

POSITIVE ATTITUDE + 100% EFFORT = SUCCESS!

Parent & Player Handbook



**AYFA
EAGLE
FOOTBALL
2009**

“ONE TEAM”

***“The secret to winning football games is working more as a team and less as individuals. I play not my 11 best, but my best 11.”
-Knut Rockne***

Coaches Contact Information

	<u>Phone</u>	<u>Cell</u>	<u>Email</u>
Head Coach			
Asst Coach			
Asst Coach			
Asst Coach			
Asst Coach			

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Welcome to Eagle Football!

The following ideas are in addition to the philosophy, mission, and rules set for by the Arlington Youth Football Association (AYFA). If there are any discrepancies with these team's rules and those set forth by the AYFA and the NCYFL, the AYFA and/or NCYFL rules will be followed. AYFA and NCYFL rules are available upon request.

Thank you for choosing to be a member of the AYFA Eagle Football family. We hope that you are as excited as we are about this upcoming season. We are looking forward to a successful season and are glad that you will be a part of it. We have put together this Player/Parent Handbook to assist the player and the parents as to the overall goals, philosophy, rules and expectations of all AYFA players and parents. Should you have any questions regarding this handbook, please do not hesitate to contact your head coach, AYFA Player Representative, AYFA Coaches Representative, Division Liaison, or follow AYFA Grievance procedures in this manual.

ONE TEAM!

Football Theme: "ONE TEAM"

Idea behind the Theme:

1. We understand ourselves and each other. We know our roles and fulfill them to reach our goals.
2. There is no division within the team. Coaches, athletes, family, teachers and staff are joined together as one TEAM. Remember, there is no "I" in TEAM.
3. Everyone is equal, we have no stars.
4. Sacrifices are made for the betterment of the TEAM.
5. We look after each other and provide positive support to our teammates.
6. We become a family and represent the TEAM well. This is OUR TEAM.

TEAM Goals:

1. Build trust and loyalty with everyone involved.
2. Continue and build upon what was created last season.
3. No Academic Probation.
4. Build on base Offense and Defense:
 - a. Built on solid fundamentals and techniques.
 - b. Every player knows their responsibility so that it becomes "second nature."
5. Have players gain experience and confidence that they are prepared and want to continue to play at the next season.
6. Become a greater participant in the Arlington community.
7. Make the playoffs. Win the championship.
8. Be thankful to everyone involved who has sacrificed to present this opportunity to us.

Philosophy

1. Fundamental Beliefs
 - a. Each player on the team is a student-athlete, so academics come first.
 - b. Individual/Team Discipline is our top priority.
 - c. Organization and time management are key points at practice.
 - d. A focus on fundamentals/technique and player development will bring us desired results.
 - e. Everyone has something to contribute to the team.
 - f. The TEAM comes BEFORE the INDIVIDUAL.
 - g. POSITIVE ATTITUDE + 100% EFFORT = TEAM SUCCESS
2. How is Success Measured
The success of a football program is a whole lot more than winning games and championships, it involves the development of the student athlete and how he/she contributes to the community they live in.

A player on the football team will leave with a great level of confidence within themselves and how to be a positive individual. Success is measured by what the players do and the type of lives they live after leaving the program.

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The EAGLE Football Player

Being a member of the Arlington Youth Football Association/AYFA Eagle Football Team is a special privilege for those individuals who show a willingness to learn, work hard, and display a positive attitude.

YOU ARE A STUDENT FIRST. Your desire to learn is our top priority on the field and in the classroom. This is the only time that you will get to experience this very moment. Seize the opportunity that has been presented to you. You have a responsibility to make the most out of the gifts that you have received.

Responsibility to your family is a requirement for all football players. You should be the role model at home. Help and listen to your parents at home. Look after your siblings. Show your love and appreciation by your actions. Be respectful of your faith, your family, your team and yourself.

Player's Role

1. Always have a positive attitude – We are who we think we are.
2. Loyalty is a must; there is no room for doubters.
3. Complaining takes too much energy, if you have a concern, see the head coach.
4. Learn, work hard and have fun. Hustling is totally free and requires no skill.

