



# PRESCOTT YMCA NFL Youth Flag Football League Summer 2019 PARTICIPANT PACKET



## **YMCA MISSION**

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## **LEAGUE MISSION**

This league exists for the youth of our community, providing them with the opportunity to experience and develop flag football skills. The primary objective of the YMCA is to develop people, not professional athletes. Coaches are dedicated to developing youth and will emphasize the values of caring, honesty, respect and responsibility.

## **RECREATIONAL NFL YOUTH FLAG FOOTBALL LEAGUE**

Recreation for the fun of playing the game. Reinforcing football skills through active participation with an appreciation for competition and sportsmanship.

Ages: Coed 6-8, 9-11, 12-15

Practice: 1 per week (1 hr) - Starts week of June 3rd

Games: 6 season games (and single elimination playoff for 9 and up)

Players Receive: NFL jersey and flags

## **REGISTRATION**

An official 2 part registration form will be completed and turned into the YMCA. Appropriate fees will be paid.

**Refunds are not available on Prescott YMCA Youth Flag Football League fees.**

**All team requests are limited to coach and child on same team and siblings on the same team.**

Registration: Begins April 1<sup>st</sup>

YMCA Members: \$70.00      Community Members: \$90.00

Late registration: If space available, add \$20.00 (After May 29th ).

Program Fees and Team Sponsorships help us to cover the costs of: registration processing, facility usage payments / rentals, equipment purchases, printing and marketing, program staff, jersey & flag purchases, facility maintenance and game officials where applicable.

## **SPONSORSHIP**

\$175.00 Sponsorship benefits are:

- Company/Family name on team shirts
- One child plays free
- Tax deductible
- Team photo, schedule, plaque

## **COACHES / REFEREES**

Attendance at a pre-season training is Mandatory for participation in the league.  
Coaches / referees are required to sign a contract and code of conduct  
Child abuse prevention training will be part of the mandatory pre-season training.  
ALL COACHES MUST PASS A BACKGROUND CHECK TO BE ELIGIBLE.

## **REFEREES**

A referee's duties are to facilitate the game by giving each team equal opportunities within the limits of the rules of the game. Please cooperate with the referees in creating and maintaining an environment in which participants have fun and learn good sportsmanship.

Referees may stop play on occasion for instructional purposes, and to give allowances for violations based on the ability of the group. In all cases, the "spirit of the rule" shall take precedence over the "letter of the law". The referees are in charge of the game and their decisions are final.

## **BILL OF RIGHTS FOR YOUNG ATHLETES**

- Right to participate in sports.
- Right to participate at a level commensurate with level of maturity and ability.
- Right to have qualified adult leadership.
- Right to play as a child and not as an adult.
- Right of children to share in the leadership and decision-making of their sports participation.
- Right to participate in a safe and healthy environment.
- Right to proper preparation for participation in sports.
- Right to an equal opportunity to strive for success.
- Right to be treated with dignity.
- Right to have fun in sports.

## **DRESS CODE**

- AZ Cardinals flag football reversible jersey
- Comfortable athletic shorts without pockets / pants (no jeans)
- Athletic shoes – NO street shoes (cleats optional)
- Underwear should not be seen
- Hats, bandannas, barrettes and jewelry should not be worn in any game
- Keep hair secured
- Fingernails trimmed and filed
- Do not bring toys, jewelry, valuables, electronic games, weapons, tobacco, drugs, and alcohol.

## **FOOTBALL SIZES**

6-8 Year Olds	Junior size football
9-11 Year Olds	Intermediate size football
12-15 Year Olds	Intermediate size football

## **SCOREKEEPING / TIME KEEPING**

Each team is required to provide a scorekeeper / timekeeper for each game.

The home team (first team listed on the game schedule) will provide the scorekeeper.

The visiting team (second team listed on the game schedule) will provide the timekeeper.

