



# PHILADELPHIA LONE STAR FC OFFICIAL PLAYER HANDBOOK 2026 Season

Affordable • Accessible • Pathway-Driven

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## WELCOME LETTER FROM CLUB PRESIDENT

### Welcome to Philadelphia Lone Star FC!

On behalf of our coaches, staff, volunteers, and community, I would like to personally welcome you to the Philadelphia Lone Star FC family.

Our club was founded on a simple but powerful belief: **football should be accessible, multicultural, developmental, and transformational — without sacrificing professionalism or ambition.**

We exist to serve players and families who may otherwise be overlooked — particularly within Philadelphia’s immigrant communities — while still holding ourselves to professional standards on and off the field.

At Philadelphia Lone Star FC, we are not just developing footballers. We are developing **leaders, students, professionals, and role models.**

This handbook exists to clearly outline our expectations, values, pathway, **policies**, and commitment to you. Please read it carefully, refer to it often, and never hesitate to reach out with questions.

Whether you are joining our Academy, Development Teams, or First Teams, you are part of a unified vision — one club, one pathway, one identity.

We thank you not just for joining a club, but for becoming part of a community that believes football can open doors on and off the field.

### Welcome to our Family of Stars.

*Paul A. Konneh, III*  
President/CEO, Philadelphia Lone Star FC

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## CLUB IDENTITY & CORE VALUES

### Who We Are

Founded in 2001, Philadelphia Lone Star FC is a community-rooted football club committed to accessibility, inclusion, and competitive excellence.

We operate as **one club, one pathway**, providing clear progression from Academy football to pre-professional competition while maintaining affordability and cultural representation.

### Our Core Values (S.T.A.R.S)

- **Sportsmanship** – Integrity on & off the pitch for everyone involved
  - **Teamwork** – Unity from the boardroom to the boot room
  - **Ambition** – Striving for excellence and improvement every day
  - **Respect** – For officials, teammates, opponents, and ourselves
  - **Success** – Achieving sporting or personal success on and off the field
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## CLUB MISSION

Philadelphia Lone Star FC exists to:

- Provide football opportunities for youth and young adults in underserved communities
- Deliver a structured pathway from Academy → Development Teams → First Teams
- Promote diversity, inclusion, and educational advancement
- Prepare players for college, professional pathways, and leadership roles
- Build community pride through commitment, discipline, and excellence

*Note:* Participation in the club does not guarantee advancement or playing time at any level.

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## PLAYER PATHWAY OVERVIEW

Philadelphia Lone Star FC operates a **vertical pathway** allowing players to progress without leaving the club:

- **Academy (U13–U17)** – Foundation in technical skills and personal development
- **U20 (USL Academy)** – Advanced training, college exposure, and competitive matches
- **U23 (UPSL D1)** – High-level competition, semi-pro exposure
- **First Teams (USL2 & UPSL Premier)** – Top-level club representation and pro pathway

*Note:* Advancement within the pathway is earned and based on technical ability, tactical understanding, physical readiness, attitude, discipline, and commitment — not age or payment.

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## PLAYER DEVELOPMENT & OPPORTUNITIES

- Regular evaluations for all players
- Opportunities to **move between teams** based on performance
- Exposure to **college, pro, and semi-pro scouts**
- Internal promotions based on commitment and skill

*Note:* Evaluations are internal and confidential. External opportunities are not guaranteed and depend on player performance, availability, and external interest.

