Parent/Player Handbook
U11-U18 Competitive Program
2026-27 Season

Welcome to Capital FC

We are pleased that you have decided to participate in what we hope will be an enjoyable and rewarding soccer experience for you and your child.

Over the years we have enjoyed many successes with our involvement in youth soccer. We have learned one key ingredient of success is clear, consistent communication between the Club and its Teams, Coaches, Players and Parents.

This player/parent handbook has been put together in an attempt to answer some of the recurring questions about the Club, its philosophy, and the Club policies in a number of different areas.

The sport of soccer is growing dramatically in this country and every season brings new ideas at all levels. Therefore our philosophies and policies are also continuing to evolve in ways that will better serve the needs of each player and the Club as a whole. To some extent, and in order to fit peculiar circumstances, the policies of a particular team may vary somewhat from those set out in this handbook. Look first and foremost to your Head Coach for direction.

As you have committed to become a member of Capital FC, please take the time to read the following pages carefully.

If at any time you have any questions regarding this material, or something arises not covered in this material, please feel free to contact your Head Coach or the Club.

**The Capital FC name and logo belong to Capital FC and may be used only as expressed herein or with the expressed written approval by the Capital FC Board of Directors.*

Table of Contents

Section 1: Welcome to Capital FC's Competitive Program 6
- Mission, Vision, and Purpose of the CFC Competitive Program
- League and Staffing Structure

Section 2: Club Philosophy and Player Development Model 10
- Development Philosophy and Teaching Methodology
- CFC Style of Play
- Training Methodology

Section 3: Player and Parent Expectations 12
- Commitment Level
- Player, Parent, and Coach Expectations

Section 4: Code of Conduct 14
- Sideline Behavior
- Sportsmanship Standards
- Social Media Expectations
- Accountability

Section 5: Communication Structure and Procedure for Handling Problems 16
- Communication Pathway (Player → Coach → Director)
- Response Time Expectations
- Conflict Resolution Process
- Player Release

Section 6: Rosters, Team Structure, and Player Movement 20
- Roster Structure
- Playing Time
- Guest Playing and Roster Movement
- Player Evaluations

Section 7: Training Expectations 23
- Attendance Standards
- Outside Activities
- Training Gear Requirements

Section 8: Game Day Standards 25
Arrival Times
Uniform Policy
Sideline Procedures

Section 9: Tournaments 26
Purpose of Tournaments and Showcases
Tournament Registration and Costs

Section 10: Financial Commitment 28
Fee Structure Overview
Payment Policies

Section 12: Scholarships, Fundraising, and Fee Assistance 30
Scholarship Program
Fee Assistance Programs
Fundraising for Travel and Team Accounts

Section 12: Parent Role in the Competitive Program 32
Supporting Player Growth
Long Term Development Mindset

Appendices
A: General Annual Calendar 34
B: CFC Pathway Roadmap 35
C: OYSA League Rules and Resources 36

Introduction

We are pleased that you have decided to participate in what we hope will be an enjoyable and rewarding soccer experience for you and your child.

Over the years we have enjoyed many successes with our involvement in youth soccer. We have learned one key ingredient of success is clear, consistent communication between the Club and its Teams, Coaches, Players and Parents.

As you have committed to become a member of Capital FC's program, please take the time to read the following pages carefully. The table of contents may allow you to dive deeper into specific issues that you have questions about.

If at any time you have any questions regarding this material, or something arises not covered in this handbook, please feel free to contact your Head Coach, Director, or the Club.

**The Capital FC name and logo belong to Capital FC and may be used only as expressed herein or with the expressed written approval by the Capital FC Board of Directors.*

SECTION 1
Welcome to Capital FC's Competitive Program

Welcome to Capital Futbol Club's Competitive Program. We are committed to developing players on and off the soccer field within a positive, challenging, and growth-centered environment.

Club Mission

Our mission at Capital Futbol Club is to develop both excellent soccer players and responsible citizens, using soccer as a vehicle for changing kids' lives.

CFC's "Three Pillars"

- BETTER SOCCER - leading the way in delivering professional, developmental, player-focused soccer programming for kids of all ages.
- BETTER PEOPLE - using soccer as a tool to develop "championship citizens."
- STRONGER COMMUNITY - using soccer as a way to create a diverse, strong, connected, and caring community.

Purpose of the Competitive Program

Our competitive program is for committed players ages U11-18 who are looking to continue improving their game in a fun, developmental, and challenging environment.

Competitive Program Culture

We aim to build a culture where:

- Players take ownership of their development - both as players and as young men and women
- Coaches teach with purpose and consistency
- Families support the long-term journey of the athlete
- Teams compete with courage, discipline, and sportsmanship

Success is measured not only by wins, but by player improvement, love for the game, and memorable, developmental soccer experiences.

