



General Club Etiquette

- A. **Athletic Club Miami is a family, we stand united and aim to be a presence in each member's life on and off the field.**
- B. Members of the Athletic Club Miami are representatives and ambassadors of our club on and off the field. We do expect a level of professional conduct from all parties within the club.
- C. **Athletes are expected to greet the coaches before practices and games, and address them as Mr./Ms. or Coach.**
- D. Members wearing the club uniform are expected to maintain a professional conduct, respectful demeanor, and display sportsmanlike mannerisms at all times. Bullying is unacceptable and will not be permitted.
- E. Practices are essential and necessary in establishing development and the ideology of team commitment. Please do not expect to play — unless you attend each scheduled practice with your team or a substituted practice. We understand circumstances will always occur, but we expect at least 85% attendance to all training within a season.
- F. Athletes must always reflect respect for all authority figures, including coaches, trainers, referees, administrators, and, above all, parents.
- G. **All coaching and player allocation decisions (team assignments) are made solely by the professional coaching staff of the club.**
- H. **Parents may NOT step onto the field of practice, game/competition area, or around the game benches at any time. Parents will NOT be permitted near pregame warmups, discussions, or any pregame/pre-training or post-game/post-training team specific preparations and breakdowns.**
- I. **Parents are expected to remain at an established distance of 15 feet (5 meters) from the practices indicated by the staff to allow fluid movement and independence in training. (I.e. park benches, the asphalt areas, etc.)**
- J. **Parents are implored NOT to coach during the match from anywhere at the field. Parents are spectators – they're there to enjoy the matches.**
- K. Parents must conduct themselves properly at all times when players from the club are involved. The club and the coaches will not tolerate embarrassments and indiscretions at games and tournaments.
- L. Tentative schedules planned for the season are just that. Sometimes tournament dates and game schedules change or are canceled all together, which are not within our control. Flexibility in rescheduling may be required at times. We aim to have in set schedules and

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organization in every aspect. However, changes may occur and we will accommodate accordingly.

- M. **Parents will be limited to two personal emails with their coach per season. If necessary a personal meeting can follow the email conversations. This allows efficiency in time and proper respect to the space required for coaches to work professionally and adequately.**
- N. Updates and changes to the policies may occur. In such instances the coaches will be notified of such and then implemented.

Policy

- 1. For our athletes
- 2. For the parents/guardians of our athletes

1. For our Athletes

1.1. On the field:

1.1.1. **Ready for the Practice:**

- 1.1.1.1. **Athletes are expected to arrive 15 minutes prior to training in proper designated uniform attire. Players showing up without the AC Miami uniform, won't be allowed to practice with the team;** or as a last solution they can purchase a new set of uniform (if available) at the practice location, and continue with the training after this issue has been resolved.
- 1.1.1.2. Athletes should be responsible in practicing proper nutritional methods in respect to the player's situation prior to games, training, and events. Examples of such include having a big meal at least two hours prior to training and games. Individual players may require different methods and should consult a doctor before decisions are made.
- 1.1.1.3. Athletes need to use the bathroom as necessary before the practice starts.
- 1.1.1.4. Athletes have to accept the responsibility of bringing additional equipment necessary for practice (Soccer: **cleats, shin-guards**, water. Track & Field: **spikes shoes** & water). **Players showing up without proper equipment won't be allowed to practice with the team.**

1.1.2. **Ready for the Game:**

- 1.1.2.1. Players are expected to concentrate on playing soccer, having fun, always putting forth their best effort, and playing by the rules at all times.
- 1.1.2.2. Players have to be at the game location, in proper designated AC Miami game uniform, ready to start the warm-up 35 minutes before the scheduled starting time of the game.

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Players showing up in other than AC Miami's game uniform will be denied participation in the game.

- 1.1.2.3. Players are expected to stay hydrated, eat properly within reasonable times with respect to game times, and practice safe and healthy nutrition.
- 1.1.2.4. Players have to accept the responsibility of bringing any additional equipment necessary for the game (cleats, shin guards, water, meals for multiple day tournaments).

