# Football and Cheerleading Parent Handbook

**REAL DEAL GOATS YOUTH FOOTBALL LEAGUE, INC. Mission Statement**

REAL DEAL GOATS YOUTH FOOTBALL LEAGUE, INC., is a volunteer nonprofit organization incorporated for the purpose of providing the youth of Bartow County and surrounding areas with a recreational football and cheerleading program. The Real Deal Goats Development and Mentorship Program was created with a simple yet powerful purpose: to empower individuals to unlock their full potential and become leaders in their communities. By providing hands-on mentorship, practical skills, and a strong network, we aim to bridge the gap between aspiration and achievement. This program is designed to nurture talent, foster personal growth, and guide individuals through real-world challenges, equipping them with the tools they need to thrive. Our mission is to cultivate a new generation of confident, capable leaders who are not only successful but also dedicated to lifting others as they rise.

**This handbook is presented to serve as a reference for you so that you may better understand the information regarding our organization. We depend on the coaches, players, parents, and spectators to do their part to make this a program a success!**

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# GOALS AND OBJECTIVES

**INTENT**

The Real Deal Goats Youth Football and Cheerleading Program is committed to

I. Community Involvement
   a. Multiple Volunteer Opportunities within the Community for Participants and Parents
   b. School Partnerships
   c. RDG Outings and Events

II. Professionalism
   a. Continued Education Opportunities
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**FUNDRAISING**

Our organization works tirelessly to provide an excellent experience for participants and families. We know and understand that it takes financial sacrifices in addition to large amounts of time and energy when you make the decision to become a part of the Real Deal Goats youth football and Cheerleading family. We want you to know that we do not take this lightly.

In an effort to be as transparent as possible with our RDG family, we have provided you with a general list of expenses that we incur to keep our organization running and working. All funds that come to our non-profit organization by way of registration fees, volunteer fees, gate fees, fundraisers, and sponsorships are carefully accounted for.

We are not a member of Bartow County Parks and Recreation therefore our organization has overhead costs that the general public may not understand or be aware of. Because of this, each family is required to raise a minimum of $275 for the season. We will participate in many fundraisers. We ask that families participate in as many as you can to help us raise funds for our organization. However, once you have raised at least $275, your family has satisfied the requirements for the season. If you do not wish to fundraise, you may opt-out and pay the $275 to the organization directly.

- $3,000 Practice Equipment
- $7,200 Home game referee expense
- $15,000 Cheer and Football Uniforms
- $10,500 Facility use
- $3,500 Participation/educational trophies

We are very happy and appreciative of our partnership with The Bartow County Schools and recreation department for renting facilities to us. We hear and receive all concerns and positive statements from parents and want you to know that our planning always involves meeting the needs for the good of the entire organization. We thank you for your support as we continue to fundraise and raise awareness for our youth.

# PROCEDURES AND POLICIES

## REGISTRATION

| ***Cheer fees:*** | ***Football fees:*** |
|---|---|
| Regular $275, April 2nd - June 30th<br>Late $325, July 1st - August 1st | Regular $275, April 2nd - June 30th<br>Late $325, July 1st - August 1st |

**AFTER JULY 1st NO REFUNDS WILL BE ISSUED…ONLY CREDITS TOWARDS NEXT SEASON THERE ARE NO EXCEPTIONS!!**

**FEES MUST BE PAID IN FULL BY AUGUST 1ST**

**FOOTBALL REGISTRATION INCLUDES:**
- 2 Game uniforms (jersey and pants)
- Game socks
- Helmet Rental
- Bag
- Mouthpiece
- League Fees
- Facility Use
- Operational Expenses
- Insurance

**EQUIPMENT NOT COVERED BY REGISTRATION FEE:**
Each player is responsible for obtaining their own cleats (rubber cleats only, no metal cleats), additional mouthpieces, practice jerseys, practice pants, and shoulder pads. You can visit local sporting goods stores such as Dick's, Academy, Hibbett, Play It Again Sports, etc. to find these items. You may also purchase online from websites, but we suggest having your player try on items in store to find the correct size first. **Game Day Uniforms Are Not to Be Worn During Practices!**

