

Scarborough Football Club; SYF; Parent/Player Handbook

Overview:

Welcome to the Scarborough Football Club (SFC). This handbook was developed to help our adult and youth members understand how our organization operates and what is expected of all parents/guardians, players and volunteers. While we cannot cover every contingency in this handbook, you are asked to follow the spirit of what is outlined here. SFC is organized and operated by volunteers; your time and/or input is always welcome.

Mission:

Our mission is to teach football to youths between the ages of Kindergarten-8th Grade, which will help them meet their individual goals. The training will take place in an environment based on the ideals of good sportsmanship, honesty, courage, loyalty and respect for oneself and others. We strive to give our players the opportunity to be successful in each and every game we play. While we reject a “win at all costs” approach, we recognize the need to instill confidence and a “can-do” attitude in our players so that by the time they confront the competition of Maine Class A high school football, they are both mentally and physically prepared to meet the challenge. We stress the following bedrock principles:

Safety: Through proper conditioning, physical and mental preparation and the requirement that all players be properly equipped at all times;

Fun: By fostering comradeship and a sense of teamwork in working toward common goals while at the same time recognizing the natural enthusiasm and playfulness of our young student athletes; and

Success: By striving for accomplishment at every practice and honorable victory in every game.

Organization:

SFC is a non-profit Maine Corporation, governed by By-Laws. We are affiliated with the Maine Sportsmanship League (Youth Level tackle football), the Southern Maine Youth Football League (SMYFL) (Junior Level tackle football), and Maine Flag Football League (flag football). We have divisions of teams at each level based on policies established by the respective leagues

Rules and Policies:

Every parent/guardian & player is required to read this handbook and abide by the policies outlined here. All parents/guardians & players are required to return a signed contract certifying they have read and understand this document.

Roles and Responsibilities:

Board members and volunteers donate over 200 hours each season, to ensure we can offer the highest quality program to our student athletes. It is critical that every volunteer be treated with courtesy and respect at all times.

There are a variety of levels of involvement within our program such as but not limited to:

Board of Directors: These volunteers are elected to a two-year term by the general membership. They are responsible for the management of all operations in the program, including oversight of all volunteer committees.

Coaches: These volunteers manage all practices and games for SFC. Coaches are the primary instructors for the players. They are responsible for the supervision, teaching of plays, running drills, discipline on the field as well as management of parent/guardian relations and communications. All issues should be directed at the head coach or one of their assistants for resolution.

Parent/Guardian Volunteers: These volunteers set up, staff, and close up the concession stand, act as a team parent, participate in various committees, perform fundraising activities, and perform various duties as part of the field crew during games. Every parent/guardian is required to volunteer in some way shape or form. Volunteer assignments can be obtained from your respective level committees. Documentation of volunteer hours will be kept to assure compliance.

Football Players: Every student athlete is expected to put forth their best effort, both on and off the field, and to abide by the rules and regulations in this handbook and the players code of ethics.

Citizenship:

SFC is known for pride and respect- to each other, any other participating league program, their leadership to coaches, parents/guardians, teachers and fellow classmates. Any derogatory comments, mocking of others, gossip, or criticism that is not constructive in nature will not be tolerated.

Required Adult Conduct:

The support of parents/guardians is essential to the success of any youth program. This support should, however, be of the on/off field variety in such activities as fundraising, promotion, equipment maintenance, team sponsorship, and other volunteer activities. On occasion, well-meaning parents/guardians can become overzealous and cause unwarranted problems. For the safety and well being of everyone involved SFC provides these rules concerning parent/guardian conduct.

- A. Parents/guardians should clearly understand that the purpose of this program is to teach children teamwork, good sportsmanship, fair play and the love of the game.
- B. Alcohol, smoking, and drugs will not be permitted at the practices or games.
- C. Parents/guardians must stay in the areas designated by the local programs during all practices and games. Parents/guardians are also reminded that they are not to approach the coaches or officials on game day.
- D. Parents/guardians are expected to cheer loudly for your team, but always in good taste and never in a way that is disparaging to the opposing team. Unsportsmanlike conduct is prohibited at all times, and can result in penalties to the team on the field.
- E. Derogatory statements toward game officials or the opposing team is prohibited and can

result in the forfeiture of the game.

- F. An ever present "on and off" the field positive mental attitude is an important ingredient for the success of any youth program. Adults will refrain from open criticisms, especially in the presence of our student athletes, coaches, or any personnel connected with the program.
- G. Parents/guardians should encourage attendance at all practice sessions. Absences impede progress for the rest of the team as well as for the student athlete who is absent. Missing practice will lead to limited playing time during the game. Student athletes with minor injuries or mild illness can still benefit from observing at a practice session. You must notify your coach if you will not attend practice.
- H. Parents/guardians are responsible for getting all players to and from all games and practices on time. Please have players arrive by the times designated by their respective head coaches. Parents/guardians are required to arrive 15 minutes prior to the end of practice. It is not the responsibility of the coaching staff to wait for parents/guardians to show up to pick up their children.
- I. SFC cannot be held responsible for the health and welfare of unattended children. (Siblings of players) should not be left unattended.