1.1.3. **Playing time:**

- 1.1.3.1. **Failure to be on time for the pregame meeting/warm-up or allocated start time will not start the game.**
- 1.1.3.2. **Failure to be on time for the start of the game will result with no participation on the game. Exceptions may apply for 1.1.3.2.**
- 1.1.3.3. Games are a privilege and players must earn playing time by commitment, effort, and hardwork in training. Commitment is important to teach to children and we expect the parents to be involved in maintaining this character trait.
- 1.1.3.4. Games allow players to express themselves and give their best effort. We support our players and encourage them to express themselves through sport mixed in with instructional guidelines from the coach. Players will not be substituted from the game for making mistakes. However, at some games of competitive nature coaches might substitute based on the desired result.

1.2. Off the field:

- 1.2.1. **Education.** Numerous researches have shown that competitive soccer players/athletes have better academic performance on average, compared to non-competitive students. *"The elite youth soccer players are more often enrolled in the pre-university academic system, which means that they are high academic achievers, compared with the typical student. The elite players also report an increased use of self-regulatory skills, in particular self-monitoring, evaluation, reflection, and effort."* (1) In Athletic Club Miami we think that academic education and physical education go hand in hand. We highlight the importance of cognitive skills, we adhere to continuous learning, independent thinking, the scientific approach of sport performance, and ornate communication.
- 1.2.2. **Diet.** Athletic Club Miami places great emphasis on the diet and nutrition of our athletes. To support the health benefits of physical activity, and to maximize the performance of our athletes, we are continuously educating our youth about the importance of nutrition for the human body.
 - 1.2.2.1. **We apply our NO CANDY POLICY in Athletic Club Miami. It means that at our team and club activities we do not allow players to have or consume sweets with them at any time. It means no ice cream, no cupcakes, candies and sugary soda.**

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1.2.3. **Electronics.**

1.2.3.1. We apply our NO ELECTRONICS POLICY in Athletic Club Miami. It means that at our team and club activities we do not allow players to use their cell phones, tablets and computers at any time. If players travel without their parents/guardians to club events, they will be allowed to use their phones to contact their loved ones in a certain part of every day (e.g. 7pm-8pm).

1.2.4. Exercising outside of Club practices. Every extra step you take is getting you closer to your ultimate goal. “More than a practice, it’s a LIFESTYLE!” Striving for your best in any facet of life is a key fundamental of our Club. This entails but is not limited to; proper nutrition, positive thinking, time management, hard work, goal setting, and everything possible in order to maximize your performance. Athletic Club Miami will guide you and support you in any way possible to unfold your potential and reach your goals. Please review Athletic Club Miami Supplemental training on the [website. Click here!](#)

2. **For the Parents/Guardians of our Athletes**

2.1. Athletic Club Miami cannot be a club without the involvement of parents/guardians. We need you to be as motivated and committed to the development of the most important aspect of this program, the players. Your support is essential to the athlete and team’s development on and off the field. Therefore, it is your responsibility to ensure the athlete's attendance to training, games, and other club activities. On our end, we will always do our best to present all schedules in a timely fashion in order to allow you to prepare accordingly. With that said, we expect timely communication on your end as well, in respect to schedule conflicts, participation, and transportation.

2.2. To avoid conflict of interest Athletic Club Miami coaches must not accept gifts, cash or favors from individual parents/players. According to **AC Miami Coaching Policy** coaches can only be gifted by team only. When a parent offers money, gift or favor to the coach, the coach must report it to the Director of Coaching. There are only two exceptions when an individual parent/player can give a present to the coach: 1. When the player leaves the club and the parent/player wants to express their gratitude to the coach. 2. Players’ self-made artistic work and or letters are very welcomed.

AC Miami players can be coached by AC Miami coaches strictly through AC Miami. Any form of coach-parent cash exchange is prohibited.

2.3. As we know, respect is a primordial part of our mission, we ask you to respect the decisions of each team coach, and discourage negative comments towards our athletes and coaching staff. We ask that you respect the coaching staff, players, opponents, and referees to maintain our gold standard of conduct. It is the coach's responsibility and duty to decide how to approach their team's goals, strengths, and weaknesses. Our coaches have priorities and goals that may encompass long-term results; therefore, please be aware that you will not

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always agree or understand the coaches decisions. Playing time is not an appropriate topic to discuss with coaches. Meetings with parents shall not occur 24 hours before or after trainings and games. If there is an issue please resolve this with the coach first. Once the issue has been discussed with the coach and remains unresolved, at this time we encourage you to bring it up to the Director of Coaching.

