

SEXSMITH FOOTBALL CLUB

PARENT/PLAYER HANDBOOK 2019

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INTRODUCTION

Welcome to the Sexsmith Football Club (SFC). This handbook has been developed to provide you with valuable information about our organization. During the off-season, the organization has been busy improving the direction of the club. We are always looking for input and welcome your comments.

This handbook details all aspects of the program. You will find information on our history, policies, costs, and much more on our website www.sexsmithfootball.com. The main communication tool for this Season will be the App SportsEngine. The SFC strongly encourages all members to join us on the App to make this the most successful season in the history of Sexsmith Football.

Please keep this handy as you may want to refer to it throughout the year.

GOALS OF THE ORGANIZATION

To build, develop, and grow a highly visible youth football program dedicated to the development of the young men and women in our community. Our goal is to support, encourage, and enable youth to benefit from participating in football in a safe and structured environment. Through our programs we teach sportsmanship, fundamentals, teamwork, skills, and knowledge that youth will use throughout their lives. This includes the opportunity to encourage leadership, good citizenship, and above all else to foster unity among youth athletes through participation in, and support of, this organization. Ultimately, we are building a community of young men and women with true character.

THE SEXSMITH FOOTBALL CLUB STORY

The Sexsmith Shamrocks Bantam Football Club is an amateur tackle football team started in 2000 by Kelly Lenek. It was under Coach Kelly that the Shamrocks brought home Championship Banners in 2000 and 2007. In 2012 Troy Bidewell took over as Head Coach of the Shamrocks team, followed by D.J. Fournier, Cory Howrish and Justin Brown. The Bantam Football Team has won the Championship Banner in 2015 and 2017.

In May of 2013, the club formed a second team, The Little Rocks. The Rocks joined the Grande Prairie Pee wee Football League for kids in Grades 4 through 6. The response was so positive a second Pee wee Team, The Little Stingers, was added in 2014. Little Rocks have won the championship banner in 2014, 2015, 2017 and 2018 all under Head Coach Justin Brown.

The football club continued to grow, and in 2017 the club added a fourth team the Little Clovers. The Little Clovers play in the Grande Prairie Atom League and is for all kids in Grades 2 through 3.

MANAGEMENT STRUCTURE

Board of Directors

The Board of Directors consists of the following positions:

2019 Board of Directors

Position	Individual	Contact Info.
President	Lianne LaValley	president@sexsmithfootball.com
Vice-President	Terri Hatch	terrihatch@hotmail.com
Treasurer	Teresa Andersen	treasurer@sexsmithfootball.com
Secretary	Jaclyn Bryce	secretary@sexsmithfootball.com
Director at Large	Kevin Oltmanns	kevin.oltmanns@wapitigravel.ca
Coach Liaison Director	Austin Yu	austinykyu@gmail.com
Resolution Coordinator	Pat Ewan	resolutions@sexsmithfootball.com
Publicity and Communications	Nikki Oltmanns	info@sexsmithfootball.com

Volunteer Positions Non-Voting Members

These positions are integral to the success of the club.

- **Field/Grounds Coordinator** – organizes/directs volunteers to paint lines on the field and maintain field painting equipment.
- **Volunteer Coordinator** – oversees the ‘DIBS’ platform on the SportsEngine App to assist the club in tracking and coordinating volunteer tasks.
- **Fundraising Coordinator** – oversees all fundraising activities for the club and applies for grants.
- **Administrator** – oversees all websites and database management systems.

SEXSMITH FOOTBALL PHILOSOPHY

Our goal is to provide a quality football program that helps to develop young people into great community members. We can do this by teaching the fundamentals of the game while emphasizing fitness, cooperation, self-discipline, and camaraderie. Our program promotes skill development for young athletes. Our coaches concentrate on player/team development, and an appreciation of the game of football including the necessities of good sportsmanship and being community-minded individuals.

Our coaching and training staff is committed to providing the BEST coaching and safest practice/playing environment that a football player can receive at this level. Safety is our #1 concern which is why our program focuses on conditioning as a fit body is more resistant to injury.

SFC players respect each other as equals and focus on hard work and teamwork. No one player wins football games. This attitude is what has made our teams so successful in the past, and it is a club attitude to cheer for the entire team and the opposing team. SFC players put their heart out on the field at every practice and every game.

SFC hopes that parents and players will make new friends during your time in the SFC Family. Friendships that last a lifetime because while you are a member of the club, you are a part of our little family and “Once a Shamrock always a Shamrock.”

PLAYER SELECTION GUIDELINES & PROCESS

PLAYING TIME AND POSITIONS

It is important to note that your child will not be guaranteed any specific amount of playing time. The primary reason for this is the nature of position assignment in football and the desire to have players practice specific positions before taking a regular assignment at that position. It is vital that players attend and participate in as many practices as possible to ensure playing time. A typical example is a receiver or quarterback. It is a poor coach who places an unprepared player in such a position. Unexcused absences or an inability to comprehend plays may further limit a player's time.