League Structure

Competitive teams (labeled "White, Grey, Purple") participate in Oregon Youth Soccer (OYSA), a statewide youth soccer league for both boys and girls that was founded in 1974. The league was created to provide recreational and competitive soccer opportunities for players of all ages, genders, and skill levels.

CFC Competitive Staff Structure

Capital FC's soccer programming is overseen by **Joe Wentworth, Capital FC's Technical Director.** Wentworth grew up in the Northwest and coached at Capital FC (then Salem United/Cascade FC) and in Oregon before moving to Alaska. Prior to coming back to Oregon, Wentworth served as the Technical Director for Alaska Youth Soccer. Wentworth came back to Oregon in 2019 and has taken CFC's programming to the next level.

Wentworth has recently been appointed to the ECNL's Board of Directors and is the chair for the Far West Region.

Capital FC's Competitive Pathway is overseen by **Chris Thoms, Capital FC's Director of Competitive and Select Programs.** Thoms joined Capital FC in May of 2026. An experienced soccer coach based in Oregon with a strong background in both collegiate and club development, Thoms previously served as the head men's soccer coach at Warner Pacific University, where he led the program and focused on developing student-athletes on and off the field. Thoms has also been deeply involved in the Portland soccer community, working as a club coach and trainer with multiple organizations and elite development programs.

A former player with international professional experience in England, the Netherlands, and Thailand, he brings a global perspective to his coaching. Thoms holds a USSF "B" Coaching License and has worked with high-level youth players through Olympic Development programs.

The Team

The organization of soccer teams is necessarily built around the coaching staff. Capital FC coaches, unlike coaches in some clubs, are considered part of the club support structure, and they may change teams from time to time to meet the overall club needs. The "team of coaches" approach to soccer is a major asset of the club. All Capital FC coaches are there for the support of all Capital FC teams. For this reason, we use a club-wide coaching concept, applicable to all ages. Each team is organized as follows:

The Head Coach: A head coach will be designated for each Capital FC team. That coach will have overall responsibility for the team, and he or she should be your first contact in the event of a problem or question. The coach is responsible for team discipline, player substitution, and game tactics. Other Capital FC Club Coaches will participate from time to time in your team practices and games.

Assistant Coaches: It is desirable, although not always possible, to have at least one assistant coach for each team. If the head coach is not in attendance, the assistant coach will take over their responsibilities. Players and parents are expected to show the same respect they show the head coach to the assistant coach.

Team Manager: Team managers are appointed by the staff to assist the coach with communication and coordination efforts. They help distribute any club and/or coach information, as directed by the club and/or coach, to team members, help with player registration, communication and tracking. Managers also play a role with communication of team travel details and team fundraising efforts.

SECTION 2
Club Philosophy and Player Development Model

Capital Futbol Club's philosophy is built on a long-term approach to player development. Our goal is not short-term success at the expense of growth, but steady, intentional progress that prepares players for higher levels of competition and lifelong engagement in the game.

Our Development Philosophy

We believe:

- Development is a process, not an event
- Players improve most in environments that are challenging, supportive, and consistent
- Mistakes are a necessary part of learning
- Confidence is built through preparation, not pressure
- Long-term growth is more important than short-term results

Winning is valued, but never at the expense of player development, character, or love for the game.

Player Development Approach and Teaching Methodology

Our program follows a progressive model that supports players through different stages of growth. Training and expectations evolve as players mature physically, mentally, and emotionally.

PHASE	FOCUS	AGE	ORIENTATION	TEACHING OBJECTIVES
DISCOVERY	DISCOVERING SOCCER	3-7	ME AND THE SOCCER BALL	CONTROL THE SOCCER BALL IN SIMPLE SOCCER SITUATIONS
		7-9		PLAY SOCCER IN ONE DIRECTION
	PLAYING SOCCER	9-11	ME AND MY FRIENDS	PLAY SOCCER IN SMALL GROUPS
		11-12		PLAY A POSITION IN ALL THREE LINES
DEVELOPMENT	LEARNING 11 V 11	12-14	PLAY WITH THE TEAM	LEARN TO PLAY A SPECIFIC POSITION
		14-15		LEARN TO APPLY TACTICS
PERFORMANCE	UNDERSTANDING 11 V 11	15-17	WIN WITH THE TEAM	LEARN TO APPLY SPECIFIC INSTRUCTIONS
		17-19		PLAY TO WIN

CAPITAL FC

We emphasize:

Technical Development: Mastery of the ball under pressure, comfort in tight spaces, and the ability to execute skills at speed, especially in the formative ages.

Tactical Understanding: Game awareness, decision-making, positional understanding, and the ability to adapt to different game situations. This covers all the moments of the game.

Physical Development: Speed, agility, coordination, strength, and injury prevention appropriate to the player's age and stage of development.

Mental & Emotional Growth: Resilience, focus, coachability, confidence, character, and the ability to respond positively to adversity.

