



WEST SOUND SOCCER ACADEMY CODE OF CONDUCT

For Parents, Players & Coaches

Last updated Aug 11, 2025

Parent Code of Conduct

West Sound Soccer Academy's mission is to cultivate a competitive soccer program that empowers, educates and supports girls who play soccer and women who coach, while fostering a culture of growth and success. We will work to develop players, coaches, and teams that embody our core values of grit, integrity, and commitment. As West Sound Soccer Academy parents, you agree to help support our mission by modeling our core values and encouraging those values in your players.

WSSA parents are expected to:

- Create a positive, safe, and inclusive environment for ALL players by supporting players on WSSA and opposing teams through positive cheering and encouragement.
- Prioritize the physical and emotional health and well-being of ALL players and refrain from directing negative or critical comments towards players from either team.
- Encourage a growth mindset in your player by recognizing and praising attitude and effort over outcome, and refraining from incentivizing or bribing players to score goals or win games. A *growth mindset* in sports is the belief that athletic abilities, skills, and performance can be developed through effort, practice, learning, and perseverance—rather than being fixed traits you are born with. This concept, originally developed by psychologist Carol Dweck, plays a big role in how athletes respond to challenges, setbacks, and feedback.
- Support WSSA coaches by giving them space to coach from their sideline. We ask that you engage in "No Directions Cheering" from your sideline. If you are unable to cheer in a supportive, positive manner, remain silent or remove yourself from the field.
 - Examples of supportive No Directions Cheering (Please do!):
 - Good hustle!
 - Well done!
 - Way to get there/be there!
 - Great decision!
 - Examples of Giving Directions (Please don't do!):
 - Down the line!
 - Get back!
 - You're offsides!
 - Shoot it!

- Model dignity, integrity, and self-control. Refrain from commenting in any way on a referee's call. If you disagree with their call, you will remember their humanity and remain silent. If you cannot remain silent, remove yourself from the field until you have regained self-control.
- *Prohibited Behaviors:
 - Confronting or shouting at referees, coaches, opposing parents, or players (from either team) before, during or after games.
 - Entering the field of play for *any* reason (including injury) before the referee has given explicit permission.
 - Engaging in unsportsmanlike behavior on the sidelines (e.g., taunting, cheating, name-calling, discriminatory language, etc.).
 - Using drugs, alcohol, or tobacco at youth sporting events.
 - Making disrespectful or abusive online posts about players, teams, referees, or the WSSA organization.

*Sideline conduct expectations apply to any spectators who are attending and supporting WSSA teams.

- Parent/Coach Communication:
 - Encourage your player to advocate for themselves by contacting their coach via TeamSnap or email (a parent should be included in any electronic messaging between players and coaches) or by asking to speak with them before or after practice. We encourage coaches to be accessible to players and encourage them to communicate openly.
 - There will be times when you find it necessary to contact your player's coach with concerns. If you feel the need to contact your player's coach following a game, please wait at least 24 hours. It's best to send an email requesting a time to meet in person to discuss your concerns.
 - Our coaches are certified through US Soccer and/or United Soccer Coaches and are trained around WSSA's Player Development Frameworks. Decisions around tactics, team strategy, and other coaching decisions fall under the coaches' discretion. If you have questions or concerns about coaching decisions, please direct them to the Director of Coaching at katie@westsoundsoccer.org. If the Director of Coaching is your child's coach, please direct those concerns to WSSA's Board President at president@westsoundsoccer.org.

Player Code of Conduct

West Sound Soccer Academy's mission is to cultivate a competitive soccer program that empowers, educates and supports girls who play soccer and women who coach, while fostering a culture of growth and success. We will work to develop players, coaches, and teams that embody our core values of grit, integrity, and commitment. As West Sound Soccer Academy players, you agree to help support our mission by modeling our core values and encouraging your teammates to do so as well. WSSA players are expected to demonstrate the following values:

Integrity

- Learn and abide by the FIFA laws of the game. Take the time to learn the rules of soccer so that you can enjoy the game more fully and develop your soccer IQ. Commit to playing the game with integrity and to abiding by the rules. A win without integrity is not a win.
- Show respect for yourself, your teammates, and your opponents in all you do. Do not engage in unsportsmanlike behavior in practices or games. Utilize strategies (breathwork, mindfulness, positive self-talk) to regulate your feelings so that they do not turn into unsportsmanlike actions on the field.

Grit

- Approach each practice and game with a growth mindset. A *growth mindset* in sports is the belief that athletic abilities, skills, and performance can be developed through effort, practice, learning, and perseverance—rather than being fixed traits you are born with. Focus on your effort and growth over the outcome of a game and on setting and achieving measurable goals for yourself.
- Be proud of how you show up for yourself and your teammates, and aim to feel proud of the effort you put in on the field. You can't control the outcome, but you can control the effort you put into practice and games.

Commitment

- Be prepared for practices and games. Commit to gathering your cleats, shin guards, water bottle, and uniform the night before so that you are prepared. Take ownership of this task— it is not your parents' job to keep track of your gear.
- Commit to regular attendance at practices and games, and communicate (via TeamSnap) if you are going to be absent. Arrive on time (5 minutes early!) to practice so your team can utilize your training time effectively. Consult TeamSnap for game arrival times and plan accordingly.
- Your mental, emotional, and physical health are of the utmost importance. Care for yourself and your body by fueling with adequate nutrition and getting enough sleep and rest. Commit to practicing and modeling healthy habits. WSSA does not support players playing through injury. Notify your coach of any injury immediately. If you are concerned about your health or the health of any of your teammates, please notify a coach or other trusted adult.

West Sound Soccer Academy Coach Code of Conduct

West Sound Soccer Academy's mission is to cultivate a competitive soccer program that empowers, educates and supports girls who play soccer and women who coach, while fostering a culture of growth and success. We will work to develop players, coaches, and teams that embody our core values of grit, integrity, and commitment. As a West Sound Soccer Academy coach, you agree to help support our mission by modeling our core values and encouraging your players to do so as well.

WSSA coaches are expected to:

- Create a positive, safe, fun, and inclusive environment for ALL players during practices and games
- Prioritize the physical and emotional health and well-being of ALL players. Refrain from directing negative or critical comments towards referees, coaches, and/or players from either team. Understand and follow safety rules, including for concussions.
- Encourage a growth-mindset in players by recognizing and praising attitude and effort over outcome. Set manageable and measurable goals with individual players and your team and develop training and game-day plans that work towards those goals.
- Abide by the FIFA laws of the game. Encourage players to learn the rules of soccer so that they can enjoy the game more fully and develop their soccer IQs. Commit to coaching the game with integrity and to abiding by the rules. A win without integrity is not a win.
- Act in a professional manner and model WSSA's core values at all times -- in communication, appearance, and interactions with others.
- Understand and follow all rules and policies established by WSSA, WPL, Safesport, and the WSSA employee agreement.