## Coaching Philosophy of Elite Feet Academy

Welcome! At Elite Feet Academy, our coaching philosophy is deeply rooted in a player-centered approach. We believe that our role as coaches extends beyond developing football skills; it encompasses training well-rounded students who excel both on and off the field. Our mission is to create elite athletes who are not only technically and tactically proficient but also resilient, confident, and respectful individuals.

#### Holistic Development

We are committed to the holistic development of our players. We aim to instill values such as discipline, teamwork, integrity, and perseverance. These values are crucial for success in football and for personal growth and development. By focusing on the player, we strive to aid them in becoming outstanding athletes and exemplary members of society.

#### Pushing Limits

We believe in challenging our players to push their limits and discover their true potential. Through rigorous training, personalized feedback, and continuous support, we encourage them to step out of their comfort zones and tackle new challenges. This approach not only enhances their football skills but also builds mental toughness, confidence, and tenacity.

#### Encouraging Excellence

Our goal is to create elite athletes. To achieve this, we emphasize the importance of dedication, hard work, and a growth mindset. We provide a structured yet flexible training environment where players can set high standards for themselves and work diligently to meet and exceed those standards. We celebrate progress and achievements, no matter how small, and use them as motivation for further improvement.

#### Respect and Integrity

Respect for themselves, teammates, opponents, and officials are a cornerstone of our philosophy. We teach our players to conduct themselves with integrity on and off the field. This includes showing good sportsmanship, adhering to rules, and treating everyone well. By fostering a respectful environment, we create a positive and supportive community where everyone can thrive.

#### Individualized Attention

Each player is unique, with their strengths, weaknesses, and aspirations. We provide individualized attention to cater to these differences. Our coaching methods are tailored to meet the specific needs of each player, ensuring they receive the guidance and support necessary for their personal and athletic development.

#### Lifelong Love for the Game

While our primary focus is on developing elite athletes, we also aim to cultivate a lifelong love for soccer. We strive to make our training sessions enjoyable and engaging, fostering a passion for the game that lasts beyond their time with us. We believe that a genuine love for soccer is the foundation for sustained effort and continuous improvement.

#### Community and Team Spirit

Soccer is a team sport, and we emphasize the importance of community and team spirit. We encourage our players to support each other, work collaboratively, and build strong team dynamics. Through team-building activities and collaborative exercises, we foster a sense of belonging and camaraderie that enhances their overall experience and performance.

#### Continuous Learning

We are committed to continuous learning and improvement, both for our players and ourselves as coaches. We stay updated with the latest coaching techniques, sports science, and player development strategies to provide the best possible training. We encourage our players to adopt a similar approach, always seeking to learn, grow, and evolve.

In summary, our coaching philosophy at Elite Feet Academy is to create an environment where players can grow as athletes and individuals. We are dedicated to pushing their limits, nurturing their talents, and guiding them toward excellence. By focusing on holistic development, respect, and a passion for the game, we aim to produce not only elite athletes but also exemplary human beings who carry the values they learn with them throughout their lives.

## Code of Conduct

#### For Coaches and Players

* **Respect**: All coaches and players are expected to show respect towards each other, referees, opponents, and spectators always. Disrespectful behavior will not be tolerated.
* **Positive Reinforcement**: Coaches should use positive reinforcement to encourage players and refrain from using negative criticism or foul language.
* **Constructive Feedback**: Feedback should be constructive, focusing on the development and improvement of players' skills and sportsmanship.

#### For Spectators and Parents

* **Respect**: Parents and spectators must treat coaches, referees, and players with respect. Abusive language or behavior will not be tolerated.
* **Support**: Parents should support their child's participation in soccer activities without imposing undue pressure.
* **Role as Spectators**: Parents are encouraged to cheer positively and avoid coaching from the sidelines. Coaching is reserved for the appointed coaches to maintain consistency in training.

## Right to End Sessions

* **Coaches' Discretion**: Coaches have the right to end a session early if they believe it is in the best interest of the players' safety or well-being, including situations of severe weather, unsafe conditions, or behavioral issues.
* **Parental Requests**: Parents may request to end a session for their child if they feel it is necessary, though the session fee will not be refunded if it is within the 24-hour notice period.

## Weather Policy

* **Thunder and Lightning**: All activities will be suspended immediately upon hearing thunder. Activities will not resume until 30 minutes after the last sound of thunder.
* **Extreme Heat**: Practices and games will be modified or rescheduled if temperatures exceed 90°F, considering humidity levels. Increased water breaks and close monitoring for heat-related illnesses will be implemented.
* **Poor Air Quality**: Sessions will be canceled or rescheduled if the air quality index is deemed unsafe. Coaches will communicate cancellations promptly to ensure player safety.

## Tardiness Policy

* **Arrival Time**: Players should arrive at least 10 minutes before the session starts to ensure a timely start.
* **Late Arrival**: Players who are more than 15 minutes late without prior notification may not be allowed to participate. Consistent tardiness will be addressed with the player and their parents to find a suitable solution.

## No Show Policy

* **Non-Refundable**: If a player does not show up for a scheduled session without prior notice, the session fee will not be refunded, and no credit will be given for future sessions.
* **Advance Notice**: Players should notify the coach at least 24 hours in advance if they cannot attend a session. Exceptions may be made for emergencies at the head coach's discretion.

