



## PLAYER COMMITMENT

### Season: 2025

- Representing Northern Tigers FC requires a significant level of commitment to your team and the Club that will require some sacrifice.
- Continuous and transparent communication is critical to keep the coaching staff fully informed to support each player, team, and the Club.

### Availability

- Players are expected to commit to their team and Club by being available to play in all games.
- All players are expected to be available for all training sessions.
- Allowances are made to acknowledge unavoidable factors that may impact training/game availability - sickness, injury, compulsory school events, exam preparation, representative commitments.
- Player availability and reliability are key attributes required of Northern Tigers FC players to support our Club culture.

### Absence due to Holidays

- To support the team and Club any holidays should be scheduled outside the football season.
- Out of respect for the team and the Club all known player absences (including due to holidays) must be declared as soon as possible (ideally before the season commences).
- Players that miss training/game due to holidays may have reduced game time upon return due to a lack of physical preparation and increased risk of injury.

### Injuries

- Players must seek out professional advice when suffering from an injury or growth-related issue. Early diagnosis and treatment are very important for the player's long-term development.
- Coaches must be kept fully informed of player injuries, including a medical professional's report on the expected timeframe back to full recovery and the return to play process. In the first instance, players are advised to consult the Club appointed physiotherapist.
- When players miss training/games because of an injury, clearance from a medical professional is required before returning to the field (to train or play).
- Players who miss training due to injury/sickness may have restricted game time upon return due to a lack of physical preparation and increased risk of further injury.

By signing below the player and parents acknowledge reading and understanding the Player Commitment.

Player Name:

Signature (Parent if player under 18 at the time of signing):

Date:

Approved by:

Kevin Johnson (CEO)