Style of Play

Our teams strive to play a proactive, intelligent, and team-oriented style of soccer. While systems may vary by age group, the core principles remain consistent:

- Comfort in possession under pressure
- Intelligent movement off the ball
- Quick transitions when there is a change of possession
- Collective defending with effort and discipline
- Courage to make decisions and solve problems in the game
- Players are encouraged to think autonomously, communicate, and take responsibility on the field.

Training Methodology

Training sessions are designed to reflect the demands of the game. Sessions are:

- Structured and purposeful
- High in repetition and decision-making
- Competitive and game-realistic
- Focused on both individual growth and team concepts

Coaches follow a shared club methodology to ensure consistency across teams, while still adapting to the needs of each age group and individual player.

SECTION 3
Player and Parent Expectations

The Capital FC environment is built on commitment, accountability, and respect. A strong culture allows players to develop in a setting that is competitive, supportive, and focused on long-term growth. Every player, parent, and coach plays an important role in maintaining this culture.

Commitment Level

The Competitive program requires a higher level of commitment than recreational programs.

Families should understand that participation includes:

- Consistent attendance at training and games
- Participation in league play and tournaments as scheduled
- Time dedicated outside of team training for development, recovery, and personal responsibility

Choosing to play on a Competitive team means choosing a development-focused pathway that requires effort, consistency, and a growth mindset from everyone involved.

Player Expectations

Players are expected to take ownership of their development and behavior both on and off the field.

Players are expected to:

- Attend training sessions and games consistently and arrive on time
- Give full effort in every training session and match
- Be coachable and open to feedback
- Show respect to coaches, teammates, opponents, referees, and facilities
- Communicate directly with coaches, especially as they get older
- Demonstrate positive body language and attitude, especially during challenges
- Represent the club with integrity at all times, including online
- Participate in team events off the field, including club and team-specific fundraising events

Parent Expectations

Parents are essential partners in the Capital FC experience. Their role is to support the long-term development of the player and help maintain a positive environment.

Parents are expected to:

- Support their child's commitment to training, games, and team activities

- Encourage effort, resilience, and learning over game outcomes
- Allow coaches to coach and referees to officiate without sideline interference
- Model respectful behavior toward all players, families, coaches, and officials
- Follow the club's communication pathway (see Section 5) when questions or concerns arise
- Help players take increasing responsibility for communication with their coach as they mature

Capital FC asks parents to focus on development and character growth, recognizing that progress is not always linear.

Coach Expectations

Capital FC coaches are leaders, teachers, and role models within the club.

Coaches are expected to:

- Create a structured, challenging, and positive training environment
- Teach the game in alignment with the club's development philosophy
- Communicate clearly and respectfully with players and families
- Provide constructive feedback that supports growth
- Model professionalism, integrity, and sportsmanship
- Prioritize player development and well-being over short-term results

Coaches are responsible for upholding the standards of the Club and ensuring players are developing in a safe, supportive, and demanding environment.

SECTION 4
Code of Conduct

All CFC players, parents, and coaches are representatives of Capital Futbol Club. Behavior on the field, on the sidelines, during travel, and online should reflect the values of respect, sportsmanship, and integrity.

Failure to meet these standards may result in disciplinary action.

Sideline Behavior

A positive sideline environment supports player development and enjoyment of the game.

Spectators are expected to:

- Encourage all players, not just their own child
- Refrain from coaching from the sidelines
- Respect referee decisions, not speaking to the referee
- Never engage in negative comments directed at players, coaches, referees, or other spectators
- Allow players to learn through experience without fear of criticism

Disruptive or inappropriate sideline behavior may result in a warning and, if necessary, removal from the event.

Sportsmanship Standards

The Club values competitive excellence combined with respect for the game and all participants.

Players and coaches are expected to:

- Compete hard while maintaining control and discipline
- Respect opponents before, during, and after matches
- Accept referee decisions without dissent or abusive language
- Win with humility and lose with grace
- Avoid unsporting behavior such as taunting, excessive celebration at an opponent's expense, or intentional foul play

Repeated or serious violations may lead to suspension or additional club discipline.

Social Media Expectation

Online behavior is an extension of a player's and family's role within the CFC community.

Players and parents are expected to:

- Represent the club positively on social media
- Avoid negative or critical comments about teammates, coaches, opponents, referees, or the club
- Refrain from posting content that is disrespectful, inappropriate, or harmful to others
- Understand that online actions can impact team culture and individual opportunities

Any social media activity that harms the team environment or the reputation of the club may result in disciplinary action.

Disciplinary Actions

The Club reserves the right to address behavior that does not meet these standards. Consequences may include:

- Verbal or written warnings
- Meetings with club leadership
- Temporary suspension from training or games
- Removal from the Competitive program in serious or repeated cases, as determined by the Programs Committee of the Board of Directors

Our goal is always to educate first, correct when needed, and maintain an environment where all players can grow and thrive.