**CHEER REGISTRATION INCLUDES:**
- Uniform (shell/skirt/halftop)
- Pom Poms
- Hair Bow
- Briefs
- Shoes
- Bag
- League Fees
- Facility Use
- Operational Expenses
- Insurance

## MANDATORY PARENT MEETING

A parent/family representative for every participant is **required** to attend one of our parent meetings. Informational meetings will be split between new parent and returning parent sessions to ensure that our new families receive all the information needed without feeling overwhelmed or rushed. These meetings are being held so that all parents have an opportunity to meet Board Members, ask questions, and receive the SAME pertinent information needed to move through the season smoothly.

## VOLUNTEERING AND ENGAGEMENT

Most organizations require a volunteer fee at the beginning of the season. This encourages families to assist the organization in a number of ways because the program is run strictly on volunteers. Once volunteer hours have been fulfilled, families receive their money back at the end of the season. The Board of Directors made the decision to waive the volunteer fees for our families because we understand the financial commitment that some endure to just signing their children up to play. However, we still respectfully ask that families offer at least 6 volunteer hours throughout the year. At times, we may call on you to serve in the following ways:

- □ Coaching
- □ Team Mom
- □ Concession Stand during games
- □ Chain Crew during games
- □ Facilities Beautification
- □ Providing snacks for participants

We thank you in advance for your commitment to our organization!

## MEDICAL INFORMATION

Unfortunately, injuries could happen in both football and cheerleading. While all our coaches and volunteers take every necessary precaution to keep the participants safe, accidents do happen. All minor injuries will be treated by the coach or qualified league volunteer. Any major or life-threatening injuries or accidents that may occur during practices/games or events held for our organization will be handled using the procedures listed:

- □ 911 will be called immediately
- □ Parent/Guardian will be contacted
- □ Based on the professional decision of the Emergency Response Team, the participant may be transported to the nearest medical facility. If transportation is necessary, the charges incurred will be billed to parents/guardians. We (coaches/volunteers) CANNOT transport an injured child in a personal vehicle.

- □ A Doctor's Release Form must be submitted before the participant may resume play.

It is very important that parents/guardians are always present because of these unforeseen situations. If you are not able to be present, please let your Team Mom and/or Coach know how you can be contacted if anything occurs. We also ask that you document any pre-existing medical conditions, allergies, or impairments on the registration forms.

Heat Stroke: Symptoms and Treatment

Heat stroke is the most serious form of heat injury and is a medical emergency. If you suspect that someone has heat stroke -- also known as sunstroke -- you should call 911 immediately and render first aid until paramedics arrive.
Heat stroke can kill or cause damage to the brain and other internal organs. Although heat stroke mainly affects people over age 50, it also takes a toll on healthy young athletes.
Heat stroke often occurs as a progression from milder heat-related illnesses such as heat cramps, heat syncope (fainting), and heat exhaustion. But it can strike even if you have no previous signs of heat injury.
Heat stroke results from prolonged exposure to high temperatures -- usually in combination with dehydration -- which leads to failure of the body's temperature control system. The medical definition of heat stroke is a core body temperature greater than 105 degrees Fahrenheit, with complications involving the central nervous system that occur after exposure to high temperatures. Other common symptoms include nausea, seizures, confusion, disorientation, and sometimes loss of consciousness or coma.

