



VACAVILLE LADY KNIGHTS

U-10 Girls Soccer Team
Vacaville, CA
www.vacavilleladyknights.com



Ricardo M. Serrano, Head Coach
Ken Loban, Assistant Coach

Lorrie Rose, Team Manager
Kim Wilson, Assistant Coach

TEAM RULES AND RESPONSIBILITIES

1. Practices will be held on **Tuesdays and Thursdays from 6:30 - 8:00 PM at Horse Creek Soccer Complex.**
2. Team members should arrive to practice 10 minutes early and bring or wear the following items:
 - Soccer ball
 - Shin guards and socks
 - Soccer cleats
 - Running shoes
 - Team practice jersey (tucked in shorts)
 - No jewelry or metal hair clips
 - Hair tied back
 - Water
3. Players should prepare for practice by drinking at least 2 cups of water one hour before.
4. The coach must be notified in advance if you can not attend a practice or a game.
5. Parents are to provide adequate transportation for players and arrive 10 minutes early for practice and at least 45 minutes early for games. All players must be picked up promptly when practice and games are over.
6. Players should be encouraged to stretch and practice skills at home.
7. Players and parents must exemplify good sportsmanship at practice and games.
8. Player equipment and uniforms should be kept clean and in good condition. Identification on clothing, balls, shoes, etc., is recommended. The replacement of lost item must be paid by the player's family.
9. There is 50% minimum playing time requirement for Metro players. However, minimum playing time will be modified if
 - Unexcused absence to practice in game week
 - Late arrival to game
 - Disruptive behavior at practice or game
10. All parents and players are encouraged to participate in all social functions provided by or for the team.
11. Parent meeting should be attended by at least one parent of each player.
12. Parents assigned to volunteer positions for the team must perform duties as outlined or give up their position to another willing parent.
13. Families are required to help in fund raising activities to pay for registration, uniforms, etc.
14. Parents and players are required to participate in all mandatory Vacaville United Soccer Club events and work days
15. Under no circumstances should alcoholic beverages be brought to game fields.