- 2.4. We kindly ask you to forbear at all times criticizing our athletes and bringing down their focus and performance. Our athletes are aware of their mistakes and part of our philosophy is to learn from them as a team and individually. Our coaches are educated and are responsible of teaching the athlete how to recover from these mistakes and how to outstrip each situation. Furthermore, Athletic Club Miami athletes are being trained in how to overcome situations such as dirty play, poor refereeing, weather, etc. We expect our parents, as well as our coaches to have the same mindset when it comes to situations that are out of our control.
- 2.5. Moreover, we expect you to attend our parents meetings (quarterly). These meetings are fundamental for our communication as a club since we want to ensure that parents understand our goals, current development, disputes, objectives, and expectations. On the other hand, we also want to hear your feedback, preoccupations, opinion, and suggestions. At each parent's meeting the coaches will share and give feedback on how the team and each individual of the club is performing. Coaches will also dwell more regarding future trainings, goals and what is needed on your end.
- 2.6. Athletic Club Miami listens to every suggestion and comment with great respect and disposition. We are aware that once you join our program you are investing and making some sacrifices in order to be part of our club. Notwithstanding, we would like to remind you that the final decisions regarding what is best for the team interests relies on the Coaches, Directors, and Club Manager. Also, please be advised that once your kid(s) enrolls our program he/she is not only part of a team, but of a club; therefore, some decisions are going to be taken as a club. Every member and its parent(s) has to be committed to the club's mission, motto, and goals and we kindly ask you to contribute to the success and implementation of it. Parents that fail to comply with the club's conditions can be suspended or expelled from our practices and/or club.
- 2.7. Lastly, due to expenses towards registrations, league/tournament registrations, equipment, schedules, staff, field rental and more. We have a NO REFUND POLICY. We kindly ask you to understand everything before committing and joining our program. Athletic Club Miami will not release any player after they have joined our program. If a player would like to be released, Their balance must be paid in full. Players have to notify the club three weeks before the last day of their practice in writing, to allow us reschedule our groups and

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stop the installment payment. **Regarding travel team players, an additional release fee of \$150.00 will be added to the remaining balance.**

Payment Policy

1. All fees must be paid in advance, Registration and Membership paid at least two days before the athlete starts his/her practices. Players are not allowed to enter the practice or game field without completed and administered Annual Registration and Membership payments.
2. Payments are debit/credit card, cash, personal check. Check payable for Athletic Club Miami, Inc. or AC Miami.
3. Recreational Program: Season cancellation is available with **\$150 Cancellation Fee, NO REFUNDS for Annual Registration fee.**
4. Travel Program: Due to expenses towards **administration, USSF registration, TeamSnap membership, league registrations, tournament registrations, equipment, coaches transportation and hotel expenses, schedules, staff (team manager, head coach, asst. coach, goalkeeper coach), field rental, field maintenance and more. We have a NO REFUND POLICY.** We kindly ask you to understand everything before committing and joining our program. Athletic Club Miami will not release any player after they have joined our program. If a player would like to be released, their balance must be paid in full. Regarding travel team players, an additional **release fee of \$150.00** will be added to the remaining balance.
5. No Refunds for extracurricular Registration fees such as additional tournament, league, club events, camp, etc.

FYSA CODE OF ETHICS - Players

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at all time.
- I will remember that soccer is an opportunity to learn and have fun.
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol; and expect everyone to refrain from their use at all soccer games.
- I will do the best I can each day, remembering that all players have talents and weaknesses the same as I do.
- I will treat my coaches, other players and coaches, game officials, other administrators, and fans with respect at all times; regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- I will concentrate on playing soccer. Always giving my best effort.

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- I will play by the rules at all times.
- I will at all times control my temper, resisting the temptation of retaliation.
- My conduct during competition towards play of the game and all officials shall be in accordance with appropriate behavior and in accordance with FIFA's "Laws of the Game," and in adherence to FYSA rules.
- While traveling, I shall conduct myself so as to bring credit to myself and my team. I shall not possess, consume or distribute before, during or after any game or at any other time at the field and/or game complex alcohol, tobacco, illegal drugs or unauthorized prescription drugs.
- I will never use abusive or insulting language. I will treat everyone with dignity.

