

About Carolina Rush FC

Carolina Rush FC (CAROLINA RUSH FC) is a 501 (c)(3) charitable organization which offers soccer instruction and competition for boys and girls, ages 3 –18. Established in 1981, the soccer club has grown and evolved as soccer has increased in popularity in the U.S. and South Carolina. CAROLINA RUSH FC is affiliated with United States Youth Soccer through the South Carolina Youth Soccer Association.

CAROLINA RUSH FC's comprehensive soccer training is conducted at the Carolina Rush FC Soccer Complex located at 200 Madison Dr. Wellford, SC 29365. This member-supported complex opened in August 2006 and is conveniently situated near the intersection of I-85 and Hwy. 29. Players from Spartanburg, Greenville, Gaffney, Inman, Woodruff, and everywhere in between train at the Carolina Rush FC Soccer Complex. Many high schools in the area (public and private) are represented, along with their middle schools and many elementary schools. Club teammates become fierce rivals, elevating the excitement and quality of area high school soccer.

CAROLINA RUSH FC players and teams demonstrate consistent success within regional, state, and upstate leagues. Many players have gone on to play college soccer at all levels including D1, D2, D3, NJCAA, and the NAIA. CAROLINA RUSH FC alumni can be found on the rosters of USC, Lenoir-Rhyne, Anderson, SMC, UNC-Greensboro, USCU, Limestone, Washington and Lee, Wofford, Converse, Winthrop, Spartanburg Methodist, Southern Wesleyan, and many others.

MISSION

Rush Soccer is committed to providing an unparalleled soccer experience: **Progressive. Ambitious. Comprehensive.**

VISION

Our aim is to partner with like-minded clubs creating an enormous player base where elite players eventually feed into a Rush professional team representing one of the most recognized brands in the world.

Whether you're a little kicker starting out, just interested in playing the beautiful game, or have ambitions to play in college and beyond, you have a home at Rush.

OUR WHY

For us, soccer is much more than a sport: Soccer brings the world together in a way few things can.

Through the sport of soccer we see people, no matter their age or origin, channel their dreams, hopes, and a sense of pride and enjoyment. Ask around anywhere, you'll hear how stories of soccer brought hope and pride to communities, and how teams inspired people to be better.

That's why we do it, because we have experienced it in our own lives, and we want others to experience it as well. At the beginning and at the end, we are driven by Passion. ***Passion & Purpose.***

CORE VALUES

11 PLAYERS = 11 VALUES

- **Accountability:** Be accountable for your actions and hold others accountable for their actions. Who am I ultimately accountable to, and who judges my work?
- **Advice:** Seek out advice and aspire to be the best. In order to learn, we must be open to learning and consider the advice of others. Are you coachable?
- **Empathy:** The ability to understand and share the feelings of another. Empathy is at the core of solid relationships.

- **Enjoyment:** Enjoy your work, this is a gift. The desires of diligent workers are satisfied.
- **Humility:** Apologize when you make a mistake. Forgive others and do not look back.
- **Leadership:** Leaders strive to be trustworthy, honest, and sincere. They possess traits such as integrity and honor. They are willing to serve others and sacrifice their own interests. Leaders are constructive and hardworking.
- **Passion:** Passion always trusts, always hopes, and always perseveres. Passion never fails.
- **Respect:** Respect everyone. Respect the opponent, the rules, your colleagues, your superiors, and your subordinates. Be thoughtful and considerate.
- **Safety:** Our environment is safe. This includes the office, our travels, the fields, and our bodies. Safety is not only physical safety from harm but safety from ridicule and attack. We are comforted and encouraged in the club. We portray self-control and kindness to our staff, our colleagues, and players.
- **Tenacity:** To be successful, persevere....persevere but do not be anxious. Fear no one. Be strong and courageous. Work when no one is looking, even when the circumstances are not right and everyone else quits. Diligence never loses because it never quits. Outwork your opponent, and most importantly, work smart. Don't wait for external inspiration. The people who go far do so because they motivate themselves and give life their best, regardless of how they feel.
- **Unity:** Together all things are possible. When your teammates are down, bear each other's burdens; conversely, celebrate your teammate's successes.

Philosophy

Carolina Rush FC aims to create an environment where our players develop a love of the game of soccer and will continue to participate in the sport throughout their lifetime. To achieve this goal, we develop an environment where we teach a creative, attacking, possession- style of soccer built on a foundation of strong technical skills. In adopting this style of soccer, we foster an environment free from the “fear of failure”, where our players can explore and be creative without the fear of making mistakes. We believe that such an environment, with no limitations, is where our players will grow the most and realize their potential both as players and people. The motivation to play and continue developing the player’s skills must be greater than the fear of losing.