SECTION 5
Communication Structure and Procedure for Handling Problems

Clear, respectful communication helps maintain a positive and professional Club environment. To support player development and strong relationships, the club follows a defined communication pathway.

Communication Philosophy

We believe communication should be:

- Respectful
- Timely
- Focused on development and solutions
- Handled at the appropriate level

Players are encouraged to take increasing responsibility for communication as they mature, helping them build confidence, accountability, and independence.

BYGA: Team-related Communication Platform

Capital FC utilizes BYGA as the official platform for team-related communications. This integrates both email and chat functions.

It is expected that families are respectful and appropriate in their communication to all families through BYGA, email, or other public communication channels. Capital FC will not tolerate offensive or abusive language directed at players, the coach, or the club. In addition, CFC will not tolerate divisive language that undermines the team or club.

Families have a right to express concerns in a respectful and appropriate manner. Should families wish to express a concern, please see the below policy on procedures for handling problems.

Communication Pathway

To ensure concerns are addressed efficiently and appropriately, families should follow this progression:

Step 1: Player → Coach
Players are encouraged to speak directly with their coach in person regarding questions about development, feedback, or team expectations. Learning to communicate with coaches is an important life skill.

Note that the expectation for players taking responsibility for communicating directly with their coach increases as they move from middle school to early/late high school.

Step 2: Parent & Player → Coach
If further clarification is needed, a parent may request a meeting with the coach. These conversations should focus on development, behavior, and ways to support the player's growth. Most often, players are expected to attend these meetings.

Step 3: Program Director
If a concern remains unresolved after speaking with the coach, families may contact the appropriate club director. The director will work with all parties to find a constructive resolution.

Approaching directors before first speaking with the coach may result in being directed back to Step 1.

Escalation of Problems

If you still feel that the problem has not been resolved after following the Communication Pathway, you may write an email to the Executive Director and Board President, who will review the issue within the Programs Committee and make a final decision on how to resolve the issue.

NOTE: Any matters related to violations of the SafeSport Code should not only involve your coach but should also include the club Executive Director and Board. If you have other concerns, please visit the "REPORT A CONCERN" page of our website for a detailed description of our policies, OYSA policies, and the policies of SafeSport. (https://cfcsalem.com/report-a-concern)

Response Time Expectations

Coaches and staff will make every effort to respond to communication in a timely manner. Families should expect responses within 24–48 hours during the week.

Communication may be limited on game days and weekends due to coaching responsibilities.

The 24-Hour Rule

To promote productive conversations, parents and players are asked to wait 24 hours after a game before discussing concerns related to playing time, performance, or game decisions. Emotions are often high immediately after matches, and this pause supports thoughtful and respectful dialogue.

Appropriate Topics for Discussion

We welcome communication regarding:

- Player development and areas for growth
- Player well-being or concerns affecting participation
- Clarification on team expectations or logistics

Topics that are not appropriate for discussion include:

- Playing time comparisons with other players
- Team tactics or game-day coaching decisions made in the moment
- Other players' roles, performance, or behavior

Meeting Guidelines

When meetings are needed:

- Schedule in advance rather than approaching coaches immediately before or after games
- Include the player (except in rare circumstances)
- Focus on solutions and development rather than blame

Strong communication strengthens trust, and trust strengthens the club environment.

Player Release

Just as the club has committed to your child for the entire year, we expect the same commitment from you and your child. We do understand that from time to time situations do arise in which player releases will be requested.

All Capital FC player releases will go through the club. Coaches do not have the authority to release any players. However, If a player is requesting a release, they first need to notify their coach so they are aware of the situation.

As soon as the desire to be released has been expressed to the coach or any other staff member, the player is no longer to attend any team or club events or functions. The coach will turn the player card and player paperwork into the club. The club will then communicate with the family requesting the release on all steps necessary for the release. **Understand that no player will be released until their account is in good standing with the club.** If enrollment is cancelled after being rostered, parents/guardians are obligated to pay the full annual program fee.

In rare instances, players may be released for violations of the club's policies and parent/player code of conduct. Cases that escalate to the need for dismissal will be reviewed by the Board of Directors' Programs Committee.

Should a player who has been released subsequently request to be re-enrolled during the same competitive year, a re-enrollment administration fee of $100 will be applied to the account prior to joining.

SECTION 6
Rosters, Team Structure and Player Movement

CFC's Programs are designed to place players in environments that best support their development at a given time. Team placement and movement decisions are made with the player's long-term growth in mind.

Roster Structure

Each Competitive team is formed based on a combination of factors, including:

- Technical and tactical ability
- Physical and athletic development
- Positional needs within the team
- Demonstrated commitment and attendance
- Overall developmental fit

Team placement is not a fixed label. Players develop at different rates, and movement within the Club's programs - even between Competitive and Academy programs - is a normal and healthy part of the process.

