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## PARENT CODE OF CONDUCT

The Cedar Stars Academy has been formed to instill the principles of good citizenship, good sportsmanship, and teamwork through the knowledge of and participation in the competitive sport of soccer. Our parents and spectators are to be treated with respect at all times. There shall be a **ZERO TOLERANCE** policy for misconduct or violent/dangerous actions by parents and spectators.

To ensure that these principles of good citizenship, sportsmanship, and mutual respect among players, parents, coaches, and referees, are being followed, Cedar Stars Academy has established this Code of Conduct. It is the obligation of all Cedar Stars parents to create and maintain an environment that promotes these principles.

We all must remember that our actions are a reflection of both Cedar Stars Academy and our community. Those who violate this Code of Conduct, could jeopardize their opportunity to participate in our programs.

### Parents and Spectators:

The Code of Conduct is to help parents understand their responsibility to support the players and coach and the behaviors that are expected of them. By registering your child to play with CSA, all parents and any spectators you bring, agree to this Code of Conduct, and will abide by it and acknowledge that participating or watching the CSA soccer programs is a privilege and not a right.

Every parent and spectator is expected to:

1. Show respect and courtesy to game officials, coaches, players, and spectators at all times. Encourage good sportsmanship by demonstrating positive support and respect for all players, coaches, and officials.
2. Respect the game officials and refrain from questioning their decisions or challenging their authority.
3. Know and respect the laws of the game.
4. Refrain from coaching from the sidelines. Spectators' instructions often run counter to coaches' instructions and undermine players' communication with the coach and each other.
5. Cheer for your child's team in a positive manner, and refrain from making negative or abusive remarks about any player, the opposing team, or other spectators. Avoid actions, language, and/or gestures that may be interpreted as hostile or humiliating.

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6. Treat players, parents, opponents, coaches, and officials with respect.
7. Pick up your child on-time from games and practices.
8. CSA coaching style is a long-term strategy to develop players to play in all positions.
9. Playing time and position depends on the game and coaches will treat players fair in this regard. Also, players do not get invited to all games.
10. All players should arrive 10 minutes prior to practice and 45 minutes prior to start of game time. Please reply to messages regarding practice and games immediately, if your child cannot attend.
11. All players once they arrive at training or games, shall meet with their coach and teammates, at an area away from all parents, to begin game or training preparations.
12. All questions regarding practice times, locations, game schedule, etc. should be answered by the office at 201-939-0651 or please email [memberevents@cedarstars.com](mailto:memberevents@cedarstars.com). This is to avoid any conflicts in information.
13. In the event your child is unable to attend a practice, please send an email to: [attendance@cedarstars.com](mailto:attendance@cedarstars.com) stating the reason. Also, include the practice date, the name of your child, and the team name.
14. All parents are required not to be involved with any other parents or players in any negative way prior, during or after any game or practice. If a parent or player experiences such behavior from other parents or players, CSA advises not to react and to let the management settle such disputes.
15. It is important for players to keep a balanced diet at all times. Athletes have fewer problems with cramping and fatigue if they eat a dense meal 3-5 hours before a game. A dense meal should consist of carbs and protein (pasta, meat, and vegetables). This meal should not include large amounts of sugar (candy or soda). If a player needs to eat directly before a game or practice, this meal should be very light. Before, during, and after the game or practice, players must stay properly hydrated, because vital fluid is lost through sweating. After practice or a game, it is advised that players eat a snack or meal that includes carbs (fruit, crackers, or energy bars). Parents please help maintain your child's nutritional habits so they can stay healthy and focused.
16. Parents are not permitted to give gifts to coaches for any reason. Coaches are asked to decline gracefully, stating it is against company policy.

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17. Parents are not permitted to have coolers at the field. If the field does not have stadium seating or bleachers, please stand or put your chair well behind all touch-lines/sidelines so not to interfere with referees, players, and coaches.
18. Parents must advise CSA Management of all of their child's non-CSA activities such as other sports practices and games, school activities, etc. Dual carding is not permitted at the club, inter-transfer between clubs locations in season is also not permitted.
19. Parents are kindly required to assist coaches with light help such as: help with the flags and game setup.
20. Parents are kindly required to assist with Hi-Pod to help with taping the teams' games. Training preferred when dealing with our video equipment.
21. Parents can celebrate a player's birthday during a scheduled practice. The parents must follow the facility's rules. It will not be considered a CSA event. The coordination will be between parents not through the office. If at the Capelli Sport Center it has to be pre-discussed with management. This is limited to non-turf areas with no distractions of others activities.
22. The player's head coach has the right after the evaluation and during the process of the season to move that player to a different team if needed. We want all CSA players to be on a team that is fit to that player's level and the academy's standard.
23. Cedar Stars Academy has policies in place for team traveling to events and games. When participating in tournaments, showcases and events, players may be required to travel, eat, and room together, separate from families. These policies are in place to promote team comradery and provide coaches and players every opportunity to train and focus on the development of the team and individuals. We ask all our parents to understand and respect this policy.
24. It is Cedar Stars Academy's policy not to discuss any information on a specific current or former player with any individual that is not a member of the Cedar Stars Academy Staff or that specific player's family. Any request by a non-Cedar Stars Academy Staff member will be met with a reminder of the above policy. This policy does include communication with Cedar Stars Academy coaches, whom will also not discussion the details of a specific current or former player.

