

## **FQPL Elite Level Player Expectations**



### ***General:***

Playing Elite level football is a commitment by the entire family and is a commitment that affects every aspect of school and home life. Elite level football is not "community/social football" and the work rate at training combined with the time pressure to manage school/work/football is vastly greater than community football. If the commitment to elite level football seems too great, our advice would be to join one of our many community-based teams in the Divisional competition. Before accepting any position in an elite level football team, the players and parents must be 100% confident and 100% committed to the additional work load that will commence in early January and finish in late September.

Given the limited places on the team and the desire of many players to be included on the team, any failure to comply with Elite level football expectations will result in sanctions by the club, ranging from reduced game time, through to loss of a player's position on the team, and this decision will be totally at the coach's discretion.

Players are expected to attend monthly Club nights when requested by the club.

Players represent their club and their family, and are expected to project a respectful, exemplary standard of behaviour both at football and in the general public arena.

### ***Training (including pre-season).***

The expectation is that players will train 2-3 nights per week for 90 minutes per session, subject to coaches' requirements and availability. Coaches MAY reduce sessions during school football semesters to alleviate player workloads. Most training sessions will be between 5pm and 8pm time-slots subject to field availability

Players are expected to arrive 10 minutes prior to commencement and be ready to train.

Players are expected at every training session starting from the pre-season in December and throughout the entire season which ends in September.

Players are expected to manage their time adequately to ensure that, school, friends, work, and homework commitments do not impact football training.

Players are expected to notify coaches well in advance of any planned absences to training sessions or games, (holidays/weddings/functions etc).

Players are expected to be committed to training to the best of their ability and with intensity at all times.

Players are expected to be committed to maintaining general health and fitness to maintain peak performance.

Players are expected to be committed to the team and to ensure team harmony is maintained through their actions and behaviour.