Playing Pool and Game Rosters

Rosters serve as a baseline for how teams will train. Rosters will be formed by the coaching staff so that all players are at a similar level to maximize their individual player development. At the discretion of the coaching staff, some players may be asked to practice and/or play with a different team for specific games or tournaments.

Occasionally, we choose more players than we have space for on game day rosters. We may place up to 20-24 players on a roster. This ensures a competitive training environment. It also helps ensure we have enough players available in the case of things like injuries or excused absences for players. This is more common in our older teams.

Note that only up to 18 players can be rostered for game day as determined by the league (16 for U11-U12 9v9 matches). Families will receive communication with reasonable notice should there be too many players available to roster for a league game or event.

If a player is not assigned to a game day roster, our staff will work to get players more game minutes through participation on another club team's roster. Though game time is not guaranteed for all players, we understand its importance for development.

Playing Time

Playing time in games is a necessary part of the development of each player. At the same time, it is important to understand that Capital FC player membership does not guarantee equal play or minutes in a specific position.

The player's playing time and position will be determined by the coaching staff and decisions will be made in consideration of what is best for both the team and the individual.

Players or parents with concerns regarding playing time may express these concerns to the coaches with the intent of learning what a player might or can do differently to improve and achieve more playing time.

Guest Playing within CFC

Guest playing provides players with opportunities to experience different levels of competition and expand their learning environment. It is also used as a developmental tool to allow players who may not be getting as much time with their primary team additional game minutes.

When guest playing:

- Players are expected to represent both teams with professionalism
- Communication will occur between coaches and families regarding logistics
- Playing time may vary based on team needs and event format

Guest playing opportunities are organized by CFC staff and are not guaranteed. These are based on developmental needs, individual readiness, and team-specific needs.

Roster Movement within the Club

Player movement between teams may occur during the seasonal year when it supports development. This may include:

- Temporary movement for training sessions
- Guest playing in matches or tournaments
- Permanent movement to a different team level

Movement decisions are based on what will best challenge and support the player, as well as the needs of the teams involved. These decisions are made by Program leadership in collaboration with coaches.

Movement is not a punishment or reward system — it is a development tool.

Player Evaluations

Formal Evaluations will be done one to two times a year by coaches, once at the end of fall season (U11-U14 teams only), and once at the end of the spring season.

The purpose of the Capital FC Player Evaluation is to help a player and their parents identify their strengths and weaknesses to aid them in working to improve those areas.

Evaluation includes more than game performance and may consider:

- Training consistency and effort
- Coachability and attitude
- Decision-making and understanding of the game
- Physical development relative to age and stage
- Ability to apply learning in competitive environments

Feedback is intended to guide growth and provide clarity on areas of strength and improvement.

Seasonal Transitions

Team formation for the following seasonal year will take place during the club's evaluation and selection process. Our process for selection includes factors such as:

- Developmental progress
- Commitment and attendance
- Attitude and adherence to Club standards

The goal is always to place players where they will grow most effectively.

SECTION 7
Training Expectations

Consistent, focused training is the foundation of player development in the Competitive Program. Players are expected to approach every session with professionalism, effort, and a commitment to improvement.

Attendance Standards

Regular attendance is essential for both individual growth and team development. Consistent attendance demonstrates commitment to the team and ensures players are properly prepared for competition.

Players are expected to:

- Attend all scheduled training sessions and team activities, as is reasonable
- Arrive on time and prepared to train
- Notify the coach in advance if they will miss a session

Frequent or unexcused absences may affect a player's playing time in matches.

Outside Activities

We know that one size doesn't fit all. That's why our programs are designed with the full year in mind, with slightly different offerings depending on your player's pathway (Academy, Pre-Academy, Competitive).

A few key principles as you plan commitments outside of CFC:

- **We're here to guide you.** If your player is considering additional opportunities—such as local futsal leagues, training groups, or other sports—please let us know. Our coaches can help you determine whether it's a good fit for your child's development.
- **CFC commitments come first.** Games and practices are the priority, and outside activities should support—not interfere with—your child's readiness and performance with their team. If unique circumstances come up, simply talk with your coach.
- **Not all outside options are equal.** This might include other soccer clubs, additional leagues, or training groups. Some can be a good complement, others may create conflict. That's why open communication is so important—we want you to feel fully informed about any decision.
- **Balance is healthy.** Taking a break or playing another sport can be just as valuable as extra training. Development is a long-term process, and keeping soccer enjoyable is often more important than "doing more."

Tardiness

Arriving late disrupts the training environment and limits a player's readiness to participate fully.

Players who arrive late should:

- Check in with the coach before joining the session
- Be prepared to enter training quickly and responsibly

Repeated tardiness may be addressed as a commitment concern.

