

### **GFC MENS SENIOR SQUAD (x3 Teams) Guidelines WE follow.**

- It does not matter what religion, nationality or colour you are, this is a football club for all. If you have any problems with this then do not sign.
- If any members of the management or coaching team tell you to do something in a match or training then you do it. Everything is asked of you for a reason for you to personally develop/learn or to help the team.
- We have 300+ children playing for our club as well. They are the future, so set the right example for them today so they will follow tomorrow. When around the children at the clubhouse or even when on the street and in your official club gear, just remember, 1) no foul language, 2) no sex talk & 3) no drink talk etc etc etc.
- We are a drugs free club. If caught or I am told anything along these lines I will speak with you and if deemed necessary you will be released with immediate effect from the club.
- We do not make any remarks or comments on ANY social media to “wind up” or annoy opposition teams or referees. Also remember, a lot of the junior section of the club are on social media as well.
- If you are a GFC senior coach/senior player and you are in the GFC All coaches Whatsup group, you do not discuss anything Senior specific in this group.
- 100% discipline is expected 100% of the time. This is a team game and people who want to be individuals and only worry about themselves should go play Tennis or Golf. Inflated ego’s will not be tolerated.
- Physio is free for all players. This will be on a Monday evening at GFC. To book in for physio you must text Stuart McClean by 9pm on Sunday evening and physio is limited and is on a “first come first served” basis however do not waste a slot if you problem is very minor. Also if you “no show” for a physio appointment you will not be able to go again.
- You can also avail of Sports Massages on a Tuesday night, 5:30-7pm at GFC, from Kent Swann. For 2020/2021 season this is a “pay as you go” system with the cost per session being £5.00.
- You must buy a minimum of x3 lotto tickets (£3) per week from Saturday 17<sup>th</sup> July 2021 to Saturday 14<sup>th</sup> May 2022. This is a total of x44 Saturdays equating to £132.00 minimum. You can not fall more than 4 weeks behind with this. On the fifth week if your lottos are not paid

by the end of Tuesday night training you will NOT be available for selection on the Saturday. These must be purchased regardless of you being in a match day squad or not and/or if it is "free week" OR a postponed match week. Lottos for the full season are expected to be fully paid by Tuesday 1<sup>st</sup> March 2022. You are also expected to attend the couple of fund raising functions over the course of the season or make a donation of £20.00 to the event.

- The Backroom Team will NOT accept transferring money (paypal etc..) to pay for Lottos or anything else. In terms of any money you are required to pay you are given ample time and opportunities to pay this Face to Face at the Clubhouse.
- To instil discipline and commitment we have a "fines" system which will be collected/the responsibility of Team/Club Captains. If you disagree with paying fines either do not break the rules or do not sign here.
- If you are not available for a match due to holiday, birthday, stag do or anything else which management deem "non important" then you shall pay a £10.00 fine to the Development fund which Stuart McClean will collect. This is for the first 2 times you do this. If you then miss a third match for something "non important" then you will automatically not be considered for selection the weekend after you return. And so on for fourth/fifth time etc..
- 25% of the total Fines Money collected over the course of the season will be transferred to the development fund. If the number of players missing matches due to "non important" things (as above) is more than x50 at the end of the season then the % paid into the Development fund from the fines money will be 50%.
- If you have a problem with statistics and training records like attendance & weights being put on show for all players then do not sign here.
- You must purchase a club tracksuit, polo T Shirt & Senior Training Gear Pack if you wish to be part of the Senior set up. These items must be worn on all match days and the majority of training nights. Wearing older GFC gear at training nights is acceptable. Only this tracksuit is acceptable on matchdays.
- 90% is what we are demanding in terms of training attendance.
- If you are not able to attend a training session but advise you will be able to "do a run" (or some sort of training session) later that night and/or the next morning, then in order to obtain your training mark you need to have it on the Greenisland FC Seniors Strava group. Therefore you must be signed up to Strava.

- Ice baths are compulsory on training nights unless a member of the backroom team advises you do not need to get one.
- On Matchdays you must meet with rest of squad and backroom team at GFC/Clubhouse.
- After matchdays you are expected to come back to GFC/Clubhouse (to buy lottos, have a drink, play pool etc) unless you advise the Team Manager why you are not able to come back (working etc..).
- The kits this coming season will be short sleeve. If you want to buy underarmour you can buy via GFC Macron Club Shop or if you are buying them elsewhere they MUST be Maroon (home kit) or Black (away kit) or Sky Blue (second away kit/3<sup>rd</sup> choice kit).
- The Senior Squad operate a WhatsApp group which upon signing you will be added to. If you do not wish to be involved in this you can remove yourself. This group is meant to install team spirit & “banter”. Also some football training/relevant information will be placed on this from time to time. This is ONLY for GFC signed players. No coaches or outsiders.
- Group communication with Players from Backroom Team will come via Stuart McClean and it will be for a Whatsapp Broadcast group system.
- You must inform me of Holidays/Stags as soon as they are booked, no matter how far in advance they might be.
- Whilst in GFC official gear you must NEVER be seen smoking.
- After match days we all like a drink, no problem with this, just make sure you are out of your GFC gear by 9pm on a Saturday night if you are still “out”.
- Treat our Football Home the way you treat your own house. Look after it. Abide by the rules set out by the club. Set the example if/when you see others not abiding by the rules. We are privileged with what we have and we want to keep it good.
- Finally, if you are agreeable to and understand all the above then remember one last thing:-
  - 1) If you do not want to play for the first team then do not sign, if you do not want to play for the second team then do not sign. If you do not want to play for the third team then do not sign.

- 2) If you do not want to be a substitute or be subbed off for any of the x3 teams then do not sign.
- 3) You play in the team were we feel you are needed to best help the team, not where you want to play.
- 4) There are no guarantees to anyone at this club.

**You do not just play at GFC. You are part of GFC.**