



FOOTBALL PARENT INFORMATION SHEET

Welcome to the Woodland Park Youth Football League.

This football league participates with the Colorado Springs Parks and Recreation Youth Football Program

Program Philosophy: Safe, Fun & Fair. The Woodland Park Parks and Recreation Department strives to provide a healthy environment in which young people can learn about sports, develop fundamental skills, coordination, teamwork and most importantly, HAVE FUN.

Team Sports: Participation in this program requires commitment and accountability from both players and parents. Players that do not show up for practices and games affect the team as whole. Please be considerate and communicate with your coach if you are unable to attend a practice or game. Remember that this is a team sport and your teammates depend on you.

Eligibility: Divisions are determined by the grade that the participant is entering for the 2008/2009 school year. Divisions are divided by grades (see below):

Flag – 1st, 2nd and 3rd Grade

Rookie Tackle – 3rd and 4th Grade (No Max Weight – Patch Players that weigh over 100 lbs.)

Flyweight Tackle – 5th Grade (No Max Weight – Patch Players that weigh over 110 lbs.)

Lightweight Tackle – 6th Grade (No Max Weight – Patch Players that weigh over 120 lbs.)

Patch Players – These players will wear an orange sticker on the back of their helmets, must play on the interior line of offense and defense and cannot advance the ball.

Moving up a Division a division is not recommended. We encourage players to stay in their designated division and develop leadership skills within their own age group. If the parent signs a waiver, the child may move up one grade level. A player may move down one grade level by providing a signed statement from a physician describing a condition or disability that would prevent the child from playing within his/her grade level. **NOTE:** A medical statement must be submitted to the Woodland Park Parks and Recreation office and must have Colorado Springs Parks and Recreation approval.

Requests:

Requests are not guaranteed. Every coach has something different to offer and they all have access to the same training and assistance. While one coach may stress technique, another coach may teach strategies of the game. This is why we believe all children need the chance to be with different coaches and players each year. It is our belief that the players will make new friends, learn new skills and ideas from being on a different team and with a different coach each year.

Equipment:

- Woodland Park Parks and Recreation will provide jerseys for the players and coaches to keep. Your coach will distribute the jerseys to the players at their practice.
- Colorado Springs Parks and Recreation will provide shoulder pads and football pants/pads. Parents are responsible for returning all pads back to C/S P&R.
- Players are responsible for purchasing a certified helmet with facemask, a mouth guard and shoes. Metal cleats are not allowed.
- All players are recommended to wear athletic supporters.
- Jewelry: Not allowed. Taping is not permitted. All jewelry must be removed. (Exception - Medical identification bracelets or chains are allowed but must be taped down).

Practices/Games: The Coaches Meeting will be held on August 5. After that meeting, your coach will inform you of the location, time and date of your first practice. At your Team Parent Meeting, your coach will give you a complete schedule of practices and games.

Practices will start the week of August 11. All practices will be held at Meadow Wood Sports Complex, Kavanagh Field or Hayden Divide Park.

All games will be held in Colorado Springs at either Memorial Park or Skyview Sports Complex. Flag games will be held on Wednesday nights with the 1st game scheduled on September 3. Tackle games will be held on Saturdays with the 1st game scheduled on September 6. The season will be completed no later than October 25.

Cancellations/Delays: Our goal is for teams to be able to have every practice that is scheduled, however, sometimes Mother Nature makes that difficult. Due to inclement weather there may be times that we will need to close the fields. For all field closures, the Parks and Recreation staff will make a decision 1 hour prior to the first scheduled practice for that day. To alleviate the pressure of getting through on our Cancellation Line, the coaches are encouraged to develop a phone tree for easy communication of field closures. For practices, if the weather is too cold, the coaches may make the decision on whether or not they would like to hold practice. Coaches are responsible for notifying their teams of all information regarding field closures and practice cancellations. Field closure information will be available on-line at www.city-woodlandpark.org.

Game cancellations, please call the Colorado Springs Parks and Recreation Department at 719-385-5981.

Team Parent: Each team should have 1 or 2 team parents to help the coach coordinate and organize the snack/drink schedule, team pictures, end of season party, distribute flyers, etc. Please volunteer.

Team Pictures: Will be held on September 3 or September 10. Your coach will notify you of the exact date, time and location.

Medals/Trophies: All participants will receive a medal or trophy for participating.

Facility Rules: It is important that your team players and parents respect the following facility rules. We will be using Meadow Wood Sports Complex fields, Kavanagh Field and Hayden Divide Park.

- Water is the only drink allowed on the synthetic turf fields. No food or gum. Please obey posted signs.
- Alcoholic beverages are not permitted.
- Smoking is not permitted on any of the fields or in the dugouts.
- Park vehicles in designated parking areas. Please respect the posted no parking signs.
- Parking is not allowed inside the locked gates at Meadow Wood Sports Complex. If handicap assistance is needed, please complete a form with the Parks and Recreation Department so a key may be issued.
- Dogs must be on a leash and supervised at all times. No dogs allowed on the synthetic turf fields.
- Litter must be picked up after games and practices.
- An adult must supervise children at all times.
- Please respect the facilities and help us take care of them.

Sportsmanship:

What is sportsmanship? Sportsmanship means playing fairly and winning or losing gracefully. Fair play and good sportsmanship must be foremost in all youth sports experiences. Any inappropriate behavior or language toward players, coaches, officials or spectators will not be tolerated. Show courteous and positive actions towards all players, coaches and officials at all times. The Site Supervisors and/or officials have the right to eject anyone that is showing any type of misconduct or unsportsmanlike behavior.

