

The VSC Training Session Protocol: Parents/Guardians



Please read over the following information regarding what is expected of you as the parent/guardian before, during and after the training session:

1 Before the Training Session:

- Help your child pack: proper attire, soccer shoes, water bottle.
- Ensure they eat and hydrate, so they have energy to participate.
- Notify coaches in advance if your child will be late or absent.
- Inform coaches of any health concerns (injury, headache, etc.).

2 On Arrival:

- Aim to arrive 15–30 minutes early; we understand this isn't always possible and appreciate your effort.
- Parents are welcome to watch but must stay in the spectator area—never in the technical or player/coach zones.
- For players 9 and under, ensure they're dressed, and shoes tied before training.
- Please avoid stepping onto the pitch or playing with your child before training.

3 During Training

- Players are under coach supervision—treat the field like a classroom.
- Please stay in the spectator area and avoid giving instructions or shouting.
- If an emergency occurs, staff will follow the action plan and call parents if needed.

4 After Training

- Players may stay to practice skills only if time and schedule allow.
- Session ends after equipment is collected and the cooldown/debrief is complete.
- Wait in the spectator area; staff will bring players to you—no crossing the field or calling out for your child.
- Respect other teams time by not cutting across fields.