Training Gear Requirements

Players are expected to arrive fully prepared for every session.

Required training gear includes:

- All Black Nike CFC Gear ONLY! (Practice Jersey, Shorts, Jersey, Socks, Hoodies, Etc.)
- Shin guards
- Proper soccer cleats
- A properly inflated soccer ball
- Water for hydration

Jewelry should be removed, and long hair should be secured for safety.

Training Mindset

Training is designed to be fun, challenging, and competitive. Players are expected to:

- Give full effort in all activities
- Stay engaged and focused throughout the session
- Respond positively to coaching and correction
- Support teammates and contribute to a strong learning environment

Progress comes from consistent effort over time. Every session is an opportunity to improve.

SECTION 8
Game Day Standards

Game days are an extension of the training environment. Players are expected to prepare, compete, and represent the club with professionalism and respect.

Arrival Times

Punctuality is part of preparation. Players are expected to:

- Arrive at the field at the time designated by the coach (typically 45–60 minutes before kickoff)
- Be ready to begin warm-ups at the scheduled time
- Communicate in advance if an unexpected delay occurs

Late arrival may impact a player's readiness and participation in the match.

Uniform Policy

Players represent the club each time they step on the field. Players must:

- Wear the full, correct club uniform as directed by the coach
- Warm up in Nike CFC top (Black training top or hoodie)
- Have both primary and alternate jerseys available for each match
- Wear shin guards and proper soccer footwear
- Avoid wearing jewelry during games

Uniforms should be worn properly and respectfully at all times.

Pre-Game Expectations

Before matches, players are expected to:

- Be mentally and physically prepared to compete
- Listen attentively during team meetings and tactical discussions
- Support teammates and contribute to a focused, positive environment

Game day preparation reflects training habits and team culture.

Sideline Expectations

The sideline should be organized, focused, and professional. Players on the bench are expected to:

- Stay engaged in the game

- Support teammates positively
- Follow coach instructions
- Maintain appropriate behavior and body language

Parents, managers, and spectators must remain on the spectator sideline and allow coaches and players to manage the team area.

Post-Game Expectations

After matches, players are expected to:

- Participate in team cooldowns and post-game discussions
- Show respect to opponents and referees
- Handle both wins and losses with maturity

Growth often comes from reflection. Post-game conversations are part of the learning process.

SECTION 9
Tournaments

Tournaments are an important part of the Competitive Program experience. These events are designed to challenge players, strengthen team connections, and — at older ages — provide appropriate opportunities for college exposure.

Purpose of Tournaments & Showcases

Participation in tournaments supports player development in ways that regular league play cannot. These events help players:

- Compete against a variety of opponents and playing styles
- Develop resilience in high-intensity environments
- Adapt to multiple games over a short period of time
- Strengthen team chemistry through shared experiences
- Learn responsibility, preparation, and time management through travel, preparing them for success on and off the field

Traveling as a team is also a powerful bonding experience and teaches life skills such as organization, punctuality, self-care, and accountability.

Each event is selected with clear developmental goals in mind as a part of the club's development plan.

Long-Term Development Pathway

The club follows a structured pathway that gradually introduces teams to higher levels of competition as players grow and mature. Tournament selection is based on:

- Age group
- Team competition level
- Gender divisions
- Developmental readiness
- College recruiting exposure needs

The tournament plan for each team is reviewed annually and typically set in the spring prior to the start of the new seasonal year. This intentional planning ensures players are consistently challenged at the appropriate level.

Predictability for Families

Providing a planned tournament schedule in advance helps families prepare for the seasonal commitment. Understanding this pathway allows families to plan their time, finances, and schedules more effectively.

Tournament Registration & Costs

All Competitive teams participate in tournaments designated and approved by the club.

- The tournament plan for each team will be shared at the team meeting following roster selection.
- The club handles tournament registration and pays entry fees for all club-sanctioned events included in the annual plan.
- Tournament costs for these approved events are included in the annual club fee.

If a team wishes to attend an additional tournament outside the approved seasonal plan:

- The event must be approved by club leadership
- Any associated entry fees and additional costs become the financial responsibility of the team

Whenever possible, the club coordinates participation across teams to create efficiencies and help reduce overall costs for families.

Professional Representation

At tournaments and showcases, players represent the club in a broader soccer community.

Players are expected to:

- Demonstrate strong sportsmanship
- Respect referees, opponents, event staff, and facilities
- Maintain focus, discipline, and positive body language

These events are learning environments as much as competitive ones, and behavior both on and off the field matters.

SECTION 10
Financial Commitment

Participation in the Competitive program represents an investment in a player's development. Financial commitments allow the club to provide qualified coaching, quality training environments, league participation, and competitive opportunities.

