



PLAYER'S CODE OF CONDUCT/ETHICS

The Des Moines Menace is a highly respected club. Players will be expected to maintain this respect by following codes of conduct. The Des Moines Menace Soccer Club expects all players, coaches, staff, managers and parents to conduct themselves in an appropriate manner at all times, including treating other with respect, having respect for others property and following all rules associated with the club and our home and guest facilities.

PLAYERS AGREE TO:

- Arrive and be ready at least 15 minutes before training if possible.
Coaches do understand there are exceptions to this.
- Wear the correct Academy gear at every training/game. Playing boots/footwear should be clean and polished before the start of training or games.
- Dress according to the dress code for ALL games (Home & Away) set by Director of Soccer, Laurie Calloway or their Menace coach. There will also be a traveling dress code and curfew. Disciplinary actions will be taken if player chooses not to dress as a team/club.
- Arrive and leave in Menace gear after training/games or tournaments.
- Bring both sets/colors to games/tournaments.
- NOT use foul language during training/games/tournaments or in any situation where players are representing the Menace.
- Tuck in their shirts, have socks pulled up and shin pads worn at all times. Caps OFF. NO jewelry (including earrings).
- Cell phones OFF during training and games!!
- Players should bring:
 - BEFORE TRAINING/GAME – water/sport drink (carb-loaded health bar)
 - AFTER TRAINING/GAME – water/sport drink (protein-loaded health bar)
- Shake hands with the coaches/referees before and after every training/game.
- Have constant eye contact with coaches during any team talk.
- Shake hands making eye contact with new players and welcoming them into the team.
- Call their coaches if they cannot make training. The player must do this at least 1 hour prior to training NO LATER.
- Respect each other.
- Report any personal issues, concerns and injuries to their coach straight away. The coach needs to know what is wrong with his/her players.
- Players who are guest players for other teams HAVE TO get approval from their coach who needs to then inform, Director of Soccer, Laurie Calloway.