This form is attached.
2. Athletes are encouraged to notify a coach if they or a teammate exhibit signs or symptoms of a concussion/brain injury.
3. Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?

1. Medical Doctors (MD)
2. Doctor of Osteopathy (DO)
3. Research is currently being done by ASA to determine which other licensed health care providers may have sufficient training to qualify to authorize return to play. Information will be forthcoming, once provided to State 48 FC Soccer Club.

Head Injury/Concussion Signs and Symptoms:

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child / player reports symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<u>Symptoms may include one or more of the following:</u>	
• Headaches	• “Pressure in Head”
• Nausea or vomiting	• Neck pain
• Balance problems or dizziness	• Blurred, double or fuzzy vision
• Sensitivity to light or noise	• Feeling sluggish or slowed down
• Feeling foggy or groggy	• Drowsiness
• Change in Sleep Patterns	• Amnesia
• “Don’t feel right”	• Fatigue or low energy
• Sadness	• Nervousness or anxiety
• Irritability	• More Emotional
• Confusion	• Concentration or memory problems
• “Forgetting game plays”	• Repeating same question or comment

<u>Signs observed by teammates, parents and coaches include:</u>
• Appears Dazed
• Vacant Facial Expression
• Confused about assignment
• Forgets plays
• Is unsure of game, score or opponent
• Moves clumsily or displays incoordination
• Answers questions slowly
• Slurred Speech
• Shows behavior or personality changes
• Can’t recall event prior to hit
• Can’t recall events after hit
• Seizures or convulsions
• Any change in typical behavior or personality
• Loses consciousness

What can happen if my child/player keeps on playing with a head injury/concussion or returns too soon?

Athletes with signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

Parents,

Please read this entire document carefully and then fill out the 2021-2022 Forms Signature Page

Thank You!

State 48 FC Administration



State 48 FC Photo Consent Form 2020-2021

We recognize the need to ensure the welfare and safety of all players taking part in any activity associated with State 48 FC. As your child will be taking part in numerous events with State 48 FC, we would like to ask for your consent to take photographs/videos of any event or activity that could contain images of your child.

These print and/or digital images may be used for the following:

- A record of an event or activity.
- In a written evaluation of an event or activity that will be viewed by coaches, staff, parents, and athletes.
- Publicity material for further events or activities on leaflets, websites, magazines, social media or the like.
- Future grant applications and/or sponsor thank-you gifts.

We will take steps to ensure these images are solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform us immediately.

By signing the Signature Page for State 48 FC 2021-2022 Forms, I consent to having my child photographed or recorded for any event or activity. If you do not give consent, please check the box provided on that page.

State 48 FC Player Information Form

2021-2022



Player Contact Information:

Team Name: _____

State Player is Registered: _____

Date of Birth: _____ Age: _____

Full Legal Name: First _____ Middle _____ Last _____

Street Address: _____

City, State, Zip Code: _____

Player Gender: Boy: _____ Girl: _____

Home Phone Number: _____

Jersey Number: _____

Primary Player Position: _____

School District Attending: _____

Graduation Year: _____

Player Email (If Applicable): _____

Player Cell Phone (If Applicable): _____

Parent Contact Information:

Relationship: Mother: _____ Father: _____ Guardian: _____

Full Name: _____

Street Address (If different from above):

City, State, Zip Code: _____

Home Phone Number: _____ Work Phone Number: _____

Cell Phone Number: _____

Email Address: _____

Additional Contact Information:

Full Name: _____

Street Address (If different from above): _____

City, State, Zip Code: _____

Home Phone Number: _____ Work Phone Number: _____

Cell Phone Number: _____

Email Address: _____

Person to Contact in Case of an Emergency: (If Parents can't be notified)

Full Name: _____

Street Address: _____

City, State, Zip Code: _____

Home Phone Number: _____ Work Phone Number: _____

Cell Phone Number: _____

Email Address: _____

Medical Information:

Player Allergies: _____

Player Medical Conditions: _____

Physician Name: _____

Physician Phone Number: _____

Medical Insurance Provider: _____

Medical Insurance Provider Phone Number: _____

Insurance Policy Number: _____

Insurance Policy Holder Name: _____



State 48 FC Club Sports Waiver and Release of Liability 2021-2022

Club Name: **State 48 Futbol Club LLC, State 48 FC Foundation**

Participant's Name: _____

In consideration of my participation in State 48 Futbol Club Sports,

I hereby forever release and consent not to sue State 48 Futbol Club LLC, State 48 FC Foundation, State 48 Futbol Club Board of Directors, and any of their employees, instructors, volunteers, agents, coaches, and all others who are involved, from any and all claims for the 2021-2022 season resulting from ordinary negligence on the part of State 48 Futbol Club or others listed for property damage, personal injury, or wrongful death, arising as a result of my engaging in or receiving instruction in club sports activities or any activities incidental thereto, wherever, whenever, or however the same may occur. I hereby voluntarily waive any and all claims in the 2021-2022 season, resulting from ordinary negligence, that may be made by me, my family, estate, heirs, or assigns, and I relinquish on behalf of myself, spouse, heirs, estate and assigns the right to recover for injury or death.

I am aware that club sports at State 48 Futbol Club are vigorous team activities that can involve severe cardiovascular stress and violent physical contact. I understand that participation in club sports can involve certain risks, including, but not limited to, serious neck and spinal injuries resulting in complete or partial paralysis, brain damage, and serious injury to virtually all bones, joints, muscles, and internal organs, or death and that equipment provided for my protection may be inadequate to prevent serious injury. In addition, I understand that participation in club sports involves activities incidental thereto, including, but not limited to, travel to and from the site of the activity, participation at sites that may be remote from available medical assistance, and the possible reckless conduct of other participants.

I am voluntarily participating in this activity with knowledge of the danger involved and hereby agree to accept any and all risks of property damage, personal injury, or death. I further agree to indemnify and hold harmless State 48 Futbol Club and others listed for any and all claims arising as a result of my participation in club sports activities or any activities incidental thereto, wherever, whenever, or however the same may occur.

I understand that this waiver is intended to be as broad and inclusive as permitted by the laws of the State of Arizona, and I agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be in the state of Arizona.

I affirm that I am of legal age and am freely signing this agreement.

I have read this form and fully understand that, by signing this form, I am giving up legal rights and/or remedies which may be available to me for the ordinary negligence of State 48 Futbol Club or any of the parties listed above.

Parents,

Please read this entire document carefully, and then fill out the Signature Page for State 48 FC 2021-2022 Forms page, sign and date and return to your team manager. These first two pages are for you to keep for your records.

Thank you!

State 48 FC Administration



Signature Page for State 48 FC 2021-2022 Forms:

By signing below, I acknowledge that I have received the following documents from State 48 FC Competitive via email and/or in hard copy, have read each document and consent, accept and agree to abide by the guidelines set forth in the documents listed below.

- _____ State 48 FC Club Sports Waiver and Release of Liability 2021-2022
- _____ State 48 FC Head Injury/Concussion Policy 2021-2022
- _____ State 48 FC Code of Conduct 2021-2022
- _____ State 48 FC Photo Release Form 2021-2022
- By checking this box, **I DO NOT** consent to having my child photographed or recorded for any event or activity.

Player Name: _____

Team Name: _____

Parent/Guardian Signature: _____

Parent/Guardian Printed Name: _____

Date: _____