Fee Structure Overview

Capital FC Competitive Player Fees include the following:

- League Registration Fees and Insurance
- Training Sessions
- Professional coaching and staff development
- Field rental and facility expenses
- Equipment and training resources
- Club Administration Fees
- Assigned Tournament entry fees
- Additional League and Referee Fees

Player fees do not include:

- Additional tournament Entry Fees
- Coaches and Players travel expenses to tournaments (if applicable)
- Uniforms

Payment Policies

Families are responsible for meeting the financial commitments associated with participation. We have spent a tremendous amount of time establishing fees that balance the needs of our club and the resources of our members. We firmly believe when members experience the professional training and coaching, as well as character development, of their child, they will realize a tremendous return on their investment.

Key expectations include:

- Payment plans must be set up according to club guidelines
- Payments should be made on time according to the agreed schedule
- Missed payments may result in communication from the club and potential restrictions on participation if not resolved

By accepting a roster spot, families are committing to the full seasonal financial obligation, regardless of injury, schedule conflicts, or other personal circumstances.

Commitment to Transparency

The club is committed to being transparent about costs and providing clear communication regarding fees, schedules, and any additional expenses that may arise during the season.

Families are encouraged to ask questions before the season begins to ensure a full understanding of financial expectations.

SECTION 11
Scholarships, Fundraising, and Fee Assistance

One of many of the goals of Capital FC is to ensure that any child with the desire, commitment and ability to play for one of our teams be given the opportunity regardless of their financial situation. We realize that the costs of competitive soccer can be high and we pledge to offer as many fundraising opportunities during the year as possible.

Scholarship Program

Families in need of additional assistance may apply for financial assistance in the form of extended/alternate payment plans or scholarships. Financial assistance funds are limited and will go to those showing the most need, as determined by Capital FC. Financial assistance and scholarship awards are restricted to assist in covering club fees and coaching fees. **All Capital FC players are required to pay for their travel expenses, additional tournament fees, and uniform package, even if they qualify for financial assistance.**

In order to be eligible for financial assistance, a family must submit a completed scholarship application with attached documentation. The Scholarship Committee will review your application and a letter indicating any award or denial will be sent to you. Applications must be submitted, reviewed and approved annually and are not automatically renewable.

CFC has a limited amount of scholarships available for players. Scholarship applications are reviewed by the Club's Scholarship Committee.

Eligible players may receive up to 75% of their club dues covered by scholarships

Fee Assistance Programs

In addition to CFC's Scholarship program, CFC has several fee assistance programs to help offset costs for club dues and travel. These include:

- Team-sanctioned fundraising events (i.e. Hour-a-thon, wreath sale, etc.)
- CFC Event Support (Capital Cup staff, Auction, Golf Tournament)
- Youth Referee Academy
- Internships through the CFC Leadership Academy (marketing, program junior staff)
- And more

Access to these programs is prioritized for youth and families who meet/exceed team expectations for attendance and commitment and continue to meet the minimum GPA expectation. The club strives to make participation accessible and may offer financial assistance based on demonstrated need and available funding.

SECTION 12
Parent Role in the Competitive Program

Parents are vital partners in a player's development journey. The Capital FC Competitive experience is most successful when families support a healthy, long-term perspective and reinforce the values of effort, respect, continuous improvement, and character.

Supporting Player Growth

Players benefit most when parents:

- Emphasize effort, learning, and improvement over wins and losses
- Encourage independence and responsibility as players mature
- Help players manage rest, nutrition, and time commitments
- Support recovery and injury prevention by following medical guidance

Development is rarely a straight line. Encouragement during challenges is just as important as celebration during success.

Sideline Perspective

Game day emotions are natural, but the sideline environment should remain positive and supportive.

Parents can help by:

- Cheering for the team in a positive and respectful manner
- Allowing players to process the game with their coaches
- Avoiding post-game criticism or analysis in the car ride home

Trusting the Process

The Club follows a long-term development model. This means:

- Players may face new challenges and uncomfortable situations
- Growth may come through mistakes and setbacks
- Short-term outcomes do not always reflect long-term progress

Trusting the process helps players build resilience, confidence, and a love for the game that lasts beyond a single season.

Communication & Support

Parents are encouraged to:

- Use the club's communication pathway when concerns arise
- Partner with coaches to support the player's development
- Model respect and professionalism in all interactions

When players see alignment between coaches and parents, they feel supported and secure in their environment.

The Bigger Picture

Soccer is a powerful tool for teaching life skills. Through the Competitive Program experience, players learn:

- Discipline and accountability
- Teamwork and leadership
- How to handle success and adversity

These lessons extend far beyond the field. Our goal as a club is to partner with parents not just to raise a successful athlete, but to help develop a confident, capable young person.



