



## DAYFL PARENT'S HANDBOOK

(Updated: 2/29/12)

Dear Parents/Guardians,

We wish to welcome the new players joining our program this season. We hope you have fun! Players from previous seasons, welcome back.

We are a full-contact, tackle youth football program affiliated with the Dane County Area Youth Football League. Our program is divided into grade levels. Each grade level may have two or three squads based on the number of players registered. We emphasize that we are "one team". The players will drill together and practice 80% of the time together as one unit. The teams then will be assigned to squads for games and game preparation time only. This approach builds chemistry for their future. All players will be in one pool and after many practices and evaluations the head coaches will conduct a draft, which will be recorded. The players will be assigned to one of two or three squads by the end of August.

As always, our most important goal is to keep every player safe from injury. Our second goal is to provide all players the ability to develop their football skills. We will play fun games in practice but will also focus on getting into shape and learning the schemes and plays utilized in our system. Be prepared to see your child **RUN** to get into football shape! We will do our best to teach each child the basics of tackle football. To do this, we will need your cooperation and commitment throughout the season. This means:

- Show up to all games approx. 45-60 minutes prior to game time for warm up (See team rules if applicable)
- Show up to all practices on time with all equipment in place. (Pads in their pants, mouth guard).

Each grade's practice schedule and attendance policies will be posted on the website on their respective team pages. We do understand that you have busy schedules, however all things considered we need to adhere to the attendance standards. Attendance at practice is of utmost importance and also reflects on playing time. **This should not be viewed as punishment, but rather as injury prevention in the sense that if practices are missed, the player will not be prepared (mentally and physically) to play on Saturday.**

All positions are open at the beginning of this season. If a player played in a certain position last season, it does not automatically lock him/her into that position this season. We will have position evaluations and tryouts the first two weeks of practice. Previous experience will be taken into consideration, however with the variety of skill levels; the decision will be made based on where your child's skills will best fit the team. We want to produce well-rounded football players, so if we see the possibility of changing a player's position to enhance their skills, we will do that. We will not put any player in a position where they will be in eminent danger. We want to have fun as well as teach the sport of football to your child! Playing time will not be granted just because a player shows up and stands around or goofs off. Players who pay attention, hustle and give 110% every play will have a better chance for more playing time.

Please realize that your child is growing and the game must grow to accommodate. The Dane County Area Youth Football League rules are different at each grade level. They will be taught and reviewed at every practice. If you are in question of any rule or change, please do not hesitate to ask a coach for an explanation.

Please take some time to make sure you have all the documentation turned into one of your squad reps or one of the head coaches. Make sure all insurance information during registration is current, and a copy of your son/daughter's birth certificate is turned in or on file.

Also, remember your commitment to volunteer this season. The program only runs with parental involvement. Items you could volunteer for are concessions, chain gang, score board operator. Your squad rep will be looking for volunteers for different areas before the season starts. Don't be afraid to volunteer before being asked. Our mission is to have FUN, encourage teamwork and develop tackle football fundamentals in a safe, organized manner!

We are looking forward to working with your child and to having a great season. Thank you for your support and cooperation! If you have any questions or concerns, please feel free to contact your coach, grade director, squad representative, or a board member. All contact information is located on our website: [www.deforestyouthfootball.info](http://www.deforestyouthfootball.info).

Thank you,

Nick Kemp  
DAYFL President  
(608)219-9183

## DAYFL Player/Parent Expectations:

### Player Expectations:

- Represent your community at all times through good sportsmanship!
- Show respect to all coaches and teammates on and off the field.
- Pick up after yourself; do not leave empty water bottles on practice or game fields.
- Be willing to work hard every day.
- Wear proper equipment/uniform as listed in the equipment section.
- Wear appropriate clothing for the weather.
- Helmets are not chairs! **(Do not sit on your helmets)** Helmets must be on your head unless told otherwise! Mouth guards need to be in at all times while drilling or playing. Chin straps need to be snapped.
- Pay attention and listen!! If you listen, you learn.
- Understand that football coaches yell. The practice and game fields cover a large area and a player's hearing is obstructed by their helmet. However, a coach should never belittle or curse at a player.
- Abide by all code of conduct rules.