Symptoms of Heat Stroke

The hallmark symptom of heat stroke is a core body temperature above 105 degrees Fahrenheit. But fainting may be the first sign.
Other symptoms may include Throbbing headache. Dizziness and light-headedness, Lack of sweating despite the heat, Red, hot, and dry skin, Muscle weakness or cramps, Nausea and vomiting, Rapid heartbeat, which may be either strong or weak, rapid shallow breathing, behavioral changes such as confusion, disorientation, or staggering, Seizures, Unconsciousness

First Aid for Heat Stroke

If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay in seeking medical help can be fatal.
While waiting for the paramedics to arrive, initiate first aid. Move the person to an air-conditioned environment -- or at least a cool, shady area -- and remove any unnecessary clothing.
If possible, take the person's core body temperature and initiate first aid to cool it to 101 to 102 degrees Fahrenheit. If no thermometers are available, don't hesitate to initiate first aid.
You may also try these cooling strategies:
• Fan air over the patient while wetting his or her skin with water from a sponge or garden hose.
• Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.
• Immerse the patient in a shower or tub of cool water, or an ice bath.
If an emergency response is delayed, call the hospital emergency room for additional instructions.

After you've recovered from heat stroke, you'll probably be more sensitive to high temperatures during the following week. So, it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.

Heat Exhaustion: Symptoms and Treatment

A heat-related illness that can occur after you've been exposed to high temperatures for several days and have become dehydrated.

There are two types of heat exhaustion:

- 1. Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
- 2. Salt depletion. Signs include nausea and vomiting, frequent muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

Symptoms of Heat Exhaustion

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle cramps
- Nausea
- Pale skin
- Profuse sweating
- Rapid heartbeat

First Aid for Heat Exhaustion

If you, or anyone else, have symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 30 minutes, contact a doctor because untreated heat exhaustion can progress to heat stroke.

After you've recovered from heat exhaustion, you'll probably be more sensitive to high temperatures during the following week. So, it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.

Risk Factors for Heat Exhaustion

Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So, it's important -- especially during heat waves -- to pay attention to the reported heat index, and also to remember that the heat index is even higher when you are standing in full sunshine.

If you live in an urban area, you may be especially prone to develop heat exhaustion during a prolonged heat wave, particularly if there are stagnant atmospheric conditions and poor air quality. In what is known as the "heat island effect," asphalt and concrete store heat during the day and only gradually release it at night, resulting in higher nighttime temperatures.

Other risk factors

Associated with heat-related illness include:

- Age. Infants and children up to age 4, and adults over age 65, are particularly vulnerable because they adjust to heat more slowly than other people.
- Certain health conditions. These include heart, lung, or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn, and any conditions that cause fever. People with diabetes are at increased risk of emergency room visits, hospitalization, and death from heat-related illness and may be especially likely to underestimate their risk during heat waves.
- Medications. These include diuretics, sedatives, tranquilizers, stimulants, some heart and blood pressure medications, and medications for psychiatric conditions.

## CONCUSSION PROTOCOL AND POLICY

**Board members and coaches have been trained to identify signs for concussions. All coaches go through Heads Up Training and their certificate is kept on file.**

**What is the injury known as a concussion?**

An injury to the brain that occurs when a forceful motion of the head results in the alteration of mental status, such as confusion and memory loss pre or post the injury. Loss of consciousness doesn't have to occur to make the injury a concussion. Only 10% of concussions will have any loss of consciousness. This instant transfer of kinetic energy and the trauma it causes results in physiological dysfunction that induces neuro-metabolic changes. Metabolic changes cause the brain to spend all the available glucose on repair and that reduces the brain's overall ability to function.

**Symptoms of concussions can include any of the following but must have at least one to be called a concussion:**

- □ Headaches, blurred vision, altered balance, nausea & vomiting, dizziness
- □ Fatigue, sleep disturbances, change in sense of smell & taste
- □ Mood swings, anxiety, apathy, irritability, poor memory, confusion, poor attention and focus abilities

**What type of injuries cause concussions?**

Injuries with or without contact to head that cause the brain to suddenly and rapidly accelerate; closed injury- one that does not fracture the skull; repeated sub concussive blows that accumulate toward injury; force of pressure that moves the brain without contact, explosion

**Concussions have three Grades**

1.Transient confusion and other symptoms that last less than 15 minutes, no loss of consciousness.
2.Transient confusion and other symptoms that last more than 15 minutes, no loss of consciousness.
3.Any event with loss of consciousness of any length.

