

FPCA Football Club – Player Commitment Policy

Welcome to FPCA Football Club!

When you sign for FPCA, you become part of a team—a team that works hard, supports each other,

and takes pride in being respectful on and off the pitch.

This isn't just about football. It's about being the best version of yourself—for your teammates, your coaches, and most importantly, By signing for FPCA Football Club, you agree to commit to the following:

1. Be Respectful

- Respect your coaches, your teammates, match officials, the opposition, and supporters—always.
- Use positive language and never put others down.
- Follow the club rules that your parent/guardian has agreed to.

2. Turn Up Ready

- Arrive early to training and matches with the correct kit, boots, and equipment.
- Be fuelled and hydrated—look after your body and mind.
- Make sure your coach knows if something's wrong—late night, tiredness, injury, or something on your mind.

3. Give Your Best

- Every session and every match is your chance to learn and grow.
- Even on tough days, give your best effort—it helps you, and it helps your team.
- If you're not feeling 100%, talk to your coach—we'll support you.

4. Take Responsibility

- You're in control of how you prepare and how you play.
- Coaches will notice when something's not quite right—it's okay to talk.
- Team selections are based on training effort and performance, so it's important we understand what's going on.

5. Be a Team Player

- You're part of a squad. Your actions affect others—on and off the pitch.
- Support your teammates. Cheer for each other. Help make this club something special.

At FPCA, we believe in you—not just as a footballer, but as a young person growing with confidence, pride, and purpose.

By signing on, you're committing to being the best you can be, every step of the way.