AYFA Player Code of Conduct

1. Players will attend all practices, games and meeting and any other team function on time.
 - a. If you are going to miss practice for any reason, you will need to call the coach and let him know why. THIS IS A PLAYERS RESPONSIBILITY AND NOT THE PARENTS (unless the player cannot call the coach him/herself).
 - b. See Rules & Guidelines #3.
2. Players will show respect towards all coaches, players and referees/officials at all times. Profanity will not be tolerated and may result in immediate expulsion from events, practice, games, or from A.Y.F.A.
 - a. Support your teammates on and off the field.
 - b. Everyone has something to contribute to the team, don't sell yourself short on your abilities. Your decision to try will open doors of opportunities.
3. Players will demonstrate good sportsmanship on and off the field.
4. Players will try their very best and always support their team.
 - a. At practice, we find out who wants to play.
 - b. You will be evaluated by:
 - i. Your attitude ON and OFF the field.
 - ii. How well you block.
 - iii. How well you tackle.
 - iv. How well you move.
 - v. How well you accept instructions.
 - vi. How well you implement technique.
5. Players will be team players and always put their team first.
 - a. The TEAM comes BEFORE the INDIVIDUAL.
6. Players will not fight, use bad language or argue with any coach, teammate or referee/official.
 - a. "Golden Rule" – Treat others as you would like to be treated and everything will take care of itself.
7. Player's use of drugs, alcohol, tobacco or participation in any illegal activities with the law will result in expulsion from A.Y.F.A.
8. Players will stay within the established areas of their sidelines at all times during the game.
9. Players will be coachable and be ready to listen, learn and have fun.
 - a. When coaches ask – VOLUNTEER!
 - b. Excuses and alibis don't change a thing.
10. Players will listen to their coaches and follow the rules of N.C.Y.F.L. and A.Y.F.A. at all times.
11. Players will respect the equipment given to them and take proper care of it. Failure to maintain it properly will result in replacing it.
12. Players who break or ignore the rules as outlined in the A.Y.F.A. rule package run the risk of expulsion.

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RULES & GUIDELINES

1. Communication: Players always address the coaches by "Coach." Players always respond to coaches instructions with a "Yes Coach." If a player does not understand what is being told to him/her by a coach, he/she needs to ask questions.
2. Swearing: Swearing is not allowed at anytime.
3. Practice: Attendance at practice is mandatory. We must practice harder than our opponents. If a player needs to miss a practice, HE/SHE needs to notify the coach in advance and not after the fact.
Missing practice for academic reasons is acceptable for one reason only. A student who needs extra assistance from a teacher to understand a certain concept or learn new information is an acceptable reason. Upon completion of the meeting with the teacher, the student will need to report to practice. (Note: the student is still marked as missing practice if he/she misses $\frac{3}{4}$ of the practice).
A student who misses practice to complete a project or assignment that was procrastinated is an unacceptable reason and will show as an unexcused absence.
The player who cannot physically practice but is still able to attend practice (due to injury or illness) will be recognized as attending practice. The player will still be able to learn by observation.
Consequences for missing practice:
 - a. One unexcused missed practice in a week: sit during the first quarter.
 - b. Two missed practices in a week: sit during first half.
 - c. Three or more missed practices in a week: do not play that week.
4. Unsportsmanlike/Personal Fouls: Unsportsmanlike/Personal Foul penalties will not be tolerated. The player will not be able to return to the game until he has had a discussion with the head coach (when the coach has time to speak with the player). We do not want our kids to retaliate regardless of our opponent and what was said or done.
5. "Trash Talking": "Trash Talking" with opponents or officials is not allowed at any time. If a player must talk during a game, then it must be positive to his teammates only. We allow players to assist an opponent up after a play, but he/she is not allowed to speak to the opponent. Only the game captains are allowed to speak with the officials, and only at the official's request. Depending on the circumstances "trash talkers" will be treated as if they had committed an unsportsmanlike/personal foul penalty, see #4 above.
6. Staying positive: We all make mistakes. It is part of the game, it is part of life. Don't get down on yourself. Believe in your abilities and make up for it during the next play.
7. Helmets: Helmets are to be treated properly. It is for your protection. Never sit or throw your helmet. Do not drop your helmet. They are to remain buckled on your head. Never take your helmet off without permission. Helmets are never allowed to touch the ground.
8. Team comes first: Do not draw attention to yourself. Always put the team first. Display good sportsmanship. Showing off, taunting, over-celebrating, or drawing attention to yourself is unacceptable. Violation of this rule will be treated as if you had committed an unsportsmanlike/personal foul penalty, see #4 above.
9. Physician's Instructions: Follow all directions given by your physician, irregardless. The more you follow his/her advice, the quicker you will return to the playing field after an injury.
10. Enjoy: Football is a game. Enjoy the game of football. It is fun and very exciting. If you have concerns, approach the head coach.
11. School policy: All school and AYFA rules and policies are in affect at all practices, games and other events.
12. Learning Attitude: Come to practice everyday ready to learn. Hard work pays off! Make it a point to improve at least one skill area daily. The better you get, the better we get.

