



Commitment To FCA Teams Philosophy

I understand and agree with the following standards of FCA Teams, as well as commit to accomplishing the following goals:

1. To provide quality sports instruction in the following areas:
 - Proper warm-up and warm-down procedures, including stretching, icing and rest
 - Proper fundamentals, including the development of instinct, reaction, mechanics and accuracy
 - Proper techniques for executing other parts of the game
2. To work out, train, practice and compete with the proper attitudes, approaching the sport with heart, desire, dedication, drive, motivation, intensity and enjoyment
3. To facilitate an environment conducive to hard work and maximum effort, in the context of fun, seeking to develop good habits and a solid work ethic
4. To provide a positive “team” experience, emphasizing the importance of FCA Core Values: Integrity, Serving, Teamwork and Excellence
5. To prepare players for higher levels of future sports programs
6. To prepare the players and coaches for life by:
 - Emphasizing character and leadership development
 - Using game experiences to teach life principles
 - Teaching athletes how to be positive role models
 - Helping the athletes along their journey to adulthood
7. To facilitate an environment where families learn and grow with the athletes
8. To provide opportunities for the athletes and coaches to reach out to the community

In order for our team to fulfill the goals stated above, I hereby commit myself to

1. Maintain a teachable spirit and flexible attitude...be a listener and learner
2. Willingly submit to the leadership entrusted with the responsibility of managing, coaching, instructing, and developing this team by following the policies and goals stated in the Team Code of Character and Conduct
3. Pay the entire amount of my dues on time
4. Make my life available for growth through whatever demands and opportunities this team may bring

I am committed to growing in my sports abilities, personal character and skills for life

Signature

Date