Every player has a different skillset both mentally and physically. No two kids are the same, and SFC Coaches do their best to place players in positions that will gain them the greatest success. Please support the coaches in placing your child in the program.

This does not apply to the same degree at the Atom level, and it may be applied only somewhat at the Pee wee level. Again, the key principle is to have players only at positions they are prepared to play. Therefore, it is very important for players to attend all practices, where it increases their experience and prepares them for game situations.

FAIR PLAY RULE

The Grande Prairie Bantam League has instituted a fair play rule. This rule states that all dressed players receive 10 plays per game. This will be done on the honour system since there are many factors that are out of the coach's control that may prevent players from getting 10 plays. A head coach may decide to not dress a player due to unexcused absences from practices, not fully participating at practice, poor attitude or other such behaviors.

As Atom is focused on learning and development, it is encouraged that all players play all positions at some point in the season. Encouraged, but not required. For example: putting a very small player in the centre, may not be 'fun' for them.

PRACTICES

SFC stresses that practices are of utmost importance to the team. Players must know their positions and plays so that the team can be successful. Players that are not in the right place at the right time can cause the play to fail and increase the chance of injury for other players.

SPORT IS A PRIVILEGE

SFC believes that academics are of utmost importance. School is first, and players should focus on completing school work before coming out to play. The coaching staff will be supportive in assisting parents in promoting this philosophy.

OTHER SPORTS

SFC encourages and supports kids that play multiple sports. Kids that play multiple sports are more successful in performing at higher levels. Cross training also improves young players physical fitness and promotes healthier living into adulthood. SFC asks that you consider the following - a playoff soccer game is by far more important than our practice, but a hockey practice is not as important as our Game. So please use your best judgment and communicate with the coaches and team manager, in particular if your child will be missing a practice or game.

INJURY

Football is a full-contact sport. While our coaches do everything in their power to ensure the safety of each and every player, unfortunately, injury is always a possibility. One injury in particular that both parents and players need to understand the risk is concussions.

If a player is injured on the field, a coach or trainer will be there to assess the injury. Once the injury is assessed the coach will contact the guardian immediately if parental assistance is required. The coach's priority is to ensure the safety of all kids and will contact the parent only if your assistance is required.

CODE OF CONDUCT

PARENTAL CONDUCT

Please be exemplary to your children and the other participants and parents in the program. If you have a concern, thought or would like to talk, please choose your arena wisely and not in front of participants or other parents in the program. There is a concern resolution policy (Respectful Football Policy) in place, please refer to it in raising a concern. It is available on the website www.sexsmithfootball.com

AS A MEMBER OF THE SEXSMITH FOOTBALL CLUB I WILL:

- I will be a positive team supporter
- I will encourage a win philosophy and that doing your best is as important as winning
- I will encourage my athlete to play by the rules and in the spirit of the game
- I will accept the call of the officials and do my best to learn the rules of the game
- I will respect the opponents and their fans
- I will cheer not coach from the stands
- I will respect and show appreciation for the volunteers who give their time to football for my child
- I will ensure an adult accompanies my child to all practices and games.
- Be responsible for ensuring attending guests also abide by this Code of Conduct.

PLAYERS CODE OF CONDUCT

AS A MEMBER OF THE SEXSMITH FOOTBALL CLUB I WILL:

- Participate because I want to.
- Play by the rules and in the spirit of the game.
- Respect my opponents.
- Do my best to be a team player.
- Accept the decisions of the officials and coaches and show respect.
- Remember that winning isn't everything, I am here to improve skills, do my best and have fun.

COACHES CODE OF CONDUCT

AS A COACH I WILL COMPLY WITH AND UPHOLD ALL OF THE ABOVE MEMBER EXPECTATIONS. IN ADDITION TO THIS I WILL:

- I will teach my athletes to play by the rules, to play fair and to respect the officials and opponents
- I will not ridicule or yell at my athletes; I will teach good sportsmanship, skills and encourage confidence in themselves
- I will encourage a win philosophy and that doing your best is as important as winning
- I will remember that my athletes need a coach they can respect
- I will never question the official's judgment or honesty in public

DISCIPLINE POLICY

Discipline is an important component of any organization. Therefore, behaviour that is inconsistent with the values of the association will result in disciplinary action being taken. This policy applies to all parents and family members as well as players, coaches, managers and executive.

