

FCA Practice Policies

FCA players & parents must adhere to the following procedures.....

- Players must arrive at practice ten minutes early as practice starts promptly on time.
- All players must be properly equipped (shin guards, socks, no jewelry) dressed in proper workout gear. For girls this means no spaghetti strap type shirts. Goalkeepers must come with their own gloves and pants.
- Players must bring water or sports drinks. No Energy drinks will be allowed. On turf fields only water will be permitted.
- If players are to be late, absent or have to leave early, the Coach or Manager must be notified as soon as possible.
- Parents are to be ontime when picking up players.
- Players are to be ready mentally to practice and concentrate on soccer for the duration of the practice.
- Parents are not allowed on the training field to talk to the coach or player. See the manager if this need arises.
- If a player is late, they must jog out to the practice session. Walking will not be allowed.
- Players and parents must understand that in order to compete at the highest levels, following these guidelines is essential.