**What Should I do If a Concussion Occurs?**

If you suspect that an athlete has a concussion, implement your 4-step action plan:

1. Remove the athlete from play or for the remainder of the game. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.

2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for a concussion. Do not try to judge the severity of the injury yourself. Health care professionals have several methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

   - Cause of the injury and force of the hit or blow to the head or body
   - Any loss of consciousness (passed out/knocked out) and if so, for how long
   - Any memory loss immediately following the injury
   - Any seizures immediately following the injury
   - Number of previous concussions (if any)

3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

4. Keep the athlete out of play the day of the injury and until a healthcare professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of

having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

## WEATHER

A common question for new parents is if we practice in the rain. Participants do indeed practice and play games in the rain. If the practice is canceled due to lightning/flooding, we will notify you via e-mail or text message. We also pay close attention to the heat index. We follow these guidelines for practice and play:

| WBGT Reading | Level | Practice Hours | Activity and Break Guidelines | Fluids |
|---|---|---|---|---|
| Under 82.0 | Green | Resume normal activities | Normal activities-Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout | Water or electrolyte drinks |
| 82.0 – 86.9 | Yellow | Use discretion for intense or prolonged exercise; watch at-risk players carefully | Provide at least three separate rest breaks each hour of a minimum of four minutes duration each | Water or electrolyte drinks |
| 87.0 – 89.9 | Orange | Maximum practice time is two hours | For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each | Water or electrolyte drinks |
| 90.0 – 92.0 | Red | Maximum length of practice is one hour | No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice | Water or electrolyte drinks |
| Over 92.1 | Black | No outdoor workouts | Cancel exercise; delay practices until a cooler WBGT reading occurs | Water or electrolyte drinks |

## CANCELLATIONS

If practices or games are cancelled for any reason, you will be notified via e-mail or text message. Just as other teams may have to forfeit due to the lack of participants, the same could happen to any of our teams. It is very important that you are in communication with your Team Mom to let them know if your player will not be at a game.

## PLAYER SELECTION AND TEAMS

Age Groups are as follows:

| | |
|---|---|
| 6u | May not turn 7 prior to 7/1 of the year participating |
| 7u | May not turn 8 prior to 7/1 of the year participating |
| 8u | May not turn 9 prior to 7/1 of the year participating |
| 9u | May not turn 10 prior to 7/1 of the year participating |
| 10u | May not turn 11 prior to 7/1 of the year participating |
| 11u | May not turn 12 prior to 7/1 of the year participating |
| 12u | May not turn 13 prior to 7/1 of the year participating |
| | |

Evaluations will be held during the month of July. Coaches are not only looking for skill, but also awareness and football knowledge. All players must have three days of practice with helmets only before moving to full pads. This typically happens during June. However, if players are not registered in full by this date, they will not be allowed on the field for practice. As soon as your player registers in full, they will then still have to have their three days with helmets ONLY (even if the rest of the team is in full pads). Once the first few days of contact begin in full pads, the coaching staff makes sure to ease all their players into full-contact, utilizing techniques such as performing drills at "half-speed", shortening the distance between contact and ensuring that contact "match-ups" are always with someone of their equal skill, experience and size. We take patience and pride in teaching our players the correct football techniques and maximizing each players' safety on the field. Our league's teams are competitive and there is no play-count rule or weight limit. Playing time is based on the coach's discretion.

## ABOUT THE NWGYFL

The Northwest Georgia Youth Football League provides tackle football for ages 5-12. The D1 Teams will play teams within our league apart from Jamboree and Tournament games. Please note that we travel as far as Athens, GA and Lithonia, GA for league games. The league cannot begin formulating the game schedules until all parks have committed to the number of teams they will have in each age group. This does not take place until registration and team certification has closed. RDG does not have anything to do with the release of the schedule, but we will always do our best to make sure the game schedules and locations are communicated to you as quickly as possible. The first official game is typically during the last week of August (some teams may play in tournaments or Jamborees before this). The Championship games are complete before Thanksgiving. Tournaments and Showcases may go through the month of December.

