

# The VSC Game Day Protocol: Players



## Player Game Expectations

### 1 Pre-Game

- Arrive on time: **30–45 min early (Grassroots)** or **60–90 min early (U13+)**.
- Pack both home and away kits, plus training gear; wear the correct game kit or VSC tracksuit in cool weather. No other clothing allowed unless it is officially part of the VSC player kit.
- No slides or jewelry; wear running shoes.
- Bring a full water bottle, shin pads, and be properly fueled.
- Inform the coach in advance if late.
- Greet coaches and teammates, place your bag neatly as directed, and start arrival activities before the team talk.
- Stay focused during warm-up.

### 2 During the Game

- Stay alert and positive on the bench.
- Give maximum effort on the field.
- Respect teammates, coaches, opponents, referees, and the rules of the game.
- Be a supportive, positive teammate always.
- Zero tolerance for dissent.

### 3 Post-Game

- Thank referees and opponents; shake hands with players and coaches.
- Listen and stay attentive during the coaches debrief.
- Shake the coach's hand before leaving.
- Re-hydrate well.