

# (Insert Team) Parent Meeting

## (Inset Date)

- **INTRODUCTIONS**

- **Volunteer Coaches:** (Insert Coach Name and Position)
- **Team Mom:** (Insert Name)

- **HEADS UP FOOTBALL**

- “Our organization has adopted USA Football’s Heads Up Football program to enhance player safety.”
- Coaching staff has completed Youth Tackle Certification
- We recognize the importance of player safety and, as components of Heads Up Football, we consider:
  - Concussion recognition and response
  - Heat preparedness and hydration
  - Sudden cardiac arrest
  - Proper equipment fitting
  - Shoulder tackling
  - Blocking and defeating blocks

- **TEAM INFORMATION (administrative info, policies, etc.)**

- **Players**
  - Physicals and medical clearance – please submit ASAP if you have not done so already (Hard cutoff is 1<sup>st</sup> practice)
  - Advise us of medical conditions or anything at all going on with your players
- **Practices:**
  - Monday-Thursday until season starts. We expect players at practice. Practice wins games.
    - (Insert Summer Info)
    - (Insert Fall Info)
    - (Insert Location)
  - Be on time ...but I understand work/traffic - Lombardi time (15 min early) is optimal
  - Transportation to/from practice – we can help if necessary
  - Bring water

- We preplan practices and prepare for opponents, notify me ASAP if you cannot make practices or games so we may plan for their absence or tardiness. Communicate with us. Poor communication hurts the team. Text me if you will be late to practice so we can adjust plans.
- **Game Schedule** – (Insert if Available)
- **Uniforms / Helmets / Mouth Guards**
  - Next gear handout: (Insert if Available)
  - (Insert full info on Uniform, home and away)
  - Not provided: Game day socks, girdle, cleats, water bottle, mouth guards (more than one needed)
- **Philosophy**
  - Fast-paced
  - Game-focused. Not just drill-focused.
  - Equal treatment among players
  - Team first. We will do what is best for the team.
- **Goals & Priorities**
  - Teach the fundamentals
    - Keep it simple (age appropriate)
    - Proper technique and player assignments are the priority (e.g. tackling, ball handling, positions & terminology, etc.)
  - Have fun, learn team & life skills
  - Tactically, this means:
    - Practice Hard - Short on conditioning, long on practice
    - Up-Tempo - Every practice, Every player, Every play
    - Strong Defense - Shoulder tackling team based on leverage.
    - Comprehensible Offense
    - Coaches will be good role models for the kids
- **Evaluation**
  - We will spend the first few practices learning the basics, reviewing players, and probably start to put them in positions pretty quickly after that.
  - We have about a month to evaluate everyone.

- Objective, methodical, and quantifiable
  - **Team Assignments**
    - We are charged with giving kids good experiences while giving the team the best opportunity to win.
    - Everyone will block and most players will play multiple positions on the team.
    - Don't worry about QBs or RBs or if your son is a starter...everyone is rotational (some positions more than others).
    - No positions have been promised. We will place the best player for the position.
  - **Play Time - Individual playing time will be determined by the coaching staff based on the following:**
    - Overall effort and attitude in practice. Consistent practice equals success.
    - All players will experience playtime in games unless player misses all practices during game week
    - The effort, attitude, communication and behavior that the player and parent have toward our team and program (coaches, game plan, playing time, other players and parents.)
    - Attendance / Tardiness
    - Uniform and Equipment Violations (e.g. forgotten mouthpieces)
    - Knowledge, effort, and execution of the system.
    - All final play time decisions will be at the discretion of the Head Coach and the Coaching Staff.
- **RULES & EXPECTATIONS**
  - **Punctuality. Punctuality. Punctuality.**
  - **Players & Discipline**
    - School Work - Stay on top of school duties. We expect our players to work hard at school so no one misses practice.
    - We expect to keep a fast –pace and, therefore, the opportunity for misbehavior to a minimum.
    - Examples of misbehavior: talking over coaches; not listening; overly-negative talk; horseplay; talking in drill lines or in the huddle; pushing and shoving; consistent inattentiveness; being disruptive on the sidelines during games; bullying or fighting; bad language; consistent and excessive tardiness, absences, equipment losses or forgetting equipment.
    - We will strive for more positive motivation to encourage positive behavior, however team discipline is not out of the question (i.e. run to the fence, up/downs, planks, wall sits, etc.)
    - Discipline will never be personal but it will be quick and firm. Team is more important than just one player. Team comes first.
- **Parents**

- We are here for fun. Cheer positively. Don't speak negatively to other players/coaches or refs. If you have concerns, let me know and I will handle.
  - If you are in a position to help with the players, keep a positive tone, no cursing, and no aggressively touching (e.g. do not grab facemasks)
  - Do not interfere with practice or games
  - Parents must stay behind the fences during games
  - Zero tolerance matters:
    - No abusive language towards players, coaches, or other spectators
    - No threats or getting physical ... ever
    - No meeting with coaches before or during games
    - (Insert Other Information about Parent Code of Conduct)
  - Spectator Etiquette
- **WHAT WE NEED OF YOU**
  - Football is an abbreviated season and the ultimate team sport. It requires a team commitment, this includes parent/family commitment.
  - Attendance & Punctuality
    - Model punctuality
    - Dates that you know your player cannot attend a practice or game
    - The best way for your kid to play on Saturdays is to bring him to practice. If he is mildly ill, bring him to practice. If he is in trouble, bring him to practice.
  - Non-football discipline. We urge you to find some other way to discipline your child since it punishes the whole team.
  - Let kids watch football (e.g. other games, television)
- **HELP NEEDED:**
  - Practice Helpers
  - Football Home Game Gameday commitment is a four-hour commitment please plan accordingly. We typically only have a maximum of 3 regular season home games. There is the possibility of up to 2 post season home games (If this is the case it is a reason to celebrate it means we are in the playoffs!).
  - Anyone age appropriate can volunteer, do you have a Mighty Mite and a Cruiser? Cruisers can work concessions, chain gang, etc. Have a high schooler? They get community service hours! Extended family can help too!

- Game Day volunteer time is expected from all families on the team, we are hosts of home games and represent our community:

Game-day Volunteers needed 2 hours prior to game time (when we are the home team):

- Admissions (2)
- Concessions (at least 3 preferably 4, includes Spirit Store)

Game-day Volunteers needed during game time (when we are the home team). These positions must be filled in order to have an official game:

- Time Keeper
- Announcer
- Chain Gang (3)

(Insert realistic volunteer expectation according to roster size, ie. Minimum 15 players, parents will work every home game, max roster size, probably only one regular season game and one post season)

- 1 photographer inside the fences – email me if interested
- 1 Videographer – practices and scrimmages
- Water Helpers

- **COMMUNICATION:**

- Sports Engine / Phone Text / Email (insert info)
- Please do not approach us immediately before, during, or immediately following a game to have a discussion about the game or your child. Let's respect a "48-hour" rule so we all may come down from the intensity of the game. Emails or texts received will receive a response following 48 hours after the game.

- **QUESTIONS?**