**Locations:**

| | |
|---|---|
| Tucker Lions | Wallace Park Falcons |
| GA Force | Bill Arp Falcons |
| Boundary Waters Raptors | Georgia Buckeyes |
| Marietta Cardinals | North Dekalb Chargers |
| Southwest Cardinals | Atlanta Colts |
| Lithonia Lions | Douglasville Tiger Cubs |
| 404 Bulls | Smyrna Seahawks |

All RDG home games will be played at the Old Cass High School. Parents are responsible for getting players and cheerleaders to games. Cheerleaders are expected to travel to away games just like football players. Cheer participants will be asked to arrive thirty minutes before game time. Football participants are required to arrive between 2 and 1 ½ hours before game time to prepare for faceoff.

# CHEER

These guidelines are provided to inform athletes and parents of the expectations of those participating in the RDG cheerleading program. Cheerleaders participating in the team must agree with these guidelines and must adhere to them during their tenure on the squad. Parents must also sign a cheer contract for the season.

Philosophy:

The philosophy of the RDG cheerleading program has three major goals: (1) to be a support group for all age levels of the RDG football team, encouraging community spirit; (2) to strive to be a successful competitive program; (3) and to help our cheerleader athletes develop qualities that will enable them to achieve success in all future endeavors.

Standards for Cheerleaders:

Cheerleaders by title are role-models. Remember that there are people watching everything you say and do. Because of this, the RDG cheerleaders are expected to set high standards for the organization and to set a good example for their fellow athletes. To achieve these ends, the cheerleaders will:

- Abide by the provisions of the NWGYFL/RDG Code of Conduct.
- Cheerleaders are Student-Athletes, which means you are a student first and an athlete second. We are requiring all cheerleaders to maintain passing grades in school.
- Attend all scheduled practices/games/performances, unless it is an excused absence approved by the coaching staff.
- Set an example of good behavior at all times (whether in uniform or not) in class, games, and at all community functions.
- Cooperate with each other and follow the instruction of the cheerleading coaches.

Points to Remember:

In this program, we plan on being an exemplary squad. Keep in mind that by nature, time commitment and demands are great. All athletes are required to uphold their commitment to the team. Everyone must have a solid working knowledge of all cheers, chants, stunts, and routines. While we recognize absences happen, every attempt should be made to be present at all practices and games.
During game suspensions, the squad member will sit in uniform with the coach/advisor. This is not a time to socialize.

Each squad member will treat coaches, game officials, and other RDG staff with respect at all times. This attitude should also extend to members of this and other cheerleading squads.

Attendance:

When joining RDG or any all-star program the most important thing that you will need to

understand is the commitment you are getting into! When a routine is set your athlete is now a very important part of our squad that is not easily replaced! It is the responsibility of the cheerleader's parents to notify the coaches by phone, text or email, of any potential tardy or absence. Members must arrive at events/practices on time, already dressed, and ready to warm up. Unless it's an emergency or the coach is contacted, the entire team will run for late members. We will consider the following acceptable reasons for missed practices, games, and appearances:

1. Injury – The member must still attend practice/games (unless physically unable) but will not participate until medical clearance has been provided. Doctor's notes must be specific in nature of injury and restrictions.
2. Illness – A member may only miss practice with a phone call from the parent (texting or email OK) verifying an illness
3. Family Emergencies/Funerals-Class requirement that cannot be fulfilled at another time.
4. Pre-planned Family Vacations

Practice Expectations:

We observe the same schedule as the football program. Practice is every Monday, Tuesday and Thursday from 6:00-7:30 pm.

Each girl should always remember to bring an ample supply of water with them to every practice. Practice attire primarily includes tennis shoes (no sandals or flip flops), shorts, yoga pants, t-shirt, hair up in a secure ponytail. This must be taken care of before practice. Bring all medical needs (inhalers, insulin pumps, etc.) to all practice and games.