## **CODE OF ETHICS** – for all participants, coaches, referees, parents, fans

Keep your perspective. Remember, it's a game for the kids. Help them have fun.

Place the emotional and physical well-being of the players ahead of the personal desire to win.

Provide a sports environment that is free of drugs, tobacco and alcohol.

Support coaches and officials in order to encourage a positive and enjoyable experience for all.

Treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

Honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.

Encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other sports event.

Abusive or profane language may result in ejection or suspension from future games/practices.

Recognize the value and importance of volunteers that give of their time and resources to provide recreational activities for your child.

Remember that the game is for the youth – not the adults.

## **LOST & FOUND**

All items found at game sites will be returned to the YMCA Sports Office. These items will be held until August 31, 2019. Items left after this date will be donated to local charities.

## **ACKNOWLEDGMENT OF RISK FORM**

A form is to be filled out by the player's parent / guardian and given to their coach. The coach is responsible for bringing these forms to all team events.

## **FACILITY USAGE GUIDELINES**

Coaches are responsible for the highest level of performance and professionalism when using practice or game facilities. We are guests of the facilities. We require that you strictly adhere to these guidelines.

Only use the facility during officially scheduled practice times.

Players and guests are only allowed in authorized areas.

Players should not be unsupervised on school grounds.

If an activity is in session, please wait your turn for the field.

Facilities and grounds must be cleaned before your team leaves.

Keep the facilities free of drugs, tobacco and alcohol.

If repeated complaints are received about your team's usage of the facility, your team may lose their practice privileges.

If you damage part of the facility, please contact the YMCA immediately so that we can report the incident to the school.

Coaches should wear their coaching shirt to all games and practices for identification.  
Coaches should not leave their practice site until all players have been picked up by their parent / guardian.  
Dogs are not permitted on Lindquist Family Park

## **PARENT'S GUIDE**

The YMCA recommends that parent(s) are present and involved in team practices and games. This fosters social interaction and connections with in the team. Parents are responsible for transporting their own child to and from practices and games. It is against YMCA policies for coaches to transport children on the team other than those to which they are related. If a parent is not present and an injury takes place, it will be up to the coach and/or staff person in charge to secure appropriate medical attention, at the parent's expense. For these reasons and others, we encourage parents to stay involved with their child throughout his/her sports experience.

### **Dealing With Your Young Player**

For parents of young players there is one guiding principle: **If you want your young player to develop a love for flag football, he or she must first develop a passion for the game.** To do that, he or she must enjoy the game and see flag football, particularly at a young age, as an activity that comes with a smile.

#### **What do you do during these early formative years?**

For the most part, just sit back and share the experience with your child. Sometimes grown-ups have forgotten that flag football is just a game.

#### **What advice should you give to your budding flag football player?**

That's simple. Just tell them to play hard, and to have fun. If they keep a smile on their face, they will most likely give a strong effort. And by playing hard they will get better in the process.

#### **Play flag football with your child**

Flag football affords parents genuine on-the-field interaction with their son or daughter.

But try not to use the opportunity to engage in competition with your son or daughter. If your daughter is 12, compete against her as though you were 12, not a full grown adult. Get in the habit of acknowledging a great pass or catch by your child. Make him or her feel good about their actions. Everybody responds to positive reinforcement – especially kids. And remember children imitate the actions of their parents. If you show them how to respond to a good play, they'll follow your lead.

### **Dealing With The Coach**

#### **Have a talk with the coach at the beginning of the season**

Get a sense of the coach's philosophy on such subjects as sportsmanship, playing time and practice, as well as the guidelines and rules followed by the league.

**One of the major lessons that playing on a flag football team provides to young players is tolerance and adaptation to different styles of leadership.** Allowing your children to deal with the player/coach relationship on their own will go a long way towards assuring that they benefit from those lessons. If a problem arises, you should be there for your child, but let things play out on the team level first.

