

2019 SEASON

# Football and Cheerleading Parent Handbook



## “COME FLY WITH US”

## **BOARD MEMBERS**

Keshay Cowvins - PRESIDENT  
Zach Newberry - VICE-PRESIDENT  
Latoya Addy – SECRETARY/OPERATIONS DIRECTOR  
Theresa Clay – TREASURER/REGISTRATION DIRECTOR  
Stevonne German – COMPLIANCE/PROCUREMENT DIRECTOR  
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Courtney Mays-Deshields – CHEER DIRECTOR  
Marc Burkes – EQUIPMENT DIRECTOR

### **Smyrna Youth Football and Cheerleading (SYFC), Inc. Mission Statement**

*Smyrna Youth Football and Cheerleading (SYFC), Inc., is a volunteer nonprofit organization incorporated for the purpose of providing the youth of South Cobb County and surrounding areas a recreational football and cheerleading program. This program is designed to offer the youth and their families a wholesome, educational and recreational football and cheerleading program aimed at improving the quality of life within the Smyrna Community. Our central idea is huddled around the 3 S's: School, Skills, and Sportsmanship. We aim to prepare the youth for a continued future in athletics that includes an effort for a seamless transition into middle and high school programs and throughout the rest of their lives.*

## **A Letter From Our President**

Dear Parents:

As the Smyrna Youth Football and Cheerleading (SYFC) President, I want to thank you for your family's involvement in our program and entrusting your children into our care for the upcoming season. As a coach in our program for numerous seasons, I know the amount of time and effort it takes to prepare a team for competition so know that your commitment to this organization does not go unnoticed.

For those of you that do not know, we [the board] begin preparation for the upcoming season in January and work all the way through to the end of our current season. I would like to encourage all of our families to become more involved in our program. This is an all-volunteer-based organization and without parent participation it will be impossible to grow and improve our program. When we ask for your assistance, please help. Parents normally assist with the concession stand and holding chains during home games. We also need volunteers for various other functions that greatly assist the coaches, the players, and the organization overall. Without parent involvement, this program could not exist.

SYFC is a very competitive program, not only here locally, but throughout the state of Georgia. Although our league encourages as much playing time as possible, winning is important to the players and to the parents. We coach to improve the skills of all players, but also to win. Coaches evaluate the players and determine where they can best be suited to help the team. Not all players will perform at the same level or have the same desire to play and perform, but all players will participate.

Unlike other sports, each player is usually given a position to play. Each position has different demands, skills, and coaching requirements. In order for the child, and likewise the team to improve, players must learn their respective position fully. This is the primary reason we stress the importance of practice. Unlike other sports, a player cannot simply rotate from position to position or experience every position in football. Each position has different requirements and responsibilities that one can only learn and improve upon with repetitions and experience at that position.

Finally, I would encourage you and all of our coaches to recruit new families into our organization so that we can grow our football family! There is a long history of coaches recruiting players for their teams and that tradition will continue. I am committed to doing what I can to continue to improve what others have done before me and with your help I know we can do it.

I look forward to serving you in 2019 and helping our children become better football players and cheerleaders while keeping our program as one of the best!

See you on the fields!

Fly High,  
Keshay Cowvins  
Smyrna Youth Football and Cheer, Board President

**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 in order to make this program a success!**

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## **GOALS AND OBJECTIVES**

### **INTENT**

The Smyrna Seahawks Youth Football and Cheerleading Program is committed to

- I. Community Involvement
  - a. Multiple Volunteer Opportunities within the Community for Participants/Families
  - b. School Partnerships
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## ORGANIZATION VISION

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 apart of the Smyrna 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 SYFC 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 apart of Cobb County Parks and Recreation therefore our organization has overhead costs that the general public may not understand or be aware of. These are just a few:

- \$10,000 Equipment replacement
- \$6,000 Home game referee expense (\$1,200 each game)
- \$4,250 Facility use deposit
- \$3,750 Facility Maintenance
- \$3,500 End of the year party
- \$2,500 Participation/educational trophies

The 2019 season will be different from previous seasons. Things will look and feel different for those who have been apart of this organization previously. We are listening to the concerns from parents and taking everything into consideration. We also have a vision of having our own field/stadium in the future. In order for this to happen, we must adjust to the changes, policies, and growing pains this season. Your cooperation and understanding means more than you will ever know.