FYSA CODE OF ETHICS – Parents/Spectators

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators at all times.
- I will place the emotional and physical well being of all players ahead of any personal desire to win.
- I will support the coaches, officials, and administrators working with my child, in order to encourage a positive and enjoyable experience for all.
- I will remember that the game is for the players, not for the adults.
- I will ask my child to treat other players, coaches, game officials, administrators, and fans with respect.
- I will always be positive.
- I will always allow the coach to be the only coach.
- I will not get into arguments with the opposing team's parents, players, or coaches.
- I will not come onto the field for any reason during the game.
- I will not criticize game officials.
- I shall not possess, consume or distribute before, during or after any game or at any other time at the field and/or game complex alcohol, tobacco, illegal drugs or unauthorized prescription drugs. • I will refrain from any activity or conduct that may be detrimental or reflect adversely upon FYSA, its members or its programs.

Failure to comply may result in the suspension of your privilege to participate in FYSA sanctioned events, for the following periods:

1st offense -- suspension for a minimum of thirty (30) days to a maximum of five (5) years.

2nd offense -- suspension for a minimum of one (1) year to a maximum of ten (10) years.

3rd offense -- suspension for a minimum of five (5) years to a maximum of fifty (50) years.

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NOTE: Any individual charged with a violation of this Code of Ethics shall be afforded due process as defined in FYSA's Rule Section 600 before the implementation of any suspension.

WAIVER AND RELEASE OF LIABILITY

(Please read carefully before signing.)

COVID-19 Waiver. Regarding participating in Athletic Club Miami related events, the undersigned acknowledges and agrees that:

There is inherent risk of injury and illness, including exposure to COVID-19, resulting from participation in these programs. Although the protocols implemented by the Club, rules, equipment and personal discipline may reduce these risks, the risks of serious injury and illness do exist; and

- For myself, spouse and child, I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my child's participation; and
- I willingly agree to comply with the Club's protocol, rules, stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from participation, notify Club personnel;

I the undersigned, on behalf of _____ (or name shown on online registration) (hereinafter "CHILD" and/or "PARTICIPANT") HEREBY WAIVE, RELEASE, INDEMNIFY, HOLD HARMLESS, AND FOREVER DISCHARGE Athletic Club Miami (hereinafter the "Club") and its officers, employees, and agents (hereinafter "Released Parties"), of and from any and all claims, losses, demands, contracts, expenses, causes of action, lawsuits, damages and liabilities, of every kind and nature, whether known or unknown, in law or equity, that I or CHILD ever had or may have, arising from or in any way related to CHILD'S participation in any of the events, activities or programs conducted by or for the benefit of the Club, whether on or off the premises, including but not limited to 1) training, 2) recovery-related activities, 3) administration of food/drinks, 4) recreational, athletic, and/or sporting activities, 5) camps, and 6) instructional classes or lessons (hereinafter "Activities"), provided that this waiver of liability does not apply to any acts of intentional, willful or wanton misconduct.

Further, I hereby grant full permission to Athletic Club Miami, Inc. to administer training and recovery regimens that he deems relevant to the Club's Soccer/Track & Field program. This may include the use of exercise and/or recovery equipment. I hereby waive and release, for CHILD, myself and for my heirs and assigns, any and all claims, causes of action, or liabilities which may hereafter accrue against the Club, Athletic Club Miami, Inc. and their affiliates, volunteers, successors and assigns, any and all sponsors, and their representatives and successors, that may arise as a result of such training, recovery regimens, equipment, and/or devices, including any and all claims for personal injuries.

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I understand that the Activities that CHILD may participate in are inherently dangerous and may cause serious or grievous injuries or death and/or damage to personal property. Risks may also stem from my own conduct or that of others or from equipment or conditions.

On behalf of myself, CHILD, the heirs, assigns, next of kin or family of myself or CHILD (hereinafter "Releasers"), CHILD and I waive all claims relating to damages, injuries or death sustained by me or CHILD or damages to or loss of personal property, which any of Releasers may have against any Released Parties in connection with CHILD'S Activities, even if such may be caused by or related to negligence of Released Parties or others.

CHILD has the necessary skills to participate safely in all facets of all Activities except as noted below. The nature of the Activities has been fully disclosed and I expressly waive any claims relating to any description of the Activities in any flyer, advertisement, or brochure. If at any time I believe conditions to be unsafe, I will immediately exercise my parental/guardianship rights and responsibilities and discontinue further participation by CHILD in the Activities.