## Payment Policy

* **Payment Schedule**: Payments for sessions are due at the time of booking. Payment plans may be arranged for long-term coaching packages at the discretion of the Head Coach.
* **Accepted Forms of Payment**: Payments can be made via credit card, debit card, or electronic transfer. Cash payments are accepted.

## Cancellation Policy

* **Coach Cancellations**: If a coach needs to cancel a session, they will provide at least 24 hours’ notice, and the session will be rescheduled at a mutually convenient time.
* **Player Cancellations**: Players must provide at least 24 hours’ notice to cancel a session without penalty. Cancellations within 24 hours will be charged the full session fee.

## Safety and Emergency Procedures

* **First Aid**: Coaches are certified in CPR and basic first aid. In the event of an injury, appropriate first aid will be administered, and emergency services will be contacted if necessary.
* **Emergency Contact**: Parents must provide an emergency contact number that coaches can call in the event of an emergency.

## Equipment and Attire

* **Player Equipment**: Players are required to bring their own soccer ball, water bottle, and appropriate footwear (soccer cleats or turf shoes) to each session.
* **Attire**: Players should wear comfortable athletic clothing appropriate for soccer training. Shin guards are recommended.

## Communication Policy

* **Coach-Parent Communication**: Coaches will provide regular updates on the player's progress and any areas needing improvement. Communication can be via email, phone, or in-person meetings.
* **Feedback**: Parents and players are encouraged to provide feedback on the coaching sessions to help us improve our services.

## Privacy Policy

* **Confidentiality**: All personal information provided by players and parents will be kept confidential and used solely for the purposes of providing coaching services.
* **Photography and Media**: Photos and videos of players may be used for promotional purposes with prior consent from parents.

## Complaints and Appeals

* **Procedure**: Any complaints or concerns should be directed to the head coach or program director. An appeals procedure is available if the initial complaint resolution is unsatisfactory.

## Code of Ethics

* **Fair Play**: We believe in promoting fair play and a positive, fun environment for player development.
* **Team Spirit**: Building a strong, supportive team spirit is a core value of our coaching philosophy.

## Pricing structure:

**Private:**

* 1 class = $45 for 90 minutes.
  + Fitness assessment.
  + Customized feedback.
  + Basic football training.
* 5 classes = $210 for 90 minutes per session.
  + Fitness assessment.
  + Customized feedback.
  + Structured training plan.
  + Elite Feet Academy tee.
  + Intermediate football and strength training.
* 10 classes = $350 for 90 minutes per session.
  + Fitness assessment.
  + Customized feedback.
  + Structured training plan.
  + Elite Feet Academy tee and water bottle.
  + Advanced football, strength, and conditioning training.

## Group:

* Tuesdays (5:30pm – 7:00pm and Saturdays (10:00am – 11:30am).
  + At least 3 need to be signed up for the session.
* 1 class = $25 for 90 minutes.
  + 20% discount for each additional child.
* 5 classes = $105 for 90 minutes per session.
  + 20% discount for multiple children.
* 10 classes = $175 for 90 minutes per session.

# Liability Waiver

## Participant Information

Participant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Name and Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Waiver and Release of Liability

I, the undersigned, hereby acknowledge and agree to the following terms and conditions for participating in private soccer coaching sessions provided by Elite Feet Academy:

1**. Assumption of Risk:**   
I understand and acknowledge that participating in soccer training involves inherent risks and dangers, including but not limited to physical injury, and I voluntarily assume all risks associated with such participation.

2. **Medical Clearance:**   
I certify that I am (or my child is) in good health and physically able to participate in soccer training sessions. I have consulted with a physician regarding any medical conditions that may affect my (or my child's) participation in these activities.

**3. Release of Liability:**I hereby release, waive, and discharge Elite Feet Academy, its coaches, employees, agents, and representatives from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by me (or my child) while participating in soccer training sessions or any activities related to these sessions.

**4. Indemnification:**   
I agree to indemnify and hold harmless Elite Feet Academy, its coaches, employees, agents, and representatives from any and all claims, demands, actions, or causes of action, including legal fees and costs, arising out of or related to my (or my child's) participation in soccer training sessions.

**5. Emergency Medical Treatment:**In the event of an emergency, I authorize Elite Feet Academy and its coaches to seek medical treatment for me (or my child) and agree to be responsible for any costs associated with such treatment.

**6. Good Samaritan Law and Emergency First Aid:**I acknowledge and understand that Elite Feet Academy, its coaches, employees, and representatives, including those certified by the National CPR Foundation, may administer CPR, use an Automated External Defibrillator (AED), and provide basic first aid to stabilize a minor until EMTs arrive or medical attention is received. I agree to release, indemnify, and hold harmless Elite Feet Academy, its coaches, employees, agents, and representatives from all liability arising out of or related to the administration of such emergency medical care under the Good Samaritan Law.

**7. Photo and Video Release:**   
I grant Elite Feet Academy permission to use photographs and/or video recordings of me (or my child) taken during soccer training sessions for promotional and marketing purposes.

**8. Governing Law:**This waiver and release of liability shall be governed by and construed in accordance with the laws of [Your State/Country].

## Acknowledgment of Understanding

I have read this waiver and release of liability, fully understand its terms, and understand that I am giving up substantial rights by signing it. I sign this waiver and release of liability freely and voluntarily, without any inducement or assurance of any nature.

Participant’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Parent/Guardian’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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