# PROCEDURES AND POLICIES

## REGISTRATION

### Fall Registration Cost (March 1st - August 2nd)

#### Football - \$250 and Cheerleading \$325

**NO REFUNDS WILL BE ISSUED AFTER JULY 31<sup>st</sup> THERE ARE NO EXCEPTIONS!!**

**ALL FOOTBALL PLAYERS WHO DID NOT PLAY WITH THE SEAHAWKS IN THE 2018 SEASON MUST PROVIDE AN ORIGINAL BIRTH CERTIFICATE WITH THE SEAL FOR CERTIFICATION.**

**YOUR CHILD WILL NOT BE ABLE TO PLAY IF CERTIFICATION IS NOT COMPLETED!!!!**

#### FOOTBALL REGISTRATION INCLUDES:

- Game jersey
- Game pants
- Game socks
- Black mouth piece
- Breast Cancer Awareness mouthpiece
- League Fees
- Referee Fees
- Facility Use
- Insurance

#### EQUIPMENT NOT COVERED BY REGISTRATION FEE:

Each player is responsible for obtaining their own cleats (rubber cleats only, no metal cleats), additional mouthpieces (cannot be clear), practice jerseys/pants, helmets and shoulder pads (can be rented from the park for a \$25 deposit or purchased for \$35 each; rented equipment must be returned by 11/30/19). If you supply your own helmet it must be in line with the Park Wide Black helmets (must have black face mask and black chin strap) and MUST NOT BE SANDED IF PAINTED BLACK. Game Day Uniforms Are Not Be Worn During Practices!

#### CHEER REGISTRATION INCLUDES:

- Uniform (shell/skirt/half top)
- Pom Poms
- Hair Bow
- Briefs
- Shoes
- Socks
- Bag
- Practice t-shirt and shorts
- Warmup (jacket/pants)
- League Fees
- Referee Fees
- Facility Use
- Insurance
-

## MANDATORY PARENT ORIENTATION

A parent/family representative for every participant is **required** to attend one of our parent orientations. Orientations will be split between a New Parent and Returning Parent session to ensure that our new families receive all of 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.

## VOLUNTEER HOURS AND ENGAGEMENT

A refundable \$50 (cash or Cash App only) volunteer fee must be paid before uniforms and/equipment will be issued. It is due by August 31<sup>st</sup>- NO EXCEPTIONS. Each family is required to complete 8 volunteer hours that can be served in the following ways:

- Coaching
- Team Mom
- Concession Stand during games
- Chain Crew during games
- Facilities Beautification (designated days approved by Board)

In order for your hours to be counted, you must sign up via Signup.com. The link will be provided to all parents. You must also “sign-in” when you report to your assignment.

We do understand that some families are not able to complete the 8 volunteer hours during the season due to scheduling and other circumstances. There is a form available that can be completed at any time during the season if you decide to forfeit the \$50 volunteer fee.

*Bringing snack/water for players and cheerleaders will not count towards volunteer hours. There are many things that have to be done to keep our program running and we need the help of volunteers in a variety of other areas. (You will not be able to complete hours on behalf of someone else.)*

## MEDICAL INFORMATION

Unfortunately, injuries could happen in both football and cheerleading. While all of 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 all present at all times 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 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 a tub of cool water, or an ice bath.

If 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**

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

### **Treatment for Heat Exhaustion**

If you, or anyone else, has 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 treatment strategies include:**

- Drink plenty of fluids (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 member 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 result in physiologic 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 the head that causes 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. 100 % – MUST - 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 concussion. Do not try to judge the severity of the injury yourself. Health care professionals have a number of 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:

- a. Cause of the injury and force of the hit or blow to the head or body
  - b. Any loss of consciousness (passed out/knocked out) and if so, for how long
  - c. Any memory loss immediately following the injury
  - d. Any seizures immediately following the injury
  - e. 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 concussions. 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.

## **UNIFORMS AND EQUIPMENT**

As outlined in the Registration section, players and cheerleaders will receive a new uniform. Cheerleaders are outfitted from "Bow to Toe" and players receive everything with the exception of cleats and helmets. Pads are available to rent at \$25 each. If a player has their own helmet, it must match the SYFC helmet (color and logo-no exceptions). Unauthorized alterations or damage done to uniforms during the season will require the parent/guardian to pay for a replacement uniform. Football equipment must be returned no later than 11/30/19. If equipment is not returned the player will not be allowed to register/return until the equipment has been returned. We have to receive all equipment back at the end of the season because it must be cleaned and reconditioned.

