



SUPPLEMENTAL TRAINING AND EXTERNAL COMPETITION POLICY

Queen City United Soccer Club
www.qcsoccer.ca
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The **Queen City United Soccer Club (QCUSC)** is committed to supporting the holistic development of our players and recognizes the value 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:

1. Supplemental Training with External Providers

Players are welcome to pursue additional training opportunities with external providers to enhance their individual skills. However, it is important that such training complements their commitments to QCUSC teams and programs. An external provider is considered an ineligible option if they are a member organization of the Saskatchewan Soccer Association and offer teams in any age group. (seasonal camps are exempt)

2. Participation in External Games and Competitions

Players registered with QCUSC are prohibited from participating in regular games, competitions, or league play with teams organized by external organizations or coaches. However, players may be permitted to guest play in one-time exhibition matches or tournaments, provided they receive prior written approval from the QCUSC Technical Director. Please note WCP, high school soccer and Saskatchewan Soccer Association programs are exempt this policy.

3. Request for Approval 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 QCUSC 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

Participation may be approved if:

- There are no conflicts with QCUSC training, games, or events.
- The opportunity aligns with the player's developmental goals.
- The external event does not pose risks to the player's health, safety, or well-being.

Approval will not be granted if:

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

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

- Suspension from QCUSC activities (training, games, or events).
- Loss of eligibility for selection in upcoming competitions.

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

6. Communication and Collaboration

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

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

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