### **Approaching the coach with a problem**

Sometimes, a misunderstanding does occur. Maybe you feel your son is not getting enough playing time. Maybe your child's team seems to be treating its opponents in an unsportsmanlike manner. **Whatever the concern, consult the coach in a spirit of cooperation — NOT confrontation.**

Some parents get upset and confront coaches in the middle of a game. Not only is this kind of action counter-productive, it embarrasses everyone, including your child. As with any other person, the coach is much less likely to listen if you "get-up" in his or her face.

If you do feel the need to discuss an issue with the coach, try waiting 24 hours and then call the coach at home (make sure you get the coach's appropriate contact number prior to the season). Try the following approach — "Coach, perhaps you can help me with a problem my daughter is having. You see, she's not getting enough playing time. As a result, she is a little confused. Can you help us work through her concerns?"

If you address the coach in a non-confrontational manner, he or she will most likely be happy to discuss the problem and work out a solution that suits everyone.

### **What if my child isn't getting enough playing time?**

Once more, this is the kind of issue that should be brought up in a calm and private conversation with the coach. Ideally, the coach is keeping track of who's playing how much, and at what positions, during games. But if you and your child are convinced that he or she isn't getting a fair amount of playing time, then it may be time to talk to the coach.

**In many youth leagues, there are rules regarding player participation.** Prior to addressing the issue with the coach, you should be aware of any guidelines, if they exist. Once prepared with the information (for example, it may be that all players are required to play at least one-half / one-quarter of the game) you will be ready to speak with the coach.

Keep in mind, that with young players in particular, it can be confusing as to who's playing and for how much time. Coaches usually employ an assistant to monitor the playing time of each child. If there is any question about playing time, it's a matter of consulting the assistant coach's score sheet. If your child's coach does not keep track of this, offer to help out and assist the coach by suggesting doing it yourself. On top of helping you keep track of your child's playing time, it will probably help out some of the other players with a similar problem.

### **Teaching The Basics Of Sportsmanship**

One of the most common myths in sports is that teaching and enforcing sportsmanship is the sole responsibility of the coach. Not true. In fact, when it comes to behavior, the coach's job is to observe players during games, and to enforce the basic guidelines of sportsmanship. **The real job of teaching good sportsmanship starts with Mom and Dad. It's up to you as the parents to lay the foundation, not the coach.**

Be prepared to sit down at appropriate times and have a "teachable moment" with your child. Winning and losing are fundamental elements of any sport, and flag football is no exception. Explain that in flag football there is a right way and a wrong way to behave prior to, during, and after the game, regardless of the outcome. These principles apply on and off the field, and during practices, as well. Usually, the older the child, the more difficulty the player has in dealing with losing. Make it clear to your child that if he or she wants to be a member of the team, they must abide by the rules of good sportsmanship.

Make it clear that every game has a winner and a loser (and sometimes, events transpire that may seem unfair) but that defeat --no matter how emotional --is not an excuse for acting out. Explain that blaming an official for a bad call (or the coach or a teammate for a bad decision or play) is unacceptable. Even in victory, good sportsmanship is important -- bragging or making fun of an opponent after a win cannot be tolerated.

The real test of character is always more apparent in times of difficulty. Help your child through your own responsible leadership. They will benefit, over the long-term, from the lessons they learn, both in flag football and in life.

### **Parental Do's and Don'ts**

As a parent of a young flag football player, it's your job to foster a positive environment for your child — and that takes discipline on your part. Here's a quick checklist to help you do just that:

**1) Avoid the P.G.A. (Post-Game Analysis)** Within minutes following the end of a game; players are usually in the family car heading home. It's during the ride home that some well-meaning parents provide a post-game analysis of what the youngster did well, or not so well, during the game.

"Why didn't you catch the ball?" "You need to work on your turns." "It looked like the other team's defense had you flustered a bit." "You didn't keep your eye on the ball."