The EAGLE Football Parent

Thank you for allowing your son or daughter the opportunity to be a part of the Arlington Youth Football Association/AYFA Eagle Football Team. Being a part of this organization and this team is a special privilege for those individuals who show a willingness to learn, work hard, and display a positive attitude.

Parent's Role

1. Be a PARENT first. How you carry yourselves, comments you make, actions you take are not only a reflection of who you are, but also how our children perceive us to be.
2. EDUCATION IS A PRIORITY. If you make their education a priority then they will make it a priority. If your son or daughter is having trouble with school, please notify the coach. We will periodically ask how well school is going for your child.
3. SPORTSMANSHIP. Sportsmanship and sideline behavior is a priority our organization. AYFA will strictly enforce the Codes of Conduct carryout restrictions set forth by the AYFA Board of Directors, including but not limited to restricting attendance to all AFYA or NCYFL events. If we are truly here for all of the kids in our community, this should not be an issue.

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AYFA Parent/Guardian Code of Conduct

1. Parents should support the efforts of the volunteer coaches of A.Y.F.A. and those of the league.
 - a. The AYFA is a non-profit organization. When asked, if at all possible, VOLUNTEER!
 - b. Loyalty is a must; there is no room for doubters.
2. Parents should set the right example for your child by always showing good sportsmanship.
3. Parents will not argue with a coach, referee/official at any N.C.Y.F.L. and A.Y.F.A. event.
 - a. Profanity, derogative or negative comments are not acceptable.
4. Parents' use of drugs, alcohol or tobacco during any N.C.Y.F.L. and A.Y.F.A. event is prohibited and will result in immediate removal. Profanity will not be tolerated and may result in immediate expulsion from events, practice, games, or from A.Y.F.A.
5. Any parent who crosses the field barriers during a game (except for injury to your child) risks their child being disqualified from A.Y.F.A. football. All Volunteers who will be around the kids must submit a back ground check for the safety of all children. Parents who incur a un-sportsman like behavior penalty during a game risks their immediate removal and disqualification of the child from further participation in A.Y.F.A.
6. Parents should never voice any complaints or concerns towards coaches, referees or league officials in front of the children.
 - a. Complaining takes too much energy. If you have a concern, see the head coach, team parent, player rep, coaches rep, junior division liaison or follow AYFA guidelines.
7. Understand that your child will be given every opportunity to participate and to compete, however, the safety of our athletes is our #1 concern.
8. Parents should praise your child's efforts and always offer your support. Please allow your child to play as a child and have fun.
 - a. Everyone has something to contribute to the team, be supportive of everyone on the team not just your own child.
 - b. Always have a positive attitude, whether at practice or at games.
9. Parents shall inform the coaches personally, or provide written permission for their child to walk, ride bike, etc., or to be picked up by someone other than the parent.
10. Parents who break or ignore the rules as outlined in the A.Y.F.A. rule package run the risk of expulsion.