Examples of this action include:

- A change in assignment,
- Suspension for a portion of a game(s)
- Expulsion from the Sexsmith Football Club

For example:

- A player (or parent) who is blatantly disrespectful to another player, parent or referee while at any SFC sanctioned event can expect to be suspended for the balance of that activity, and may be suspended further if warranted. Minor infractions will result in players being asked to leave the field for a short period, or as directed by referees/officials.
- Players who miss practice without good reason may have their assignment changed
- Repeated poor behaviour by a player or parent may result in being suspended from a game or from the program.
- Coaches not adhering to the Coaches Code of Conduct will be approached with the concerns by the President and/or Head Coach and asked to correct their conduct. Delay in correcting will result in the actions outlined above. In extreme cases, corrective action may be immediate. The Head Coach, in consultation with the SFC Board, shall determine the extent of a suspension.

The SFC may only expel a player, coach or parent with the approval of the Board of Directors with a majority vote.

Please remember that football is the ultimate team game.

Players who do not adhere to the team values are not only hurting themselves; they are hurting their whole team.

Parents who do not adhere to the club values are not only hurting themselves; they are hurting the entire club.

Coaches who do not adhere to the club values are not only hurting themselves; they are hurting the entire program.

PARENTS/GUARDIANS/SPECTATORS

Parents are an integral part of our program to ensure that the kids have a successful season. Thank-you for sharing your kids so we can teach them our love of the game.

Pick-up

Be timely when dropping off and picking up players. Respect the time of coaches and managers. They have families waiting at home for them and cannot leave the field until all players are safe.

Behind the Bench

Parents are to remain in the stands at all times during the game. Parents are not allowed behind or near the player's bench as it is a distraction to the players and coach. Only the designated photographer and videographer are allowed on the bench side of the field. Have a great year meeting other parents on the bleachers and cheering for your team.

Atom

Atom parents must attend or appoint someone to attend on their behalf all practices and games.

VOLUNTEER COMMITMENT

All minor sports organizations rely on volunteers for their success. As a volunteer, you provide a service to both the club as well as demonstrating support for your child in the activity they have selected. Your involvement will enhance your child's experience and allow you the opportunity to assist in making the season enjoyable and memorable. Many hands make light work. The Volunteer cheques are returned after the total of hours of volunteer service are completed per player. There are a wide variety of

volunteer options available to families in the organization and players are encouraged to contribute provided they can complete the task without supervision:

Volunteer Activities/Opportunities

Volunteer opportunities will be posted on the website under the DIBS management site. Parents, grandparents, and in some cases the players can sign-up for a position that suits their personal skills and time commitments. Each task has a designated value that will be credited towards your volunteer cheque.

REFUND POLICY

Registration Refunds

All refunds shall be subject to a minimum \$100 Administration fee. This fee is to be reviewed annually before registration fees are posted.

- Cancellation of registration prior to first practice following first game: = Full amount less \$100 Administration Fee.
- Cancellation of registration after first practice following first game: = No Refunds will be issued.

Volunteer Deposits Refund Policy

At the end of the Regular Season, \$200 cheques will be retained by the organization if volunteer hours are not complete. (Broken down into 10 volunteer hours; 1 cheque = 10 hours, not pro-rated.)

Equipment Deposit

These cheques are returned at the equipment return, which happens post season. Make sure you have all of your equipment washed, cleaned and accounted for.

SPRING CAMP – BANTAM ONLY

Spring Camp focuses on drills and exercises that will acquaint either a prospective or returning player with the basics of playing football. New players get to meet their fellow team-mates and have an opportunity to give the sport a try. We strongly encourage all current and prospective players to come out for spring camp.

EQUIPMENT HANDOUT AND RETURN

Sexsmith Football spends a considerable amount of its time and operating budget ensuring our equipment is the finest available. Care and maintenance of this equipment is a player/parent responsibility. If any equipment requires maintenance or repair, please speak to a Coach. Should repair or replacement be required, the organization will do that right away at no charge to you. Safety of the player is dependent on proper equipment. Parents/guardians are required to sign for the receipt of any and all equipment. (Remember, all fees must be paid in full, and all forms and deposits complete before equipment can be handed out.) You will be financially responsible for any damage due to neglect, or for lost or stolen equipment.

Equipment handout will take place at the Locker Room of the Sexsmith Community Center.

At the end of the season the following guidelines apply for equipment returns:

ALL RETURNABLE EQUIPMENT:

- Pants & Jerseys must be washed and hung to dry.
- Shoulder pads wiped down outside with a damp cloth. The padding surface sprayed with disinfectant (Lysol or similar) and allowed to air dry.
- Helmets wiped down outside. Wiped inside with Lysol wipes or similar, paying attention to the crevices around the internal padding.
- Knee pads wiped off with a disinfectant or Lysol wipes.
- Game socks to be washed, dried and folded.

