



EsPa 2011

Policies and procedures



- If additional players are needed from other color groups for a specific game due to low attendance, the head coach decides which players can attend the game.
- Primary game shirt is the yellow shirt. Secondary game shirt is the green practice shirt. Bring both shirts to all game events.
- Players arrive at game events in sneakers or some other shoes than cleats (spiked football shoes). Players put on cleats (spiked football shoes) and shin guards on the field just before warmup.
- Only coaches advise players on the field. During games, parents cheer the team from the bench or viewing area. Cheers are encouraged after escalated action events have passed, never while the event is ongoing.
- It's forbidden to advise the player who has the ball or to cheer them. We must let the player decide their course of action on their own, in peace.
- Only coaches support / communicate with the referee.
- Parents cheer for the whole team (*go EsPa!*), not individual players by their name. Players get distracted by voices shouting around the field.

General

- The player should have a healthy meal before each game and practice. Foods that are very filling, high in fat or sugar must be avoided.
- Ideal meal time is 2,5 hours before the practice or game.
- Bring a healthy snack to game events; for example fruit, cereal bar or rye bread.
- We respect, encourage and help each team member and opponent.
- Encourage the player to be active at home, outside and at school in addition to training during football practices.
- Alcohol consumption is absolutely forbidden. You cannot bring the child or pick them up from team activities under the influence of alcohol.
- Smoking is forbidden near game and practice events. You cannot smoke in the presence of players.