The SFC board of directors has established a NO TOLERANCE POLICY FOR IMPROPER ADULT BEHAVIOR. Each adult will be required to sign an Adult Code of Ethics. Violation of the Adult Code of Ethics will result in the removal from any practice, game or function of SFC for the entire season.

Required Youth Conduct

- A. Hard work and dedication will be required before you can wear the uniform of the team. Being a member of the team requires much more than just learning about playing the game of Football.
- B. Vulgarity, temper tantrums, taunting and fighting are absolutely prohibited. Any player observed displaying improper conduct below the acceptable standards of SFC will result in disciplinary action up to and including dismissal.
- C. If you are going to miss a practice or a game, you must notify one of your coaches. You are expected to arrive at games and practices on time, or to alert your coach if you are going to be late or have to leave early.
- D. Report all problems to your coaches immediately. It is your responsibility, not your parents/guardians to keep your uniform and equipment clean and in good repair. Football uniforms must be clean before every game.
- E. Players are expected to maintain a passing grade in all subjects.
- F. Players must adhere to the zero tolerance policy as compliant with NCAA and Scarborough Schools.

Communications:

Parental understanding, acceptance and support of these principles are essential to our ability as coaches and administrators to achieve success and forge a sense of teamwork among our players. We welcome your ideas, concerns and input at all times. If you have a question or an

insight to share, you should begin with the coach, Coaching Coordinator, Middle School, or Youth Coordinator. After you still are not satisfied with your result, you can schedule a time to meet with the President or Vice President of SFC. Please remember, if you have a complaint, you must be part of the solution.

Youth Levels: The non-varsity youth levels area purely instructional and introductory phases of the football experience. Consistent with safety concerns, all children are to be accorded roughly equivalent playing time. The emphasis is on having fun and learning the fundamentals of the game. The Varsity youth level stresses the same fundamentals; however, at this level we begin to emphasize the importance of teamwork and execution in working toward the common goal of success on the playing field. More is expected of the players by way of physical preparation, effort and concentration. Please bear in mind that not all children will be able to handle the ball due to safety concerns and league regulations. These restrictions are based on the size and weight of your child. Please contact the coaching coordinator for additional information.

Middle School: The Middle School Junior Varsity (JV) program is for those players who are not yet fully prepared to participate competitively in the Varsity program. At this level, play becomes slightly more complex and demanding and we find that the players are instinctively becoming more competitive. They have begun to identify players on opposing teams against whom they will compete throughout high school. Also, physical strength and athletic ability becomes a more important ingredient for success.

At the Varsity level, we increase the emphasis on meeting the competitive challenge. Winning, self-control and sportsmanship become important objectives. Players who fail to get adequate playing time in Varsity play are invited and encouraged to participate in the Sunday Junior Varsity game. SMYFL guidelines limit the number of plays an athlete may participate in per week and therefore impacts play-time should an athlete swing between JV and Varsity teams. Coaches are required to track and report play participation as part of our membership in SMYFL.

By following these general guidelines, we have been able to ensure that each and every child participating in the youth and middle school football programs enjoys a favorable football experience. Lastly, we strongly encourage our athletes to self-advocate as they get older and grow in the sport. Please encourage your athlete to speak up for themselves first whenever possible.

Handouts:

Athletes are sometimes given handouts at practice. It is their responsibility to bring them home, share with to parents/guardians, and ensure they read them. Athletes are also responsible for sharing verbal announcements given during practice.

Safety:

Your child's safety is our highest priority. The following measures will be followed at all times:

- A. Food and water:** It is your responsibility to bring adequate sized water jugs to each practice. Coaches will supply water on game days. Water breaks will be taken as

needed, and all players are responsible for picking up their own empty containers.

B. Conditioning: Conditioning exercises will be a part of each practice and game to ensure that the player is able to keep up with the rigors of the sport.