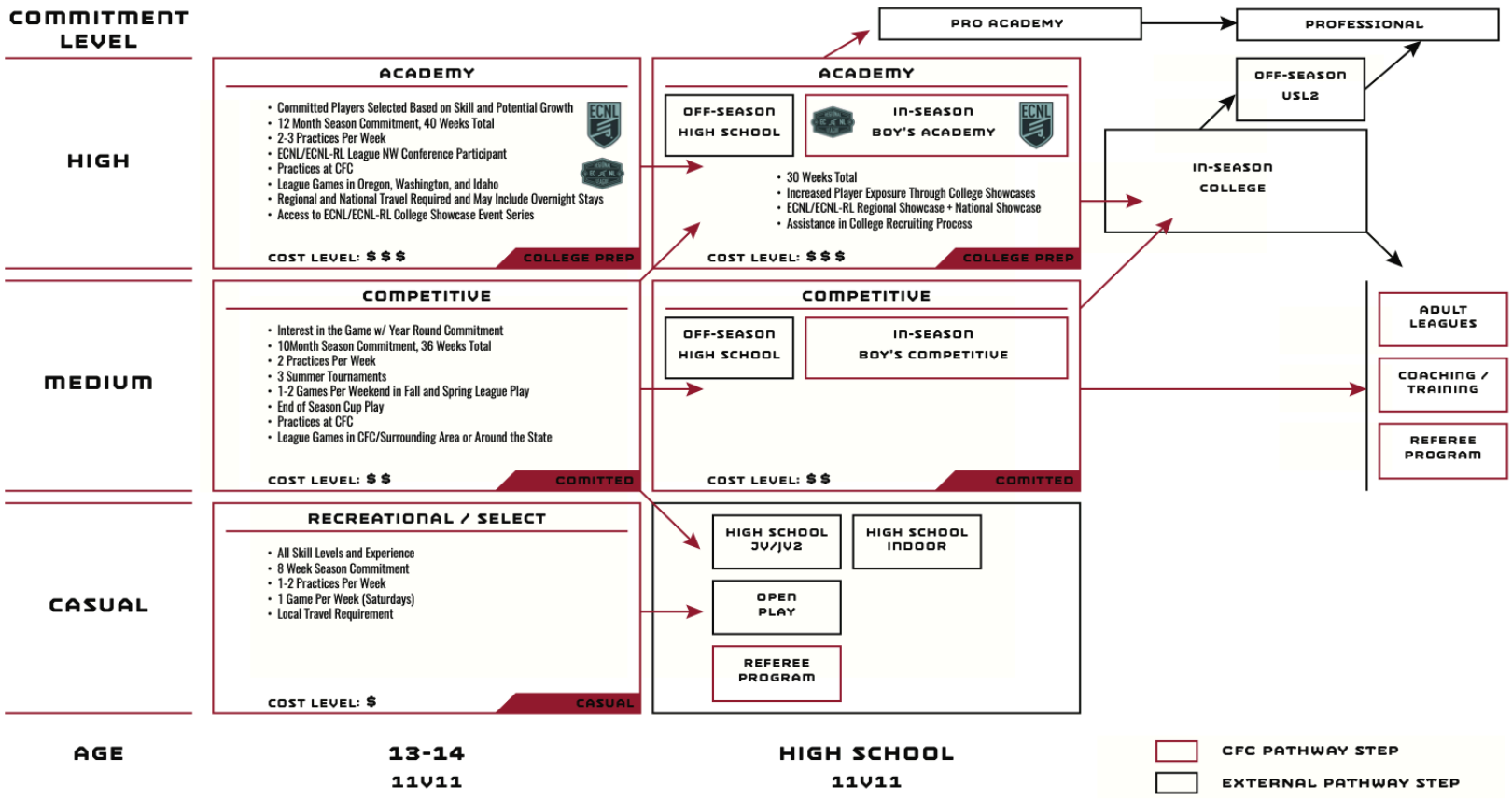
Success is no accident.
It is hard work, perseverance, learning and studying, sacrifice, and most of all, love of what you are doing or learning to do.

- Pele

APPENDIX A
Competitive General Annual Calendar

Month	Description
May	Tryouts
June-July-Aug	Tournament Play Note that at the beginning of August, U15-U18 players take a break to play with their high school teams
September-October	U11-U14 Fall League Play
November	U11-U14 Fall Season Concludes, take break for winter HS Teams return to training after High School season
December - January	HS Teams train + Optional Showcase Events HS League Begins late January
February-April	U11-U14 and U15-U18 League and Cup Play
May	Tryouts for next year's program

CAPITAL FÚTBOL CLUB | PATHWAY ROADMAP



APPENDIX B
CFC Pathway Roadmap

EVERY PLAYER HAS A PATHWAY. IT'S UP TO CFC TO OFFER THE WAY. THE PLAYER MUST ULTIMATELY CHOOSE THE PATH THEY WANT TO TAKE.

APPENDIX C

OYSA League Rules and Resources

OYSA Competition Rules: Link

OYSA Parent Resource Center: Link