



Valley Association Football Club

Roanoke, Virginia

Valley AFC Arsenal – 2010/11 Player Participation Form

Arsenal Player Information	
Team (ex Arsenal Green U12 Boys)	
Name	
Address	
City/State/Zip	
Phone Number	

ATHLETE CONTRACT

My main goal is to become the best player I can be. Only I am responsible for my own actions. I am fully committed to Valley AFC Arsenal and therefore will:

- **Conduct** myself in a manner to bring credit and prestige to myself, my team, and the program
- **Budget** my time to meet all the responsibilities of work, learning, and other personal areas.
- **Attend** every possible practice, match, and team function. If I am unable to attend, I will personally notify my coach.
- **Be ready** for practice (15 minutes early).
- **Pursue** mental and physical conditioning outside of practice.
- **Communicate**, both on and off the field, with my teammates and coaches for mutual understanding.
- **Discipline** my body, including adequate sleep, a healthy diet, and ABSTAIN from alcohol, tobacco and illegal drugs.
- **Recognize** the unique aspects of soccer, yet learn from my mistakes and never make excuses or lay blame.
- **Accept** all coaching comments and assignments only as ways in which the team and I might improve.
- **Ignore** the errors of my teammates, as I believe no one is trying to make a mistake.
- **Support** the full effort and good skills my teammates exhibit.
- **Perform** with full effort and intensity to the best of my ability in all training and competitions.
- **Concentrate**, never cause distractions, or worry about worrying.
- **Realize** that a team is made up of individuals and everyone cannot start. Accept my role on the team and do what it takes to be the best.

Player's Signature _____ Date _____



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Roanoke, Virginia

PARENT CONTRACT

I/We have given permission for my child to participate in all activities of Valley AFC including, but not limited to, participation in league, friendly and tournament games, club approved or conducted camps, and clinics. We have discussed the risks, commitments, and sacrifices involved and are committed to the success of the program. Valley AFC, its officers, directors and coaches shall be held harmless from any liability for injury or illness that the above named child may sustain as a participant in any club sponsored or approved activity. Permission is given to provide or administer emergency medical treatment to my child in the event he or she becomes injured or ill.

My child and I agree to abide by Valley AFC bylaws, policies and regulations relating to his or her participation in club sponsored or approved activities.

I give my permission to Valley AFC to use my child's picture or likeness, which may be taken at any sanctioned activity or event, for use in advertising, promotional materials, web-site displays, or publications.

Parent's Signature _____ Date _____

PROXY

I do hereby constitute and appoint Valley AFC president, attorney and agent for me, and in my name, place and stead, to vote as my proxy at any membership meetings (whether annual or special, including those jointly held with the Board of Directors, if any) of Valley Association Football Club, Inc. to be held between the date of this proxy and September 30, 2011 unless sooner revoked.

I hereby reserve the right to cancel this proxy at any time, but such revocation must be in writing only, signed by me, and filed with the Secretary of Valley Association Football Club.

Name (Print) _____

Parent's Signature _____ Date _____