Volunteering

CAROLINA RUSH FC is a nonprofit organization; our sustainability comes from the support of volunteers. Volunteers will serve as organizers and participants in special events as well as helping in the general operation and administration of the Club. Aside from its paid training, staff consists entirely of volunteers who dedicate a considerable amount of their time to make sure the Club functions smoothly and provides the best environment possible to players and parents. Without volunteers, CAROLINA RUSH FC would not be able to function as well as it does. We encourage parents to become involved in the activities of the Club. If you are interested in helping, please contact your coach, team manager, Club Director, or a member of the CAROLINA RUSH FC Board.

Fundraising

All activities aimed at raising funds must be approved in advance by the Club Director. Fundraising on a club level is encouraged as they help offset the cost for player registration, league registration fees, coaching salaries, equipment, etc.

Scholarships

CAROLINA RUSH FC believes that everyone should be able to enjoy soccer and that it is a sport that can be enjoyed for a lifetime. The club's aim is to reduce any barriers that exist for playing soccer. If financial assistance is necessary to be able to play, please contact the Club Director to work out a plan. Players on scholarship will be required to volunteer hours in different areas of the club.

Player Code of Conduct

All Players on a Carolina Rush FC roster spot shall abide by the following rules:

- I will always treat my coaches, teammates, other players, referees, and spectators with respect.
- I will always be a positive role model and encourage good sportsmanship from fellow players, parents, and coaches.
- I will not bully or haze any teammate or other person involved with the club. I will report any bullying or hazing to the coaches or Directors.
- I will remember that all players have talents and weaknesses, the same as I do. I will never ridicule or yell at a player for making a mistake during a soccer game or during practice.
- I will listen to my coaches and do what is asked of me in order to improve my game and my position on the team.
- I will always notify my coach if I am going to be late to a practice/game or need to leave a practice/game early.
- While sitting on the bench during a game, I will watch the game and support my teammates who are in the game. I will provide only positive comments to the players on the field.
- I understand that I am responsible for my uniform and my equipment.

– Once I am at the soccer field for practice, I will not use my cell phone to call or text anyone unless I receive approval from my coach.

– I will never use social media or other means of electronic communication to damage my reputation, our club, or our soccer community. I understand that posting hurtful information can destroy friendships, family relationships, and even a soccer team in a matter of minutes. I will treat these words for what they are: a permanent record that can never be erased.

– I understand that drug use and other inappropriate behavior, including posting inappropriate information on social media are grounds for dismissal from the team.

– I will notify the program director if a member of another club's coaching staff or other club representative approaches me for recruitment purposes.

– I will participate exclusively with Carolina Rush FC for the entire soccer year and not participate in any non-sanctioned training sessions or soccer event for the duration of this agreement without the prior written approval of the program Director.

*** All participants of Carolina Rush FC (players and parents) shall always abide by the Club's respective code of conduct. Any behavior that is determined to violate the code of conduct shall result in disciplinary action by the Carolina Rush FC Executive Director up to and including, without limitation, expulsion from the game/field/event and from Carolina Rush FC as a club.

Signature: _____

Parent Code of Conduct

– Parents must always display appropriate behavior on the sidelines:

- encourage players with cheers and positive comments only.
- do not coach or give instruction, this is the coach's job.
- focus on effort and development, not winning—especially for the younger groups.

– Demonstrate good Sportsmanship

- Never speak to opposing coach, parent, or player; no matter how they act, be the mature person
- Do not speak negatively about an opposing player while on the sideline as you never know who is overhearing you.

– Be on Time

- Have players on time for practices and games or otherwise inform the coach if you are unable to make the stated timeline.
 - Be on time to pick up your players and stay tuned to inclement weather.
- Communicate with coaches if there are questions, comments, or concerns, but not immediately before, during, or immediately after games:
- Observe a 24-hr. rule policy where any communication with the coach happens 24 hours before or 24 hours after a game.
 - Schedule a time for a meeting/phone call.
- Failure to comply with any of the above requirements may lead to you or your player being suspended from games and practices.
- Any league fines incurred by the club due to your or your players actions will be your financial responsibility
- As Carolina Rush FC has limited roster spots, your deposit is considered a binding commitment to pay 100% of all fees for the season or program even if the player chooses to leave the team/program before the season ends.

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Signature: _____

Inclement Weather Policy

Inclement Weather Communication

Our goal is to communicate cancellations as soon as a decision is made by the Executive Director, and we strive to update our website with that info by 2:00 pm during the week and 7:00 am on the weekend. We are aware that timely decisions assist with carpool schedules and long commutes, so we will do our best to stick to this schedule.

We will wait until the above times to decide in hopes conditions will improve and allow us to play. Sometimes we do end up having to make a call during training sessions if the weather prediction changes for the worse. Please be aware and understanding of these situations when we need to make an on-site decision for our players' safety.

