



## SUPPLEMENTAL TRAINING AND EXTERNAL COMPETITION POLICY



FC Regina is dedicated to supporting the holistic development of our players and recognizes the benefits of supplemental training opportunities. To ensure alignment with our club's philosophy, maintain team cohesion, and prioritize player development, the following guidelines apply to all registered players:

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### 1. Supplemental Training with External Providers

Players are encouraged to seek additional training opportunities with external providers to enhance their individual skills. However, such training must align with FC Regina's commitments and values. An external provider is deemed ineligible if they are a member organization (regular or associate member) of the Saskatchewan Soccer Association and offer competitive teams in any age group (seasonal camps are exempt).

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### 2. Participation in External Games and Competitions

Players registered with FC Regina are prohibited from participating in regular games, competitions, or league play organized by external organizations or coaches. Exceptions may be made for guest participation in one-time exhibition matches or tournaments, subject to prior written approval from FC Regina's Technical Director. Notable exemptions include participation in WCP, high school soccer, and Saskatchewan Soccer Association programs (excluding Sask Cup).

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### 3. Request for Exemption Process

To seek approval to guest play in external games or competitions:

- **Step 1:** Submit a written request to the Technical Director at least 14 days before the event. Late requests will be considered on a case-by-case basis. The request must include:
  - The name of the external organization or coach.
  - Details of the event or competition (dates, location, format).
  - The player's intended role (e.g., guest player).
- **Step 2:** The Technical Director will review the request, considering:
  - Potential schedule conflicts with FC Regina commitments.
  - Risks to the player's health or development (e.g., overtraining).
  - Alignment with the club's philosophy and goals.
- **Step 3:** A decision will be communicated within 7 days of receiving the request.



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### 4. Guidelines for Approval

Approval may be granted if:

- There are no conflicts with FC Regina training, games, or events.
- The opportunity aligns with the player's developmental goals.
- The external event poses no risks to the player's health, safety, or well-being.

Approval will not be granted if:

- Participation undermines team cohesion or FC Regina commitments.
  - The external opportunity conflicts with club values or policies.
  - The player has unresolved issues related to their FC Regina participation.
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### 5. Consequences for Non-Compliance

Players who participate in external games or competitions without the required approval may face the following consequences:

- Suspension from FC Regina activities (training, games, or events).
- Loss of eligibility for selection in future competitions.

The club will work with the player and their family to resolve any issues and outline steps for reinstatement.

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### 6. Communication and Collaboration

FC Regina encourages open communication between players, parents, and the club to ensure alignment with the player's goals. If additional training opportunities are desired, FC Regina can:

- Provide recommendations for trusted supplemental training providers.
  - Offer internal programs to address skill development needs.
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### 7. Rationale for Policy

This policy is in place to:

- Maintain team cohesion and commitment.
- Prioritize the health and well-being of our players.
- Ensure alignment with FC Regina's development philosophy.

We appreciate the trust placed in FC Regina to guide players' growth and success, both on and off the field.