

MVU Open Training Policy

As part of their membership, members of MVU have the opportunity to supplement their training sessions with their assigned teams by training with other teams within the Club.

Reasons that a player may want to attend another team's session include:

- They missed their own team's session
- They want to improve at a faster rate
- They want to train at a higher level
- They want to be a mentor to a younger player

MVU's Open Training policy has the following guidelines:

1) The player must contact the Coach (if you are not sure who to contact, send an email Ricky Clarke the [Director of Coaching](#)) for *each* session that they want to attend, to verify that:

- The session is appropriate for the player's age and ability
- The session time and/or date has not changed
- The session is not completely team-specific (i.e. team tactics, set plays, etc.)
- The Coach has room in the session and does not have any other concerns with the player attending the session. Note: *The DOC has the final word on whether or not a player may attend a session.*

2) When attending a session as a guest, the player is expected to:

- Be disciplined and not distract from the goals of the training session
- Be able to effectively participate and contribute to the session - if a session keeps breaking down because of a guest player, then the player may be asked to try another team/level's session
- Not neglect their own assigned team's training sessions