Game Expectations:

In the fall, football games typically occur on Saturday morning/afternoons. Final game day schedule will be provided upon receipt from the NWGYFL. All cheerleaders are expected to participate in all scheduled games. Cheerleaders are to remain in the cheering area during the game. DO NOT socialize with players, crowd members, or parents during the game. During a game, cheerleaders will ONLY be allowed to leave the cheering area for halftime.

# COACHES

## RESPONSIBILITIES AND EXPECTATIONS

Coaches play a big part in the success of the park. Duties include but are not limited to:

- Enforce rules and regulations of the park/league with their parents
- Be a mentor and role model to all participants (not just the ones assigned to specific teams)
- Teach fundamentals and basic skills to players
- Emphasize the importance of safety to participants
- Make sure all players are being utilized
- Any other duties that the Board may need assistance with

## COACHES CODE OF CONDUCT

-Place the emotional and physical well-being of players ahead of everything else.

-Utilize all participants and encourage them regardless of differences and skill level.

-Refrain from the use of tobacco, alcohol, and other drugs at all RDG sponsored events including games and practices.

-Refrain from using profanity.

-Abide by a doctor's decision in all matters of players health and injuries and physical ability to play.

-Lead by example in demonstrating good sportsmanship.

-Engage in professional dialogue with parents and stakeholders.

-Remember that I am a youth sports coach, and the game is for children and not adults.

## ENFORCEMENT OF CODE OF CONDUCT

- Warning (for 1st offenses)
- Meeting with the Board of Directors
- Probationary Periods

**The NWGYFL has the authority to suspend or dismiss coaches based on the league's By-Laws.**

## TEAM MOM RESPONSIBILITIES

The Team Mom will complete all the administrative duties needed for the team so that coaches will have the opportunity to focus on player development and coaching. They will also serve as the Parent Liaison. Team Moms will communicate information provided to them by the RDG, Inc. Board of Directors and Coaches. Team Moms and Coaches can decide on how communication will be handled if using a platform in addition to the registration portal. If at any time inappropriate communication is taking place on one of these supplemental platforms, the Team Mom and/or Coach may remove a parent from chat and the parent will continue to receive communication from the registration portal. Coaches and Team Moms serve in these roles voluntarily. Please be mindful of this and know that they are doing their absolute best to ensure that you and your child have a wonderful and smooth season.

## COMMUNICATION

Board Members, Coaches, and Team Moms will respond to all phone calls and emails within 24–48 hours excluding weekends and holidays. Please respect the chain of command within our organization. All immediate concerns should be addressed with your Team Mom. She will initiate the chain of command Practices are held for two hours on Mondays, Tuesdays and Thursdays. During these times, we ask that parents refrain from speaking to coaches as they are busy instructing our players. If your concern is related to a member of the coaching staff, your Team Mom can set up a time preferably before practice for you to speak with the coach directly if she cannot satisfy your concerns herself. If for any reason your concern could not be satisfied with a member of the coaching staff, please contact the Board. Members are always present at practices and games. While we try our absolute best to address all concerns immediately, some situations need more time and thought than an immediate resolution and we thank you in advance for your flexibility in this matter. We always welcome any positive/constructive feedback via email throughout the season.

Communication You Should Expect From The Board of Directors

- Mandatory Parent Orientation held prior to the season
- Information regarding weather delays or cancellations of practices/games
- Information regarding Picture Day/Homecoming
- Notification of events and volunteer opportunities throughout the season
- Immediate concerns that must be addressed to the group throughout the season
- Off-season conditioning

Communication You Should Expect From Your Team Mom

- Introduction at the beginning of the Year
- At least one meeting every month regarding events and important dates

- Weekly reminders about upcoming practices and games (location, time,)
- Snack and Volunteer Schedule
- Information regarding Fundraisers
- End of the Year Banquet/Event
- Off-season conditioning

Communication You Should Expect From Your Coaches

- Individual and team expectations
- Team requirements (conditioning, practices, plays, equipment)