EQUIPMENT TO BE SUPPLIED BY THE PLAYER

- Football Cleats
- Mouth Guard
- Gloves (optional)
- Under Armour or Cold base layers as required
- Knee Pads
- Girdle

PRACTICES AND SCHEDULE

SCHEDULE

All schedules of practices and games are posted to the online App SportsEngine and the website. Team Managers will contact members through the platform to notify players of changes.

HANDLING PARENTAL CONCERNS

Communication is crucial in any organization, and it is important that parents are aware of whom to direct a question, concern, or comment.

Coaches, who are volunteers, have made a large commitment to teaching your child how to play football. They are expected to come to practice prepared to coach their players. In order for this limited time to be used most effectively, please do not expect to discuss matters with the coaches before practice. All issues should be communicated to the Team Manager.

If you must address a concern with someone at a practice or game, please approach the Team Manager. This person is generally the most knowledgeable, and by doing so, it is less disruptive to the activity on the field.

All official complaints must be submitted on the formal form (available on the website) and sent to the Resolution Coordinator, who will address the issue as per SFC's Respectful Football Policy and Procedure.

INDIVIDUAL AND TEAM PHOTOS

Notification and details will be sent out by your Team Manager. Keep an eye on our website and FaceBook page for details. There is an additional cost for photos.

FUNDRAISING

Volunteer organizations require funds to operate. It is the goal of the Sexsmith Football Club to make football an affordable game for all. In an effort to do this the SFC has actively raised funds to assist in covering various costs for activities throughout the season. Some examples are assisting with costs for purchasing and maintaining top quality equipment, field rental costs, building costs, capital improvements and all other incidentals. As in many minor sports organizations, the SFC requires mandatory fund-raising for their members. Parent involvement for each player is expected for ALL the fund-raising events.

YEAR-END BANQUETS/BBQ

A Year-End Celebration is held at the end of the season for each League. This function has been the highlight of the season with an excellent POTLUCK dinner, an awards ceremony, and celebration of players.

COMMUNICATIONS

Volunteers work hard to keep everyone informed of events and information. Help us succeed by downloading the App SportsEngine. Members created a SportsEngine profile registering players. If your contact information changes update your profile to keep our records current. The entire SFC Team will be utilizing the App to communicate with members everything from schedules to photos! The App will also shoot you a text or email if that is your preference. Simple tutorials are available at <https://help.sportsengine.com/>

SFC will also post to FaceBook.

Website: SFC will have a page to stay up to date on all the comings and goings of the organization.

Communication is a two-way-process. We will do our best to keep you informed.

LIGHTNING & WEATHER POLICY

Lightning

Games are cancelled for lightening as per the League Policy

Weather

Expect to play in all weather. Games and practices are only cancelled for lightening. The kids play in rain, snow, sleet, wind, sun, and all things in between or all of the above on the same day. Parents cheer in the same weather so be prepared.

CHEER GEAR

SFC provides opportunities to purchase various team-logo items. Watch for email notices for ordering instructions.

EDMONTON ESKIMOS FUN BUS

SFC organizes a trip to Edmonton to watch an Edmonton Eskimos Football Game. It is a fun opportunity for players to watch quality football games. The Club purchases a large block of seats and provides bus transportation to the game included in the cost of the ticket. Families are welcome to travel to the game in their own vehicle. However, there is no reduction in the cost of the ticket. Atom and Pee wee players must be accompanied by an adult.

Seating & Tickets

Large blocks of tickets are purchased for the entire group. Tickets are handed out prior to the bus departure or at specified times the week prior to departure. Your family group may not have seating assigned together; however, once you reach the section, our little football family will be happy to move around so that young families can remain seated together.

CONCUSSION

It is important that parents are aware of some of the potential signs and symptoms of concussions for the safety of all players. If you notice the symptoms or signs of concussion, seek medical attention right away. You should inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one game than miss the whole season. When in doubt, sit them out!

Further information can be found at websites such as:

<https://www.cdc.gov/headsup/basics/index.html>
<http://www.parachutecanada.org/injury-topics/item/concussion>
<https://concussions.smart-teams.org/concussion-reporting-a-new-game-plan/>

A Fact Sheet for YOUTH SPORTS PARENTS



This sheet has information to help protect your children or teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - › Work with their coach to teach ways to lower the chances of getting a concussion.
 - › Emphasize the importance of reporting concussions and taking time to recover from one.
 - › Ensure that they follow their coach's rules for safety and the rules of the sport.
 - › Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for children and teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to or after* a hit or fall.

Symptoms Reported by Children and Teens

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

GOOD TEAMMATES KNOW:

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Concussions affect each child and teen differently. While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead.

What do you want your child or teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.



You can also download the CDC **HEADS UP** app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.



Children and teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a child or teen for a lifetime. It can even be fatal.

Revised 12/2015



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

To learn more, go to www.cdc.gov/HEADSUP