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Parents have to refrain from coaching or refereeing from the sidelines. Shouting from the sidelines might give inappropriate advice at the wrong time. The coach should be the only guidance of your child; you need to stay away from the sidelines. We are not expecting you to openly question the coach's ability and capability. We will be very glad to address any concerns of yours through the appropriate channel and definitely not openly, on the fields, and in front of the players especially.

Any improper behavior at a game or a practice, may result in a parent/spectator being asked to leave the field by the referee or a club official, so the coach does not receive any yellow or red cards. Coaching is done by the coaches during the game. Giving instructions to your child during the game will add distractions to all.

Speaking to the coaches before, during or after the game or practice is forbidden. Our job is to coach and you have to trust that we do our best to maintain a positive environment for you and your kids.

All comments and concerns regarding Cedar Stars Academy should be directed to our corporate office. Please send all complaints or concerns by emailing: [comments@cedarstars.com](mailto:comments@cedarstars.com) calling the office at 201-939-0651, or via a written complaint provided to management.

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## PARENT CODE OF CONDUCT

### SOCIAL MEDIA

Tag and Follow Cedar Stars Academy and our sponsor, Capelli Sport, on any platform you are currently a member:

Twitter: Cedar Stars Academy (@CedarStarsFC)/ Capelli Sport (@CapelliSport)

Instagram: Cedar Stars Academy (@Cedarstarsacademy)/ Capelli Sport (@Capelli Sport)

Facebook: “Cedar Stars Academy”/ “Capelli Sport”

Should you attend a game, please submit photos to: [pics@cedarstars.com](mailto:pics@cedarstars.com) with division and team name in the subject.

Should you be traveling with the team to a showcase or tournament, please do not post the location of where you are staying, or any photos from inside the private hotel rooms.

Do not use profanity or racial slurs of any kind, whether they include Cedar Stars Academy or not.

Do not talk negatively about any individual player, coaches or parents on another team or about an opposing club in general.

Do not talk negatively about officials, event organizations or leagues.

Do not talk negatively about Cedar Stars Academy or any of its coaches, administrators, players, other parents or staff.

When commenting or sharing a post made by or about Cedar Stars Academy, please do not include the use of any profanity or racial slurs.

Be encouraged to post any positive Cedar Stars related pictures using hashtag #csaforevergreen and tagging Cedar Stars Academy

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### ENFORCEMENT

Any parent/guardian or spectator violating this Code of Conduct, may face disciplinary action up to and including a permanent ban from all CSA activities. All violations of this Code of Conduct shall be reported to the CSA Management.

Any violations of this Code of Conduct may result in immediate action up to and including immediate removal/suspension from ALL CSA activities by the CSA President until the CSA Disciplinary Committee can meet. All disciplinary cases will be handled via the disciplinary procedures established by CSA.

### ANTI-BULLYING

Cedar Stars Academy is committed to providing all players a healthy and safe environment. Cedar Stars Academy will ensure that procedures exist to allow complaints of bullying to be dealt with and resolved in a timely manner. Bullying is a very serious issue and Cedar Stars Academy is committed to the elimination of all forms of bullying.

Bullying is defined as: “Unwanted, aggressive behavior among children or adults that involve a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.” ( [HYPERLINK “http://www.stopybullying.gov”](http://www.stopybullying.gov) [www.stopybullying.gov](http://www.stopybullying.gov))

Types of Bullying:

1. Verbal bullying involves saying or writing mean or threatening things.
2. Social bullying, sometimes referred to as relational bullying, involves hurting someone’s reputation or relationships.
3. Physical bullying involves hurting a person’s body or possessions.

If a player is caught bullying another player, he/she will be immediately terminated from the Academy.

Parents Please Note: All players are required to try-out at the end of each Spring in order to be evaluated and accepted for the following season. Player must improve his/her skills and techniques, have perfect attendance, and show his/her best behavior in order to pass the try-out evaluation, and secure his/her place in the Academy for the next season.

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## PARENT CODE OF CONDUCT

### PHOTOS/VIDEOS

Cedar Stars Academy (“CSA”) and Capelli Sport (“CS”), have the absolute right and permission to use your child’s likeness in a photograph, video, broadcast, publish or copyright and use pictures/videos of your child (that are taken during CSA events such as practices, games, camps, celebrations...) in which he or she may be included in whole or in part, composite or retouched in character or form, without payment or any other consideration.

Please understand that these photographs and videos will become the property of CSA and CS and will not be returned. Also, the photographs and videos may be used without any consent or authorization.

Cedar Stars Academy and Capelli Sport will never publish any of the following information:

- last name in connection with any image (unless something with last name such as a newspaper article or YouTube video has already been published by others and CSA only shares it on one of its sites or other publications)
- address of player
- telephone number



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## PARENT CODE OF CONDUCT

### SIGNATURE

Parents shall signify their acceptance of this Code of Conduct by signing and returning a copy prior to participation their first CSA practice or game of a given season.

I the undersigned have read and agree to abide by this Code of Conduct and the enforcement procedure outlined and have explained this to my child.

Parents/Guardian Full Name (Print)

Signature

Date

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Player's Full Name (Print)

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