Appropriate Concerns To Express To Coaches

- Treatment of your child (mentally/physically)
- Ways to help your child improve and develop
- Concerns about your child's behavior

Inappropriate concerns to discuss with the Head Coach

- Playing time- **Players have no set number of plays that they must receive in a game**
- Team strategy, technique, practice-organization, or play selection

**Coaches expect parents to communicate concerns directly to them (not other parents apart from the Team Mom), scheduling conflicts when it comes to games and practices, illnesses that may affect games and practices, and general support of the team and program.**

# PARTICIPANTS

**RESPONSIBILITIES AND EXPECTATIONS**

- □ Attend all practices and games that you can
- □ Be a role model to others by exhibiting a good attitude and good sportsmanship
- □ Be committed to learning throughout the season and growing as a person and player
- □ Listen to coaches and be respectful of other volunteers and parents in the organization
- □ Maintain take care of our facilities, equipment, and your uniform
- □ Be responsible and keep up with your equipment and uniform
- □ Be mindful of the foods you eat before practice and games
- □ Stay hydrated
- □ Demonstrate good sportsmanship at all time
- □ Have fun

**PLAYERS CODE OF CONDUCT**

-Refrain from taunting, bullying, or being disrespectful to other participants in our organization and in other organizations.

-Refrain from cursing or using any foul language or terms.

-Remember that you are a student first and an athlete second.

-Refrain from excessive horseplay that could put you or any other in danger.

-Dispose of all trash, containers, etc. in trash cans. Leaving trash on our field or another field leaves a bad representation of you and your team.

-Any concerns with coaches must be handled respectfully. Disrespect will not be tolerated.

-If you are absolutely unable to physically perform due to exhaustion, injury, or illness, let your coaches know.

**CORRECTIVE ACTION POLICY**

Actions may include but are not limited to:

- Warnings
- Individual Meetings that could include parent/guardian
- Suspension for a quarter or whole game depending on the infraction
- The NWGYFL can impose written warnings and suspensions against players at any time during a game if the player is heard cursing or has an excessive number of penalties (unsportsmanlike conduct, targeting, etc.)

# PARENTS AND SPECTATORS

**RESPONSIBILITIES AND EXPECTATIONS**

- Treat all coaches and volunteers with courtesy and respect
- Volunteer within the Football and Cheer Program
- Be involved with team activities
- Trust in the coaching staff and program policies
- Support and encourage your child to work their hardest at their position
- Notify the Team Mom and/or Coach of any scheduling conflicts well in advance (Unexcused absences or tardiness may lead to reduced playing time for your son/daughter. It is your responsibility to make sure they arrive at practice and arrive on time.)
- Cheer for our teams

## PARENTS AND SPECTATORS CODE OF CONDUCT

-Give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.

-Support your coach and refrain from excessive "sideline coaching" from the stands.

-Refrain from using profanity.

-Abide by a doctor's decision in all matters of players health and injuries and physical ability to play.

-Accept those decisions of officials on the field as being fair and called to the best ability of the officials. Parents must stay off the field and remain under control to set a good example for the players and other spectators.

-Do not criticize an opposing team, its players, fans, coaches or team by words or gestures.

-Support the coaches, players and officials and help teach the value of commitment to teams, sportsmanship, ethical conduct and fair play.

-Inappropriate behavior is cause for immediate ejection from the stands. Repeat offenses will result in being barred from future games and league sponsored activities.

-Parents will not encourage their child or any other person to engage in unsportsmanlike conduct with any coach, parent, player, participants, officials or any other attendee.

-Parents must stay off the field during practice and games.

-No pets allowed in the park at any time.

## CORRECTIVE ACTION POLICY

Actions may include but are not limited to:

- Verbal Warnings
- Written Warnings
- Individual Meetings with Board of Directors
- Suspension for a whole game depending on the infraction
- Suspension for a season depending on the infraction
- The NWGYFL can impose suspensions against parents/spectators at any time during a game if the parent/spectator is heard cursing or being disrespectful to referees, other spectators, or coaches