



AURORA ARSENAL SOCCER CLUB

PLAYER'S CODE*

- 1. Play the game for the game's sake.**
- 2. Be generous when you win.**
- 3. Be graceful when you lose.**
- 4. Be fair always, no matter what the cost.**
- 5. Learn and follow the Laws of the Game.**
- 6. Work for the good of your team.**
- 7. Accept the decisions of the officials.**
- 8. Believe in the honesty of your opponents.**
- 9. Conduct yourself with honor and pride.**

Self Training

Sample activities for kids to play on their own outside of organized training

Nutrition

What to eat, when to eat, how to eat, and more.

* Adapted from Buffalo United Soccer Club - 2007