By way of this waiver and release, I assume any risk on behalf of CHILD and take full responsibility and waive any and all claims of personal injury, death or damage to personal property caused by or associated with the Club's Activities or any of the Released Parties, including but not limited to CHILD'S presence at any Activities or use of any facilities and/or equipment.

This waiver and release contains the entire agreement between the parties, and supersedes any prior written or oral agreements between them concerning its subject matter. The provisions of this waiver and release may be waived, altered, or repealed, in whole or in part, only upon the prior written consent of all parties. If any provisions contained herein shall be found invalid or unenforceable in any respect, such invalidity or unenforceability shall not affect any other provisions herein.

The provisions of the waiver and release will continue in full force and effect even after the termination of the Activities whether by agreement, by operation of law, or otherwise. I agree that I shall be required to sign a new Wavier and Release of Liability each year (i.e. 365 calendar days) that my Child participates in Activities with the Club.

I UNDERSTAND AND CONFIRM THAT BY SIGNING THIS WAIVER AND RELEASE, CHILD AND I HAVE GIVEN UP CONSIDERABLE FUTURE LEGAL RIGHTS.

I have signed this waiver and release freely, voluntarily, under no duress or threat of duress, without inducement, promise or guarantee being communicated to me. My signature is proof of my intention to execute a complete and unconditional waiver and release of all liability to the full extent of the law.

I agree that CHILD will follow all rules and directions of the Club and its authorized employees or agents in any Activity. In case of an injury, emergency or accident, I hereby provide the Club and its authorized employees or agents with permission to administer basic First Aid and to contact 911 or other emergency personnel as needed. Should First Aid or medical services become necessary, any expense resulting therefore are the sole responsibility of the participant and not that of the Released Parties.

I hereby certify that I have adequate insurance to cover any injury or damage which CHILD or I may cause or suffer while participating in any Activities of the Club or alternatively I agree to bear the cost of such injury or damage myself.

Medical Conditions: CHILD is subject to the following allergies or medical conditions, and I authorize the Club and its authorized employees or agents to disclose these conditions to a physician or other medical professional in the event
CHILD should require emergency medical care: _____

I understand that an unaltered signed waiver and release is a strict condition of CHILD'S participation in any Activities whatsoever of the Club. As a convenience, a duly signed Waiver and Release may be maintained by the Club in lieu of requiring a new copy to be signed each time CHILD participates in any Activities of the Club and that such waiver and release is effective for and governs all CHILD'S participation in any Activities.

MEDICAL RELEASE FORM. I hereby give permission for any and all medical attention to be administered to my child in the event of accident, injury, sickness, etc., under the direction of the person(s) listed below, until such time as I may be contacted. I also assume the responsibility for the payment of any such treatment.

I do hereby state that I have, to the best of my knowledge and belief, given a correct and accurate report. I understand and agree that if my child has any medical condition that it is my responsibility to check with physician for any

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contraindications with any foods, supplements, or exercise in this program. By agreeing these terms, I accept full responsibility for his/her health and acknowledge an understanding that no responsibility is assumed by Athletic Club Miami or their agents.

MEDIA RELEASE FORM. Athletic Club Miami (hereinafter the "Club") and its authorized employees or agents may be taking photographs of participants in Activities. This documentation may be used in future Club sponsored brochures, posters, pamphlets, newspaper, photographs, Club advertisements and/or any other promotional materials. To ensure your privacy, we would like your permission to include you in these promotional materials.

I agree to give permission for photographs to be used in future promotional materials by the Club. I agree that any photographs, pictures, slides, movies, or videos may be taken in connection with my participation in the event or activity without any compensation from the Club or their agents and employees and I do hereby consent to the use of said photographs, pictures, slides, movies, or videos for any legal purpose.

I HEREBY CERTIFY THAT I HAVE LEGAL AUTHORITY TO ENTER INTO THIS WAIVER AND RELEASE ON BEHALF OF MYSELF AND CHILD. I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THIS ENTIRE DOCUMENT. I HAVE READ AND UNDERSTOOD IT, AND I AGREE TO BE BOUND BY ITS TERMS.

This document is valid if signed by online signature as well as papercopy.

Print name _____ Parent/Guardian Signature _____ Date _____

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