AYFA Coach Code of Conduct

1. Coaches will always be fair, firm and consistent.
2. Coaches will promote a positive attitude and lead by example.
3. Coaches will stress teamwork and respect with each and every athlete.
4. Coaches will listen to their players concerns and try to help them in any way they can.
5. Coaches' use of drugs, alcohol or tobacco during any N.C.Y.F.L. and A.Y.F.A. event is prohibited and will result in immediate removal from a coaching position. Profanity will not be tolerated and may result in immediate expulsion from events, practice, games, or from A.Y.F.A. Treat each player with respect.
6. Coaches will allow each athlete the opportunity to compete and excel.
7. Coaches must submit to and pass a Washington State background check before being allowed to coach. Persons with Felonies or any Domestic Violence, Child Abuse, or Physical Violence marks will not be allowed within 10 feet of children at any N.C.Y.F.L. or A.Y.F.A. event. File to be kept on record with A.Y.F.A.
8. Coaches will strictly adhere to the policies and procedures of N.C.Y.F.L. and A.Y.F.A. and set a proper example for everyone to follow.
9. Coaches will not engage in violent conduct or verbal abuse towards any player, parent, or referee/official at any time.
10. At the completion of each practice or game, coaches will insure that all of the players have left by means authorized, personally or in writing by the parent. This includes walking, riding bike, etc., or receiving a ride home from someone other than the parent.
11. Coaches who break or ignore the rules as outlined in the A.Y.F.A. rule package run the risk of expulsion.

The 6-play Rule

Every year the biggest complaint has been playing time. The AYFA Board of Directors has implemented directives to assist in eliminating this issue. This year it was our intentions to have a maximum & minimum number of kids per team in hopes of more playing time for everyone as well as the following:

1. Allows for more instruction time with players.
2. More time and repetitions for players to prepare for games.
3. Requires coaches to be more effective in their methods.

Our goal is to surpass the 6-play rule and play everyone as much as possible. As stated in the Player's Rules and Regulations, there are consequences for missing practices without a valid excuse.

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1. One unexcused missed practice in a week: sit during the first quarter.
2. Two missed practices in a week: sit during first half.
3. Three or more missed practices in a week: do not play that week.

Additionally, we will not play your child if we feel that we are putting your child at risk of injury. Preparedness and willingness to participate will determine playing time.

AYFA Grievance Procedure

The AYFA is implementing a new procedure to address the concerns and issues of parents, players or coaches. There are two (2) main purposes of the AYFA Grievance Procedure. The first is to continually build a better program by formally addressing the concerns and issues by parents, players and coaches by working with all parties involved to:

1. Identify the concern or issue,
2. Determining validity and outcomes,
3. Resolving concern or issue,
4. Implementing new policy, rules or procedures for prevention,
5. Track outcome

The second purpose is to distinguish between valid concerns and issues versus random complaining. Random complaining includes but is not limited to habitual complaining, complaining or commenting on non-issues and, gossiping.

Included at the end of this handbook is a Grievance Form that should be used if you have any concerns or issues. Voicing your concerns with a board member, coach or liaison is still okay, but as a next step, your concerns and issues need to be submitted in writing for documentation purposes.

Procedure

1. If a verbal complaint has been noted, you have 48 hours to file this form your concerns or issues to Dave Allen, Player Representative or Chuck Blowers, President.
 - a. If nothing is submitted, then your verbal complaint will be considered closed.
2. Once your concern/issue has been filed, the Player Representative and/or President will verify the form has been completely filled out and that your name and signature appear on the form.
 - a. If your name and signature do not appear on the form, it will treated as a verbal complaint and will be considered closed.
3. Upon verification that the form was completed properly, your concern or issue will be brought before the Board of Directors within 72 hours of receipt and verification.
 - a. Identify the concern or issue. What is the specific concern?
 - b. Investigate
 - i. Determine validity. Is this a safety issue? Coaching issue? Is this a first offense? Is this habitual complaining?
 - ii. Interview both parties.
 - c. Resolution. Determine a solution to concern or issue. What should be done? How should it be done? Who should be involved in resolution process?
 - d. Implement plan. Who will oversee implementation?
 - e. Follow-up to ensure that concerns or issues are resolved.
4. Notify the author of the form within 7 days of the outcome of the ruling and actions that will be taken to address concerns or issues.
5. Submitted forms will be on file with Karen Allen, AYFA Secretary for an undisclosed period of time. Please understand that every step will be taken to keep all complaint forms confidential pending the circumstances.

Please work with us to ensure that our children's football experience is the best that we can provide. Understanding that everyone has their own point of view and having an open mind goes along way to resolving any issue that may arise.

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