### Preparing for the Season:

- Players should start running 20-30 minutes per day to prepare for the conditioning of football practice throughout the summer.
- Break your cleats in early to avoid blistering.
- Parents should assist players with fitting the provided mouth guard and attaching it to the helmet. **(Please carefully read the directions on the mouth guard packaging to properly fit your child without burning their mouth). Wait 10 seconds before inserting warm mouth guard into mouth.**
- Players should increase their caloric intake on practice and game days.
- Players should get plenty of rest on evenings prior to practice and games days.

### Nutrition:

- Eat plenty of protein followed by sufficient exercise of any sort.
- Moderate the amounts of sugars and starches.
- Minimize or eliminate all fast food and fried foods as much as possible.
- Drink plenty of water, milk and Gatorade. (Gatorade.....after exercise to replenish electrolytes.)
- Avoid carbonated drinks, soda or liquids with high sugar content on practice or game days.
- Do not drink Gatorade without exercise. The sugar will turn into fat.
- Before practice or games do not eat an extreme amount of food, especially candy or food with a lot of sugar. This will cause your stomach to become upset. Always attempt to eat at least 1 hour before you are to begin activity. Drink moderate amounts of water prior to and during an event to stay hydrated.
- The foods you eat should be of a good source of carbohydrates and protein to keep your energy level high.

### Practice:

- Practice schedules will be posted to the website and emailed to team members.
- Practice Attendance Policies will be posted on each team's home page on the website.
- Practices are held 4 days a week until school starts and then 3 days a week after school starts. Maximum of 18 practices before the first game.
- Practice schedules are always subject to change.
- **Players should be to practice on time, if not earlier, ready to practice.**

- Wear proper practice gear as outlined in the equipment section above. (DO NOT FORGET YOUR HELMET!)
- For health reasons: each player should bring their own water or Gatorade to practice and games.
- Players should get plenty of rest on evenings prior to practice and games days.
- **Please inform your head coach of foreseen tardiness.**
- Remember that we as a staff are not a daycare. **(Please pick your child up on time)**
- Parents are invited to observe practices as long as they do not interfere with the coaching process.

#### Equipment:

- Equipment will be issued prior to the beginning of practice.  
(Dates and times will be posted to the website and emailed to members)
- Equipment will not be issued to a player unless all outstanding fees are paid in full.
- A Parent/Guardian **must be present** at Equipment Handout to sign required documents.
- Periodically wash equipment as needed. Helmets can be washed with a wet soapy cloth and towel dried. Wash practice pants and jersey weekly-at minimum. Recommended to hang dry Jerseys.
- **Equipment MUST be returned in the condition it is issued.**
- If equipment becomes damaged in any way – please notify your coach immediately. Your coach will work with the equipment manager to replace or repair your equipment.
- If equipment is not returned or is in unacceptable condition, the player's family will be billed for replacement costs. Players will not be allowed to register for the following season until equipment is returned and/or replacement fees are paid.
- Our equipment is the single largest expense for our program and everyone needs to work together to keep these costs down.

#### The first 3 days of practice are designated as “Without Pads”.

- Players should come to “Without Pads” practice wearing the following:  
athletic shorts or pants
- T-shirt and/or a non-hooded sweatshirt
- Helmet with chinstrap and mouth guard. Always have your helmet on when on the practice or game field. This will assist in getting used to the feeling. You never know when your name is called to go in to play a position.
- When applying and removing your helmet, place your middle finger in the ear hole and place your thumb under the cheek part of the helmet. Gently pull your arms apart. This will allow your ears to slip past the cheek pads!
- CHIN GUARD SLEEVES ARE **NOT** ALLOWED.
- **Tinted** Prescription goggles or glasses ARE NOT ALLOWED. (DCAYFL Rule)
- Always have your mouth guard in properly prior to any contact, play, or drill.
- DO NOT SIT ON YOUR HELMET it should be on your head at all times!
- Football Cleats (Any football rubber cleat will be sufficient) NO METAL SPIKES!
- Athletic Supporter with Cup (recommended but not enforced).
- Practice Pants with belt and all 7 pants pads inserted (2 hip, 2 thigh, 2 knee and 1 tailbone).
- Hip and Tailbone pads are usually used in conjunction with pants belt by inner weaving within the pants. You can purchase a girdle that will act as an athletic cup support, hip pads, and tailbone pad pockets. The girdle will allow you to skip the inner weaving of the belt. You still need to use the belt for the pants themselves.
- Shoulder Pads with Practice Jersey
- Returning players may use a previous season's jersey for practice. New players may purchase a practice jersey or wear a T-shirt over their shoulder pads. Shirts/jerseys should hold the shoulder pads in place. Game Jerseys are NEVER to be worn for practice.