Young Athletes' Bill of Rights:

- Right to participate in sports
- Right to participate at a level commensurate with each child's 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 sport
- Right to participate in safe and healthy environments
- 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

Players' Code of Ethics:

- I hereby pledge to be positive about my youth sports experiences and accept responsibility for my participation by following the Players' Code of Ethics pledge.
- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and equal amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- I deserve to play in an environment that is free from drugs, tobacco and alcohol and expect adults to refrain from their use at all sports events.
- I will encourage my parents to be involved with my team in some capacity because it is important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.

Parents' Code of Ethics:

- I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following the Parents' Code of Ethics pledge.
- I will remember that the game is for youth – not adults.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other sports event.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe, healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

Coaches' Code of Ethics:

- I will attend an ASEP (American Sports Education Program) Coach Certification Class to become a Certified Rookie Youth Sports Coach.
- I will attend a Coaches Clinic that Woodland Park Parks and Recreation Department provides.
- I want to give the players a chance to receive the same learning experience as others, and I want to learn to teach players correctly and consistently.
- I will lead by example, in demonstrating fair play and sportsmanship to all players, coaches, officials and parents.
- I will remember that I am a youth coach, and that the game is for youth not adults.

- I will not show abusive actions or language towards players, coaches, officials, or spectators.
- I will refrain from the use of drugs, tobacco and alcohol products when in the youth sports environment.
- I will place the emotional and physical well being of all players ahead of any personal desire to win.
- I will remember to treat each player as an individual, remembering the wide range of emotional and physical development for the same age group.
- I will do my very best to provide a safe playing situation for all players.
- I promise to review and practice the necessary basic first-aid principles needed to treat injuries of players.
- I will do my best to organize practices that are fun and challenging for all players.
- I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will play each child equal time and in several different positions throughout the season.

Thank those that make it happen

The Parks and Recreation staff helps set the stage for this program; however, it could not run without sponsors, parents, coaches, staff and officials! We ask that you take the time to thank those who are volunteering their time and energy to ensure your child receives a positive sports experience. Be sure to show appreciation to the sponsor of your team, whether they have a player on the team or not. Give your support to each volunteer coach who donates his/her time for training, practices and games. Give your respect and patience to the officials and site supervisors who are doing their best to make your child's game safe, fun and fair. A positive experience now will make for a better program in the future. Thank you!!

Watch for upcoming programs and events

CHALLENGER BRITISH SOCCER CAMP

Challenger has developed one of the most innovative methods of coaching in the U.S. While we focus on teaching key techniques and technical components of soccer, we are also committed to developing the whole child. We coach soccer skills within a framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. We offer cultural education too! Our ever-popular Camp World Cup Tournament allows us to introduce players to the geography, traditions and cultural of other great soccer playing countries. Camp includes a ball and t-shirt. Program runs July 21 – July 25 at the Meadow Wood Sports Complex Soccer Fields.

First Kicks (3-4 yrs)	9:00-10:00am	\$59.00
Mini Soccer (4-6 yrs)	10:30-12:00pm or 1:00-2:30 pm	\$78.00
Half Day (6-16 yrs)	9:00am – 12:00pm	\$119.00
Full Day (10-18yrs)	9:00am – 4:00pm	\$173.00

19TH ANNUAL MAYOR'S CUP 5K AND 10K FOOTRACE

This is a 5K and 10K run with a 5K fun walk for all ages to enjoy. The race will begin at the Ute Pass Cultural Center on Saturday, August 9 at 8:00 a.m. All participants will receive a long sleeve t-shirt along with a runner's packet. Cost: Pre-registration \$20.00 / Race Day registration \$25.00. Race day registration starts at 7:00 a.m. The race will begin at 8:00 a.m.

NFL PUNT, PASS & KICK

Monday, September 15 at 5:00pm at Kavanagh Field. Boys and girls ages 8 – 15 (age as of December 31, 2008) test their football skills in punting, passing and place kicking in our local competition. FREE COMPETITION. The winners in each age group from the local competition will advance to the sectional competition held in Pueblo. Winners at sectionals will advance and have the opportunity to show their skills during a Denver Bronco's game.

BASKETBALL LEAGUES

Boys and girls in grades 1 – 8 are encouraged to join this recreational basketball league. This program places emphasis on learning skills, fundamentals, teamwork, sportsmanship and having fun! Required Equipment: Non-Marking Tennis Shoes. Cost: \$43.00/\$39.00 additional child. 3-4 Grade Boys and Girls / 5-8 Grade Girls Registration Deadline: Friday, September 12. Program runs October – December. Watch for information regarding the 1st-2nd Grade Boys and Girls and 5-8 Grade Boys Basketball. Program runs January – March.

SPORT SWAP

Saturday, October 18 from 10:00am – 2:00pm at the Ute Pass Cultural Center. Pre-registration required - reserve a table – FREE. Clean out your closets and garages and bring your sports equipment to the swap. Or, maybe your closets are bare and you need more stuff. Either way, both youth and adult sports equipment are welcome for selling and/or trading. Deadline to register is Friday, October 10. Volunteers are needed to help coordinate this event, please sign up to help.

HOCKEY LEAGUE

Boys and girls, ages 5 – 17, are encouraged to join this recreational co-ed hockey league. This program will focus on learning skills, fundamentals, teamwork, sportsmanship and having fun! Watch for more information. Required Equipment: Hockey Stick, HECC approved Ice Skates, HECC approved Helmet and Facemask, Internal Mouth Piece, Elbow Protection, Hockey Gloves, Shoulder Pads, Hockey Pant or Hip Protection, Shin Pads (non-goalkeeper) and Goal Pads (goalkeeper).