

## Playing & Training Out of Club Policy



As a registered player with Ottawa South United (OSU) it is our responsibility to ensure that the soccer activities in which you participate within are safe and permissible by our governing bodies and consistent with OSU' s club philosophy and objectives. Such activities include: exhibition games, practice matches, tournaments, league games, training programs, camps or individual training.

We recognize that at times our players may seek additional training or similar opportunities while travelling within North America and abroad. OSU has an extensive network to help facilitate such opportunities, and those interested should contact the Club Sporting Director at [osugm@osu.ca](mailto:osugm@osu.ca).

Registered players within OSU may under no circumstances join other soccer activities, external to OSU, without the consent of either the Club Technical Director or General Manager. If you are unsure whatsoever, we urge you to reach out via email or a phone call immediately and prior to any participation. The club reserves the right to suspend any player from any OSU team or OSU activities if the protocol described is not followed.

### Discipline Structure

#### 1st Offence

- Player is given a warning and asked to cease participating in non - OSU sanctioned activities

#### 2nd Offence

- Player is suspended for 1 week from all OSU activities including Practices and games

#### 3rd Offence

- Player is suspended for 2 weeks from all OSU activities including practices and games

#### 4th Offence

- Player is suspended for the remainder of the season, as per our release / refund policy

### Extra Goalkeeper Training

Here is the guideline if a goalkeeper is interested in doing extra goalkeeper training.

1. Approach the Club Goalkeeper Coaches to explain why the goalkeeper feels the need to do more training.
2. Create a plan of action with the Club Goalkeeper Coaches.
3. Determine an extra training time with one of the Club Goalkeeper Coaches
4. If for scheduling reasons, none of the OSU goalkeeper coaches are available to provide additional training special permission may be allowed for the goalkeeper to train with an external goalkeeper coach for a short period of time.
5. If so, the external goalkeeper coach will need to get in contact with the OSU Club Goalkeeper Coaches to determine a plan of action and techniques that need to be worked on.

If you have any questions regarding the Club Goalkeeper Training policy, please do not hesitate to contact the goalkeeper coaching staff at [david.bellemare@osu.ca](mailto:david.bellemare@osu.ca) and [aaron.falsetto@osu.ca](mailto:aaron.falsetto@osu.ca)