From the parent's perspective, these observations seem like very valid points to discuss. "Besides," says the concerned parent, "It's important to go over what my child did in the game while the game is still fresh in his or her mind."

The problem is that these P.G.A.'s can quickly ruin the fun for your flag football player. After all, who wants to be analyzed or criticized moments after leaving the field (and if friends are in the car, it can be even more demoralizing)? That's the coach's job. Mom and Dad give your youngster a break — save your "constructive criticism" for later on in the evening or the next day and bring them up in a two-way conversation about the game. After the game is the time to be positive and brief.

**2) Don't position yourself as the "perfect example."** "Here, let me show you how I used to play the game." Have you ever said something like that to your child? Did you notice them roll their eyes, as in "Oh-uh, here we go again." Relax. If you're like most parents, you want to help teach your child the basics through the benefit of your own experiences. But how do you do that without sounding like a know-it-all old-timer? In the mind of most children, there's a fine line between teaching them the basic skills and trying to show off. Always remember that you're supposed to be there for your son or daughter — not the other way around. Next time, wait until your youngster comes to you and asks for guidance. That's the most effective approach for you and the child.

### **Dealing With Other Parents**

#### **Parents at games**

Ideally, the coach will make it clear at the start of the season that loud, boorish, or obnoxious behavior is not acceptable. The majority of moms and dads understand this concept and keep their emotions in check.

If you encounter a loud parent in the stands, diplomatically let the coach know the parent in question is becoming bothersome to others. If the coach doesn't respond, then consult a league administrator, or even the game official. Officials generally have the ability to vacate or

reprimand an out-of-control parent.

### **Should you approach an out-of-control parent?**

You have to be careful about confronting other parents, particularly with children around. Confrontations between parents rarely have positive results. Too often, in fact, they escalate an already volatile situation. The fact that a parent is yelling and screaming at a youth flag football game suggests he or she has lost perspective and isn't likely to negotiate. If you make an attempt to quell the situation and nothing is resolved, back away until the parent calms down.

### **Try to avoid "Parenting" your child's teammates**

Get to know your child's teammates. It will be fun for your son or daughter to see their parent talking to their on-court friends. But try to avoid using that new relationship to "coach" or "parent" your new friends. Leave that to the real coach and the teammate's parents. If you witness behavior by a teammate that you are uncomfortable with, explain what it is you do not like to your own child as a lesson. If poor behavior continues, mention it to the coach, away from others.

## **FIRST AID REMINDERS**

Recreational football is a relatively safe sport to play. Most of the injuries will be minor and involve mostly the extremities of the body. The purpose of this information is to help with on the field management. It is not to replace formal training nor does it prescribe treatment.

### Head Injuries

Head injuries occur when head hits head, body, ground, equipment or the ball.

#### If unconscious

1. Check the airway, clear if necessary
2. If not breathing, begin CPR
3. Send for help
4. If breathing, do not do anything until help arrives, except stabilize the neck so it does not turn.
5. When consciousness returns, proceed with the following.

#### If conscious

6. Check alertness
7. Ask questions, first general, then specific, to determine mental condition.
8. If the questions are answered correctly, they may leave the field, provided they have had no numbness or tingling and can move all extremities. Have them slowly get to their feet. If dizzy, or faint, or unable to stand on their own, have them lie down again. Check for slurred speech, confusion, numbness, ringing or fullness in the ears or memory loss. If any of these occur, they need to be checked immediately.

### Face

- A. Stop nosebleeds with direct pressure or pressure right beneath the nose.
- B. Check for angulations of the nose, which may indicate a break.  
Check for loose teeth, Dental attention may be needed.

### Abdomen

These occur with a blow from the ball, foot or body contact.

Allow the player with the “wind knocked out” to regain breathing on their own. Stooping or lying down may be more comfortable.

If pain from a blow lasts more than 5 minutes, or if it worsens; if the player cannot straighten up or walks without pain; or if there is shoulder pain, further evaluation is needed.