Method of Communication

We rely primarily on updating the website during the day to communicate cancellations or any weather-related information. Fields are marked "closed" if weather conditions are not safe for players, and we cancel soccer-related activities. No one is allowed to play on a "closed" field.

All families are encouraged to check the website every day before heading out to any training session or game. This is your first stop to find out whether training sessions are "on" or "off" for the day. Find the Field Status on our website. We work very hard to ensure training sessions and games get played.

If we need to make a cancellation, change, or delay after 3 PM during the week or 7:00 AM on the weekend, we will not only update the online field status, but also inform your coaches and/or team managers so that they can send a communication to their teams. We strongly encourage everyone to check our website and anticipate a correspondence from their coach or team manager, because the weather changes quickly, and decisions are often made close to scheduled training or game times.

Lightning & Severe Weather

Lightning is one of the top ten causes of sudden death in sport. As the majority of soccer is played outdoors, lightning and severe weather pose a threat to the player's health and safety. When it comes to making decisions to suspend or cancel play due to weather conditions, coaches, officials, athletic trainers, and administrators all share responsibility. These same individuals should be aware of close safe shelter locations and know how to evaluate when it is safe to resume play after severe weather leaves an area.

- The danger from lightning can persist for 20-30 minutes or more after a thunderstorm has passed. Lightning can strike from over 10 miles away and is considered a major threat to the safety of our participants. **If lightning has been detected within 10 miles all game(s) and practice(s) will be suspended for 30 minutes from the last strike. All participants will need to seek shelter immediately. The 30-minute clock restarts every time lightning flashes.**
- CAROLINA RUSH FC requires all participants to seek immediate shelter in their automobiles or a permanent structure such as bathrooms/concession buildings.

Avoid any open structures, trees, tents, metal or other conducting materials, and unprotected open areas. The coach/staff will notify the team/manager when it is safe to return to the fields, or if the activity has been canceled

- Game(s) or practice(s) will not restart for at least 30 minutes after the last lightning strike has been detected. If lightning continues for longer periods of time, all game(s) and practice(s) will be canceled. The coach will notify the team/manager when it is safe to return to the fields, or activity has been canceled.

Hot Weather Rights of Cancellation (In Excess of 95 Degrees)

Heat-related illnesses, such as heat stroke and heat exhaustion can be serious and potentially life-threatening conditions. When the body cannot continue to cool itself, dangerous situations arise. Symptoms caused by the body overheating can include fatigue, nausea, headaches, cramps, dry mouth, and a decrease in sweating. By monitoring and limiting outdoor exposure during extremely hot conditions and properly hydrating our participants, we can create a much safer playing environment. On days in excess of 95 degrees we will provide extra water breaks and cooling station/areas. In rare circumstances we reserve the right to cancel and schedule a make-up session.

Cold Weather Right of Cancellation (Below 32 Degrees)

The effects of cold weather can impact health and safety during practices and games. The definition of “cold stress” varies across the United States, depending on how accustomed people are to cold weather. Cold weather conditions can be just as dangerous as excessive heat. The mix of cold air and hard playing surfaces can cause difficulty breathing, muscle pulls, loss of feeling in extremities, frostbite to exposed skin, and greater risk for injury coming in contact with a harder/cold surface. By monitoring and limiting outdoor exposure during extremely cold conditions we can create a much safer playing environment. We reserve the right to cancel and reschedule events when the weather drops below 32 degrees. All activities will be automatically cancelled when the temperature falls below 25 degrees including wind chill.

Force Majeure

No Party shall be liable or responsible to the other Party, nor be deemed to have defaulted under or breached this Agreement, for any failure or delay in fulfilling or performing any term of this Agreement (except for any obligations to make previously owed payments to the other Party hereunder) when and to the extent such failure or delay is caused by or results from acts beyond the impacted Party's (“Impacted Party”) reasonable control, including, without limitation, the following **force majeure** events (“**Force Majeure** Event(s)”) that frustrates the purpose of this Agreement: (a) acts of

God; (b) flood, fire, earthquake or explosion; (c) war, invasion, hostilities (whether war is declared or not), terrorist threats or acts, riot or other civil unrest; (d) government order or law; (e) actions, embargoes or blockades in effect on or after the date of this Agreement; (f) action by any governmental authority; (g) national or regional emergency; (h) strikes, labor stoppages or slowdowns or other industrial disturbances; (i) epidemic, pandemic or similar influenza or bacterial infection (which is defined by the United States Center for Disease Control as virulent human influenza or infection that may cause global outbreak, or pandemic, or serious illness); (j) emergency state; (k) shortage of adequate medical supplies and equipment; (l) shortage of power or transportation facilities; and (m) other similar events beyond the reasonable control of the Impacted Party.

