



FCLC Injured Player Expectations

As all injuries vary in severity and may impact a player's ability to play and train differently, we understand that the guidelines in the below document may overlap. This information is to be used as a general outline to ensure players, parents and coaches are on the same page for managing expectations should an injury occur.

1. Upon injury at an FCLC event or away from our club soccer environment, please contact your team coach immediately if your child is likely to miss any training and/or games.
2. Continue to keep your team coach up to date on any changes to the timeline for which your child may return to play.
 - a. Depending on the severity of the injury, we may require a Doctor's note for approval to return to play.

TRAINING

1. Should your child be unable to play in a full contact setting, each player is still expected to attend both sessions for the first 30-40 min for the technical portion of the practice. (They can leave early or stay longer to interact with the team and continue to develop their learning of tactical/team related concepts)
2. Should your child be unable to participate in any form of activity, we ask that they still attend a minimum of 30 min of ONE practice per week to ensure they stay connected with their team.

GAME DAYS

1. If your child is unable to play in competitive games, they are still asked to attend every HOME game. (Away games are optional)