



## **INSTRUCTIONS FOR THE PROPER CONDUCT OF THE FALL/WINTER 2018-2019**

### **Parental presence in gyms:**

The space in most gyms is limited. Having parents inside gyms does not promote the healthy development of athletes because they cannot concentrate and practice freely. Any distraction, both for athletes and coaches, can cause injury. In addition, one of the mandates of the ASMV is to develop balanced athletes, autonomy is paramount.

We understand that not all sites have a waiting area for parents. However we ask you not to drop your child and leave, with younger players in particular. So we suggest you bring your portable chair (as seen during the summer season) to sit outside the gym at the school.

### **Arrival time:**

To maximize training time and minimize interruptions and distractions, athletes are responsible for arriving on time, this is, ready for practice. During the winter, especially with coats and boots, plan to arrive 10 to 15 minutes before the beginning of the practice.

**Communication with coaches:** We ask parents for respect respect, first of all, towards our coaches. We will not tolerate parents yelling or giving instructions to our coaches. In order to do their job, coaches need to focus on the athletes and not the parents.

Since the practices among the different groups have no breaks, it is best to direct any questions or comments to [administration@socerverdun.com](mailto:administration@socerverdun.com)

Thank you and we count on your collaboration.