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## PLAYER EXPECTATIONS, CONDUCT & PROFESSIONAL STANDARDS

All players represent Philadelphia Lone Star FC at all times — on the field, online, and in the community. All players are expected to:

- Commit fully during the season
- Attend all training sessions and matches on time
- Communicate absences or concerns promptly
- Respect coaches, teammates, opponents, and officials at all times
- Always represent the club professionally, including on social media
- Prioritize academics (especially Academy & U20 players)
- Abide by zero tolerance policies regarding violence, discrimination, and substance abuse

Failure to meet standards may result in disciplinary action **at the sole discretion of the club.**

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## TRAINING, MATCHDAY & DISCIPLINE POLICIES

### Training Standards:

- Purchase club training kits
- Arrive prepared and on time
- Follow all instructions and safety protocols

### Matchday Selection & Playing Time Philosophy:

- Must confirm availability in advance
- Selection and playing time are based on attendance, effort, attitude, and performance
- Playing time is not guaranteed at any level

### Consequences for Violations:

- Written warning
  - Temporary suspension
  - Permanent removal from team (in severe cases)
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## PLAYER SAFETY, INJURY & INSURANCE POLICY

Philadelphia Lone Star FC is committed to providing a safe, professional, and supportive playing environment for all players.

Football is a physically demanding sport and, by its nature, carries a risk of injury. While the club takes reasonable precautions to reduce risk, injuries may still occur during training sessions, matches, travel, or club-related activities.

### Player Safety Commitment

Philadelphia Lone Star FC:

- Employs qualified coaches and staff
- Follows league safety standards and protocols
- Uses appropriate training methods and facilities
- Provides access to athletic trainers at games when available (program dependent)
- Encourages players to immediately report injuries or health concerns

### Insurance Coverage

All registered players are covered by **secondary medical insurance** provided through their respective leagues (USL League Two, USL Academy, UPSL, or affiliated competitions) **once properly registered by the club.**

- League insurance is secondary to a player's personal or family health insurance
- Coverage details vary by league and competition
- Players and families are responsible for understanding the scope of league insurance benefits

### Medical Responsibility

Players are responsible for:

- Maintaining their own primary health insurance
- Promptly reporting injuries to coaching staff
- Following medical advice and return-to-play protocols

### Limitation of Liability

Philadelphia Lone Star FC, its coaches, staff, volunteers, and representatives shall not be held liable for injuries sustained through normal participation in football-related activities **except in cases of gross negligence or willful misconduct.**

This policy is not intended to waive a player's legal rights but to clearly define responsibilities and expectations for all parties.

## COMMUNICATION POLICY

- Team communication managed by coaches/managers
  - Official updates via email, team apps, or club website
  - Emergency concerns communicated directly to coaching staff
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## REGISTRATION & ADMINISTRATIVE POLICIES

Players are required to:

- Submit all registration paperwork on time
  - Maintain valid passport and/or government-issued IDs
  - Comply with eligibility rules for each competition
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## MEMBERSHIP FEES & PAYMENT POLICIES

### A. Membership Fees

Team Level	Fee (Pay-in-Full)	Fee (Pay-in-Installments)
Academy (U13–U17)	<b>\$100</b> due February 13	<b>\$110</b> <i>(see below)</i>
U20 / U23	<b>\$150</b> due February 13	<b>\$165</b> <i>(see below)</i>
First Teams	<b>\$200</b> due February 13	<b>\$220</b> <i>(see below)</i>

### B. Installment Payment Option

Philadelphia Lone Star FC offers installment payments for players/families needing flexibility. Players choosing installments incur a **10% premium** over the pay-in-full membership fee:

- January 16 – First installment *(\$40 / \$55 / \$75 based on Team Level)*
- February 13 – Second installment *(\$35 / \$55 / \$75 based on Team Level)*
- March 13 – Final installment *(\$35 / \$55 / \$70 based on Team Level)*

### C. Important Payment Policy

- **No pay, no practice** – unpaid fees result in suspension from training or matches
  - **No refunds** once season begins and/or a player is registered with a league or competition, regardless of playing time, injury, dismissal, or withdrawal
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## ACKNOWLEDGMENT

By registering with Philadelphia Lone Star FC, players and families acknowledge that they have read, understood, and agreed to abide by this handbook.

Philadelphia Lone Star FC reserves the right to update policies at any time.