



**Thompson Okanagan
Football Club**



Unit 155 - 138 - 1876 Cooper Road, Kelowna, BC V1Y 9N6

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Player Commitment Form

I _____ agree to the following commitments for the 2011-2012 season.

- Attend all scheduled practices and games.
- Contact the coach at least 24 hours prior if I am unable to attend games and or practices.
- Arrive a minimum 1 hour before scheduled games.
- Arrive 15 minutes before scheduled practices and be ready to start on time.
- Provide all relevant footwear and clothing for games/practices.
- Agree that playing time is a privilege to be earned, and that there is no guarantee of playing time.
- Treat others as I would like to be treated.
- Follow all rules and curfews on away trips.
- Refrain from any actions that might offend fellow team mates, opponents, officials and coaches.
- Play by the rules and in the spirit of the game.
- Take responsibility and be accountable for my actions.
- Due to HPL requirements, I will abide by TOFC's rule to follow singular football programming only.
- Understand that if I break these commitments, there will be consequences.
- Put team before self EVERY time.

Signed _____

Date _____

Failure to adhere to these commitments may result in expulsion from the program at the discretion of the coaching staff in conjunction with the management committee.