Field & Facility Policies

The following are strictly prohibited on CAROLINA RUSH FC fields, parking lots, and/or facilities and at any events where CAROLINA RUSH FC teams and players are training and playing:

- *Smoking, alcoholic beverages, or illegal substances*
- *No guns*
- *The destruction or defacing of soccer facilities or equipment such as goals, nets, corner flags, bleachers, grass, walkways, etc.*
- *No Pets of any sort*

In addition to the above, please observe the following guidelines when parking at fields used by CAROLINA RUSH FC:

- **DO NOT PARK BY CLUBHOUSE:** Park in the upper parking lot unless you have purchased a parking space down by the fields or are a coach/referee.
- Do not pull down to the clubhouse to drop-off your player. Player drop-off is located along the curb in the upper parking lot.

Allow pedestrians the right of way.

- *Maintain less than 10 MPH speed.*
- *Park in an orderly manner to maximize use of parking space and to maintain driving lanes.*
- *Parking at our facilities is at your own risk.*
- *CAROLINA RUSH FC will not be liable for any damages or theft of vehicles.*
- *Enter and exit facilities only through designated gates/entrances.*
- *Do not park on grassy areas unless directed to do so.*
- *Children should avoid walking through the parking lots as much as possible.*

Violation of the CAROLINA RUSH FC field and facility use policy shall be deemed a violation of the CAROLINA RUSH FC Code of Conduct.

Club Member Safety

CAROLINA RUSH FC makes every effort to provide a safe environment for players. However, parents should not leave players unattended at any field. Please make sure that your player's coach or team manager is present before dropping him or her off for a training session or game. Players should practice the "buddy system" when using restrooms at games and training sessions. Parent and parent-appointed chaperones are responsible for their respective players when traveling. Be aware of your surroundings. Do not become complacent. Report dangerous field conditions to the Club Director, or to any CAROLINA RUSH FC coach or board member so that we can report them to those responsible for maintaining the fields.

Player Safety Documents

CAROLINA RUSH FC, in accordance with South Carolina Youth Soccer, requires a signed Parental Information and Consent Form and a Medical Release Form. These forms must be completed at the start of each season for the player to participate.

Player Insurance Coverage

Limited secondary insurance coverage is automatically provided to registered CAROLINA RUSH FC players through South Carolina Youth Soccer and US Youth Soccer (or US Club Soccer at a US Club Soccer sponsored event). Such coverage applies ONLY to certain sanctioned events, including regularly scheduled training sessions and games. This coverage supplements the player's private health insurance policy.

Concussion Policy

CAROLINA RUSH FC takes concussions and possible head injuries very seriously and while CAROLINA RUSH FC staff has been through concussion training, CAROLINA RUSH FC personnel are not qualified to officially diagnose concussions. If a concussion is suspected that player shall not re-enter competition, training, or partake in any activities for at least 24 hours. Even if there are no signs or symptoms after 10-20 minutes if a possible concussion is suspected, the player should not engage in any activity and may not return to training or competition until after a release from a medical doctor.

Harassment and Sexual Harassment Policy

CAROLINA RUSH FC prohibits sexual abuse and/or harassment by its Board of Directors, volunteers, players, parents and employees. CAROLINA RUSH FC will cooperate with authorities in the enforcement of all applicable laws. The use of sexual abuse and/or harassment by any CAROLINA RUSH FC employee, Board Member, volunteer, parent or player is prohibited on CAROLINA RUSH FC-owned or controlled property, in conjunction with CAROLINA RUSH FC sponsored or supervised activities,

or at any event that an observer would associate with CAROLINA RUSH FC players, employees or citizens.

Grievance Procedures

It is the Board's strong preference that conflicts be managed immediately among the parties involved. Parents are encouraged to talk over their problems directly with the coach in the first instance, then to the Carolina Rush FC Program Directors, and then the Executive Director.

The Board will hear any grievances, appeals and protests relating to the administration of the Club. These grievance procedures will address allegations of misconduct and/or abuse of discretion by CAROLINA RUSH FC coaches, players, and parents of players within the Club, as well as complaints against referees, and CAROLINA RUSH FC officials and/or coaches. These grievance procedures may not be utilized to address inequities in playing time on particular Carolina Rush FC teams.

To be considered by the Board, a grievance must be submitted to the Board in writing (via email to the Club President) and must include a concise statement of the facts, participants, and basis for the grievance. Within a reasonable period after receipt of a grievance, in its discretion and in a manner, it deems appropriate, the Board will receive additional information from the grievant and other relevant parties. Where requested by the grievant and to the extent practicable under the circumstances, a grievance may be handled by the Board without disclosing the identity of the grievant.

Based on the information received, the Board will direct appropriate remedial and/or disciplinary action. This decision will be communicated to the grievant and all relevant parties in writing. All determinations by the Board shall be final.