## 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 practice is canceled due to lightning/flooding, we will notify you via email and/or text message. Please be sure to have your text message alerts enabled on your account. 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 email 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.

## SI PLAY APP

SI Play is the official mode of communication for SYFC. When a participant is registered, it is done through SI Play. All of the information provided through this portal will be a part of the SYFC database. Telephone numbers and email addresses will be shared with your team's Coach and Team Mom(s) for the purpose of communication. Teams may have other communication outlets but official messages from SYFC about games, practices, cancellations, and events will come through SI Play. The app is very easy to use and contains features including other parent's contact information, pictures and stats for the season, etc. While we cannot force you to download an app or subscribe to the site, we will reiterate throughout the season that this is the official mode of communication. Any information missed due to neglect in downloading the app/subscribing to the site or providing incorrect email addresses/telephone numbers cannot be held against SYFC, Inc.

## PLAYER SELECTION AND TEAMS

Age Groups are as follows:

5u	Must turn 5 before 12/31 in the year participating but may not turn 6 prior to 7/1 of the year participating
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 months of June and beg-July. D1 coaches are not only looking for skill, but also awareness and football knowledge. All players must have three days of practice with helmets only. This will begin on July 22nd. For the week of the 22nd, practice will be held on Monday, Tuesday, Wednesday, and Thursday (Thursday will be helmets and pads as long as the player has had three days of practice in a helmet only). 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 need 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 begins 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 player's safety on the field. Coaches will have the final say as to which players are chosen for the D1 teams. Player safety is always taken into consideration when splitting teams. D1 is the most competitive division and there is no play-count rule or weight limit. D2 will have an 8 play minimum and each player will be required to weigh in before each game.

## **ABOUT THE NWGFL**

The North West Georgia Youth Football League provides tackle football for ages 5-12. The D1 Teams will play teams within our league with the exception of Jamboree and Tournament games. Please note that we travel as far Rome, GA and Sharpsburg, GA for 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.

SYFC, Inc. 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. The Championship games are completed before Thanksgiving. Tournaments and Showcases may go through the month of December.

## **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 SYFC, Inc. 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**

There should be absolutely no cursing whatsoever. The 1<sup>st</sup> time a coach has been caught cursing, the coach will be suspended for three games (there will be no appeals or exceptions). This applies to game day, practices, and Sunday games. If a coach is caught the 2<sup>nd</sup> time, he will be removed as a coach from the SYFC program.



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

## **TEAM MOM RESPONSIBILITIES**

The Team Mom will complete all 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 SYFC, Inc. Board of Directors and Coaches. Team Moms and Coaches can make a decision on how communication will be handled if using a platform in addition to SI Play. If at anytime 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 SI Play. All information shared by Coaches and Team Moms **MUST** be provided via SI Play. 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 email the Board of Directors at [info@smyrnaseahawks.org](mailto:info@smyrnaseahawks.org). 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 have to be addressed to the group throughout the season
- End of the Year Event
- Park-wide 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
- Update on Volunteer hours
- End of the Year Banquet/Event
- Return of Equipment
- Off-season conditioning

#### **Communication You Should Expect From Your Coaches**

- Team selection process
- 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 (D2 Players are required to receive a minimum of 8 "live ball" plays. A play count sheet is kept during the game. D1 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 (no other parents with the exception of 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 football player/cheerleader
- 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 times
- 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 NWGFL can impose written warnings and suspensions against players at any time during a game if the player is heard cursing or has an excessive amount 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 in order 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 the 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 are allowed in the park at any time.

## **CORRECTIVE ACTION POLICY**

### **Actions may include but are not limited to:**

- Verbal/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 NWGFL 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

## 2019 Parent Handbook Agreement Form

The 2019 Smyrna Seahawks Football and Cheerleading Parent Handbook contains policies, expectations, and other pertinent information needed throughout the season.

I, the parent of (participant's name) \_\_\_\_\_ confirm that I have access to and/or read the 2019 Smyrna Seahawks Football and Cheerleading Parent Handbook, and further understand the responsibilities, expectations of participants and families; the policies, rules, regulates, and practices stated in this document.

Participant's Printed Name \_\_\_\_\_

(Circle one)      Football      Cheer

If football is circled provide, Team \_\_\_\_\_

Parent's Printed Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_