**Players should wear full gear on games days making the following additions or substitutions**

- Game Jersey should be worn in place of practice jersey. (Game Jerseys will be given to players before the end of August).
- Game Pants (Purple) should be worn in place of practice pants.
- Game Belt (Color: TBD) should be worn in place of practice belt (If two belts were provided)
- Purple (Black?) football game socks should be worn. (Socks will be available for purchase on the Spirit Wear Fundraising Form)

**Player Health - Injuries vs. Being Hurt:**

- Make sure you report to a coach about any unbearable pain. This maybe something small but must be recognized.
- Realize that not all pain is considered an injury.
- If a bump, bruise or strain occurs, immediately talk to a coach to determine if ice is needed.
- Keep in mind most trainers say once ice is applied, that player should not participate in any further activities that day.
- Helmet headache is a symptom of the skull adjusting to the helmet. This headache could last up to two weeks. If the headache persists over two weeks, then helmet adjustments need to be made,

**CONCUSSIONS:**

**PLEASE REFER TO CONCUSSION PLAN ATTACHED ON THE FRONT PAGE OF THE WEBSITE AND DCAYFL WEBSITE**

**HEATSTROKE:**

- On hot days make sure you continually hydrate yourself or you may become overheated.  
Signs of heat exhaustion:
  - Nausea
  - Dizziness/Faint
  - Double vision
  - Shortness of breath
  - Vomiting

The DAYFL pays to have an Athletic Trainer on site at all home games in case of injuries.

**NOTE: Warming up before any type of physical activity is crucial to avoiding injury.**

**DCAYFL Mandatory Weigh-In:**

- Weigh-In will be held **Saturday August 25th, 2012 at** MATC-Truax Campus (3550 Anderson Street)
- Weigh-In times will be posted to the website and emailed to all members when determined.
- Have all insurance information and your player's Birth Certificate on file before the weigh-in date.
- Work with your respected squad rep to make sure all required paperwork is complete
- Our parent league DCAYFL requires that each player be weighed-in to determine if that player should be designated as a "Blue Star Player". These designated players are not allowed to play in a position in which they would forward the ball, (Example- quarterback, running back, wide receiver). Please refer to DCAYFL Rules which are located under the documents tab on our website [www.deforestyouthfootball.info](http://www.deforestyouthfootball.info) for more details.

**Picture Day:**

- Picture Day for team and individual pictures is (tentatively) scheduled for Tuesday, August 21, 2012.
- Team pictures are required for weigh-ins.
- Parents and players will be notified via email when times are determined.

**Game Day:**

- Only **Certified Coaches** are to be on the practice field and sidelines at games.
- Spectators should maintain a 5 yard boundary behind the sidelines at all times. (Fields to be marked)
- Players should be at game locations 45-60 minutes before start time.
- Please follow all school grounds rules and parking limitations. (No Parking on the Grass for practice or games)
- Supply your child with plentiful and proper means of hydration! (Water or Gatorade)
- Remember, we all are volunteers willing to help all players achieve a team sports experience.
- Set a good example to all players and conduct good sportsmanship from the sidelines.
- Represent the community of Deforest with pride and diligence.
- Do not expect your child to be drafted by the NFL tomorrow.
- Do not complain to any official about calls. (They are human and will make mistakes)
- **Abide by all Code of Conduct Rules.**
- **NOTE: Dane County Rules only allow certified coaches that are part of the staff to interact with players in an educational manner!!**

**Weather Conditions:**

- Practice and games will take place unless there is a thunderstorm involving lightning or a tornado.
- Watch for emails from the website regarding practice or game cancellations or check the home page on days where the weather is questionable.
- Assume that practice or a game will take place as scheduled unless you are notified.
- Be aware of any weather situations that would call for practice to end early. When in doubt, come to the practice field and wait for your child.

