



## **Rochdale AFC Academy**

### PLAYERS CODE OF CONDUCT 2018-19

#### Dress

**Matches:** Appropriate clothing to be worn for all matches, i.e. Club Tracksuit (NO JEANS TO BE WORN AT ANY TIME).

Equipment to include all boots, moulded, studded and trainers, if required. Shin pads must be worn (FA Directive). Plenty of fluids for rehydration. Also bring spare socks, shorts in case of emergency and a towel for a shower after the game.

**Training:** Training kit should include shirt, shorts, socks, tracksuit and shower jacket, plus appropriate footwear for the conditions. Shin pads to be worn. Plenty of fluids for rehydration.

REMEMBER-YOU ARE REPRESENTING A PROFESSIONAL FOOTBALL CLUB. OTHERS WILL BE LOOKING AT YOU AS A ROLE MODEL. BE SMART.

**LOOK GOOD – FEEL GOOD – PLAY GOOD!**

#### Punctuality & Preparation

**Matches:** This is very important as you need to be properly prepared both mentally and physically. Meeting times are 1 hour before Kick Off. Always be punctual.

Prepare and clean your boots and kit well before match/training.

Before a match, a breakfast of cereal, toast, fruit juice, etc, will suffice. Eat healthy foods, as this will improve your performance. For away matches a packed lunch may be required dependent on venue. Please refer to PMA for Diet and Nutrition.

**REMEMBER:**

**READ THE WEBSITE AND CHECK WITH YOUR COACH THAT YOU WILL BE IN THE RIGHT PLACE, AT THE RIGHT TIME.**

## **Behaviour**

Abusive and foul language will not be tolerated anywhere. Remember that you now represent Rochdale Football Club and eyes and ears are upon you. You must respect others and your behaviour will be monitored. Do not forget that you are being assessed both on and off the field. That is the case for training and to and from matches.

**Opponents** – play hard, but fair. Play to the rules and be honest! Foul play or retaliation will not be tolerated.

**Officials** – may make mistakes. However, they are always in charge. Accept decisions gracefully. Never argue or question a decision. It may cost you and the team.

**Coaches** – try to do as you are asked. When the coach speaks – no one else does.

**Social Media** – The Club and Academy has strict guidelines on Social Media. Players and Parents must not refer to the Club or Academy in any profiles, comments or images. Anybody found in breach of this may receive disciplinary action, not exceeding suspension or dismissal.

RESPECT AND TREAT OTHERS, AS YOU WOULD LIKE TO BE TREATED.

## **Injuries**

Report immediately any injuries you have to your coach. The slightest of injuries can turn into the longest to heal.

**Matches:** Please try to inform the coach before 6.30 pm on Saturday night.

**Training:** If you can, telephone your coach to explain your absence before the night of training.

Players should not play or train when injured as this could lead to serious long term damage. You have to be honest with your coach, but, more importantly, to yourself. We would rather have players miss one or two matches and recover properly, than be out for the season.

In the case of an emergency, coaches will refer the diagnosis and treatment of injuries to the proper medical authorities.

REMEMBER HAVE PRIDE IN YOUR CLUB.

HAVE PRIDE IN YOURSELF.



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*(Please complete this form and return asap. Keep the above pages for reference.)*

PLAYERS NAME.....

PLAYERS SIGNATURE.....

PARENT/CARERS SIGNATURE.....

AGE GROUP.....

DATE.....

JULY 18