C. Equipment: Approved, inspected equipment is critical to the safety of our athletes, and the cost of issuing and inspecting equipment is one of the organization's largest annual expense.

a. SFC Issued Equipment: SFC issues a helmet, shoulder pads, and game jersey at the beginning of each season. Equipment is inspected and fitted by trained coaches during the fitting process. Each player is responsible for the equipment issued to them and must be returned to the SFC at the end of the season, or immediately upon leaving the program should an athlete choose to not continue in the program. All equipment must be cleaned and laundered prior to equipment turn-in.

b. Parent/Guardian Provided Equipment: Parents/Guardians are required to provide padded football pants (or equivalent), an athletic cup (as needed), football cleats, and a mouthguard. Optional equipment includes a girdle, neck guard, gloves, etc. Parents/guardians may also elect to provide their own helmet or shoulder pads. It is the parent/guardian's responsibility to communicate with the coaching coordinator to ensure the minimum safety requirements are met if you provide your own gear. It is the parent/guardian's responsibility to ensure non-SFC issued equipment meets or exceeds minimum USA Football standards for safe play.

c. Games: Athletes are required to wear a complete SFC approved uniform for games. This uniform includes an official jersey, helmet, shoulder pads, padded pants, cleats, and mouth guard. It is highly-encouraged that your athlete also wears an athletic cup.

d. Practices: Game jerseys ~~or pants~~ are not to be worn during practices. Athletes are required to always bring their helmet, shoulder pads, padded pants, cleats, and mouth guard to practice. It is highly encouraged that your athlete also wears an athletic cup at practice. Coaches will often adjust practice routines that relax the need for some or all protective equipment, but it is imperative all protective equipment always be with your athlete at all events..

e. Certification: All coaches are required to earn the USA Football "Heads-up Tackle" or "Flag Football" safety certification.

Registration:

A player will not be permitted to play or attend practice without the proper registration forms filled out and returned to the league. Medical release form, registration form, and signed parent/guardian & player contract, are all mandatory to complete the registration process. All forms must be in before the first scheduled practice. Your athlete will not be rostered with the team, and your registration process will not be considered "complete" until all required documentation is on file.

Parent/Guardian Meeting:

A parent/guardian meeting will be held at the beginning of the season. All players' parents/guardians new and returning are encouraged to attend. The meeting will give you a chance to hear from the coaches, board members and to get vital information regarding the program and schedule.

Board Meetings:

Monthly board meetings are held on the second Tuesday of each month. The annual board meeting is typically scheduled for the fourth Tuesday in February and is used for board elections and budget confirmation. The schedule for board meetings will be shared on the Scarborough Youth Football website and is the best source of updated information such as schedule adjustments and topics for discussion.

Thank you, Board of Directors

Scarborough Football Club; SYF; Code of Conduct & Ethics

Scarborough Football Club is a non-profit organization, with the sole purpose of promoting youth tackle football, instructional, competitive and academic excellence. These goals cannot be attained without the active participation and cooperation of parents/guardians and other adult volunteers. **Please initial each line.**

___ I hereby pledge to provide positive support, care, and encouragement for my child and other children participating in this program.

___ I will encourage and demonstrate, by example, the importance of good sportsmanship and positive support for all players, coaches, and officials at all practices and games.

___ I will abstain from the use of alcohol, tobacco and drugs-at all SFC sponsored or sanctioned events.

___ I will support coaches and officials working with my child to encourage a positive and enjoyable experience for all.

___ I understand that verbal and physical abuse are not tolerated against anyone.

___ I will show respect for all officials, coaches and volunteers.

By signing below, I acknowledge the receipt of the SFC Parent/Guardian & Player Handbook Code of Conduct & Ethics. Furthermore, I agree to actively advocate this code of ethics by addressing observed deficiencies or infractions by other parents, athletes, or volunteers directly or by bringing the infraction to the attention of any board of director present at the event.

I understand that the SFC has adopted a NO TOLERANCE POLICY concerning deviation of any of the above codes of conduct and ethics. If I violate any of the Code of Ethics it will result in my child's and my/our participation from any SFC activity as determined by the SFC Executive Board.

Parent/Guardian (signature): _____

Date: _____

Parent/Guardian (printed): _____

Player(s) Name (printed): _____

**Scarborough Football Club Parent/Guardian and Player
Consent/Release**

Please initial each line.

___ I/we have read the Participation Handbook, understand and agree, as parents/guardians of the below named child to abide by the role of parent/guardian and player's code of conduct and assume absolute obligation for my/our child to participate in this your program.

___ The child named below has read, understands and agrees to abide by the code of conduct.

___ As the parent/guardian of the below named child, do hereby give my/our permission for my/our child to participate in the SFC activities for the current season.

___ I/We assume all risks, known and unknown, and hazards to this participation for any claims arising out of injury to the below named child, including, but not limited to, transportation to and from such activities.

___ I/We hereby waive, absolve, indemnify and agree to hold harmless the SFC, organizers, coaches, board members, players, persons providing transportation and any organization with which this youth football program may be affiliated.

___ I/we as parents/guardians agree to fulfill our volunteer obligation during the course of the season as asked by the respective level's committee.

___ I/We have read and fully understand the provisions of the consent/release authorization, and I/ we voluntarily sign it.

Parent/Guardian (signature): _____

Date: _____

Parent/Guardian (printed): _____

Player's(s)' name (printed): _____