**Communication:**

- Our website [www.deforestyouthfootball.info](http://www.deforestyouthfootball.info) is the main source of communication between our program and our members.
- Make sure your contact information is current. You can update this information on the website by choosing the EDIT MY ACCOUNT tab in the left column.
- If you choose to do so, you can use the EDIT MY ACCOUNT tab on the website to add your cell phone carrier which will allow you to activate text messaging. (Email messages from the website will be sent to your phone via text message). This will help parents who don't have constant access to their email to be informed in case of cancellations or changes of practices or games.
- If you have not been receiving regular emails since registration please notify Paul Kirchberg @ [paulynnkirch@hotmail.com](mailto:paulynnkirch@hotmail.com) or 834-8329 to correct your email address.

**Grievance Procedure:**

- If at all possible, a discussion should take place between the parties to try to resolve the issue before filing a formal grievance.
- If the issue is not resolved after a week to both parties satisfaction; one or both of the parties involved should proceed to the DAYFL website and submit a Grievance Form which can be found on the Board Page.
- The person submitting the Grievance Form will be contacted by a member of the Grievance Committee within two working business days of submission.
- The Grievance committee will meet within a timely period to discuss the issue and take whatever action they deem correct.

**Grade Director:**

The grade director is the voice/vote for your grade on the DAYFL board and is voted on annually. The grade director oversees communication to all parents, coaches, and players. The grade director also works closely with the squad representatives.

**Squad Representative:**

The squad representative assists the head coach and grade director. The squad rep is appointed by the applicable head coach and therefore is not a member of the DAYFL Board of Directors. The squad rep is responsible for all communication for game day information. The squad rep organizes and maintains all documents and materials for their squad. They assist with fundraising and volunteer opportunities as well as organize the end of the season party.

**4-6 Grade Coaches Director:**

The Coaches Director is a person for coaches to communicate with and utilize as source of guidance and direction as to what football skills DAYFL and DHS want to teach the youth as far as fundamental football. This position is a voting member of the DAYFL Board of Directors. The Coaches Director is responsible to report any mis-conduct with-in the youth coaching staff to the DAYFL board of directors. By no means does the Coaches Director have the authority to remove a coach or appoint a person as a coach. This is a 1 season term position voted on by the coaches.

**7-8 Grade Coaches DHS Coordinators:**

The DHS Coordinator is a person for coaches to communicate with and utilize as source of guidance and direction as to what football skills DAYFL and DHS want to teach the youth as far as fundamental football. The DHS Coordinator is a paid position that will work closely with the DHS head coach assuring the program that the 7th and 8th grade players are getting the football education and development to transition into their freshman year with as much knowledge of how the high school program is conducted. The same philosophies will be taught at these levels. The DHS Coordinator will also provide a practice schedule for the coaches to follow and enforce. This position is NOT voting a member of the DAYFL Board of Directors. The DHS Coordinator is responsible to report any mis-conduct or insubordination with-in the youth coaching staff to DAYFL and DHS Head Coach. The removal of a 7th and 8th grade coach in which is recommended by the DHS Coordinator will be highly considered and will under review of the DAYFL board of directors and the DHS Head Coach.

**8<sup>th</sup> Grade Tournament:**

Each year the program would like to send a combined 8<sup>th</sup> grade team to a Tournament. The program will pick up the team entry cost. Each player will also pay an individual entry fee (approx. \$10). The tournament has always been a great time for players, coaches and the parents. It is a Friday, Saturday, & Sunday tournament. One game is played each day.