



## Play Up Policy

Every player in Sound Football Club has the option to attempt to “Play Up”. That is, they will always have the option to attempt to play in an age group older than the one that fits their actual age group. Decisions will be based on what is in the best interest of each individual player’s long-term development. Our goal is to place players on appropriate teams for their ability level. It does no good to join a team a year older and not be able to play significant minutes. It does no good to be a B team player on a year older team when you could be an A team player in your own age group.

With this in mind, we will require every player in the club to tryout at their own age level. If they would like to attend tryouts for an age group other than their own we would require them to submit their request to the Sound FC Technical Director, Eugene Poublon at [epoublon@soundfc.org](mailto:epoublon@soundfc.org) in advance of tryouts.

### **Benefits of playing at your true age**

- Continuing a better tactical understanding on positional play.
- Learning and developing a mindset how to dominate (instead of having to compete against bigger faster girls).
- Composure and more confidence on the ball.
- Leadership

### **Disadvantages of playing up**

- Burn out injury.
- Bad habits / decisions. Speed of play may be too high.
- Loss of taking players on 1v1 due to a lack of speed.
- Loss of confidence and self-esteem.
- Becoming a role player.

There is a bright future for these players, and it is important that we get this right.

Thank you for understanding,  
Eugene Poublon  
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Sound Football Club  
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