### Sprains and Strains

Often sprains and strains in the young athlete are under treated and under evaluated. While rest, ice, compression and elevation are important in the initial treatment, range of motion, contrast baths, ice massage and strengthening exercises may be part of the rehabilitation. Since ligaments are usually stronger than growth plates, some slow to heal sprains are really growth plate fractures. Youth are just as comfortable evaluating injuries, it is best to treat the injury with

R I C E (see below, but have the parents assume responsibility for further evaluation and treatment).

Prevent further injury: DO NOT allow weight bearing in getting off the field.

If there is any locking, grinding, instability of the knee, it should be examined as soon as possible.

The ankle is most often injured on the outside portion.

Treatment for sprains, strains and contusions.

1. Rest – no weight bearing
2. Ice – use one or more layers of material between ice and the skin to prevent frostbite
3. Compression – wrap with an elastic bandage to minimize the swelling.
4. Elevate the injured part

### Fractures

Fractures usually occur with a fall. When a fracture is suspected in the lower extremity, it should be splinted before the player is moved. The upper extremity fracture may be cared for on the side-line. Ice should be applied as above. Clues to a break include the dynamics of the fall, tenderness along a bone or an obvious deformity.

### Heat Related Illnesses

These are caused by inadequate body water or dehydration. They include muscle cramps, heat exhaustion and heat stroke. With only one hour of practice a week, it would be unlikely for these to develop unless there is unusual water loss through increased sweating or illness. Prevention is easy by practicing in the cooler parts of the day and having frequent enforced water breaks. This helps form the habit of drinking during exercise.

#### Heat Exhaustion

1. An emergency
2. Pale, clammy skin
3. Rapid and weak pulse
4. Weak – unable to play
5. May be dizzy or faint
6. Treatment is to have them lie down in a cool place and drink cold fluids.
7. Notify parents to take home

#### Heat Stroke

8. This is an EMERGENCY as the body has lost the ability to lose heat
9. Hot, dry, red skin



10. May be dizzy, weak and confused
11. Pulse is rapid and strong
12. May be unconscious
13. Transport immediately
14. Remove player's clothes, cool body with water, ice, wet towels
15. Cool fluids if able to drink

**CHARACTER COUNTS – VALUES TO LIVE BY for YMCA Youth Sports**

CARING – Putting others before yourself

Be thoughtful, considerate and helpful to others on your team

Thank your coaches and officials

Tell your family you appreciate their support

HONESTY – To tell the truth

Follow the rules

Always set a good example by what you say and do

Be fair to players on the other team

RESPECT – To treat others as you would have them treat you

Appreciate your coach

Be considerate and polite to the officials

Be a good listener & always be thoughtful of others

RESPONSIBILITY – To do what you should

Be on time to practices & games

Always give your best effort

Keep your practice and game site clean and free of litter



# PRESCOTT YMCA NFL Youth Flag Football League



Important Season Dates

## **IMPORTANT 2019 SEASON DATES**

***Mark your calendars now!***

### **REQUIRED COACH MEETING**

*Meeting will be held at the YMCA in the Board Room and last approximately one half hour.*

Wednesday, May 29<sup>th</sup> @ 6:00pm

### **PRACTICE STARTS**

Week of June 3<sup>rd</sup>

### **OPENING DAY / FIRST GAMES**

Saturday, June 15<sup>th</sup>

### **PICTURE DAY (no make-up pictures)**

Saturday, June 15<sup>th</sup>

### **LAST GAMES**

**6-8 year olds:** Thursday, July 18<sup>th</sup> and/or Friday, July 19<sup>th</sup>

**9-15 year olds:** Monday July 22<sup>nd</sup>-Wednesday July 24<sup>th</sup>(if necessary).

For additional details, schedules, info, photos please see our web page: [www.prescottymca.org](http://www.prescottymca.org)