



COUGAR'S PARENT HANDBOOK





Welcome to SGDMFA!

Our Mission

The goal of Spruce Grove & District Minor Football is to provide the opportunity for young people in our community to play and enjoy the game of Canadian Football in a safe, encouraging, and structured environment. We strive to make the football experience fun and enjoyable for both players and their families.

Unlike many other minor sports, SGDMFA provides each player with high-quality protective equipment needed to play football. Once registration fees are paid, the only additional required expense is a pair of cleats. With the extensive practice and playing time offered, football provides exceptional value for minor sports.

SGDMFA is a community-based program governed by a volunteer Executive. There are no paid positions within our organization. We are driven by individuals passionate about football and committed to enriching our community through this program.

We manage minor football in Spruce Grove for the U9 (formerly Novice Flag), U11 (formerly Atom), U13 (formerly Peewee), and U16 (formerly Bantam) divisions (ages 7-15). Our goal is to instill respect, humility, and teamwork in every player.

Who Are We? Cougars!

What Are We? Cougars!

What Time is it? Feeding Time!



Importance of Parent Involvement

- Parental involvement is essential to the success of any sports program. By supporting the team, volunteering, and staying engaged, parents help create a positive and organized experience for all athletes.
- Athletes thrive when they see their parents actively involved. It reinforces the value of commitment, teamwork, and sportsmanship.
- Volunteering helps the club run smoothly. From game-day roles to fundraising efforts, every contribution makes a difference.
- Being involved allows parents to build connections with other families, fostering a strong sense of community within the club.
- Supporting your athlete by attending games, encouraging their effort, and maintaining open communication with coaches reinforces the values of dedication and perseverance.
- A well-supported club benefits all players by ensuring they have the resources, structure, and encouragement needed to succeed.



Uncontrolled when printed



SGDMFA Programming

U9 Flag Football (Ages 7–8)

- Focuses on footwork, coordination, catching, and throwing.
- Introduces football fundamentals, teamwork, and terminology.
- Practices: Tuesdays & Thursdays (6 PM – 8 PM) from May 30 to October.
- Games: Weekends may include long weekends (Saturday or Sunday). No football in July

U11 Tackle Football (Ages 9–10)

- Safe introduction to tackle football with developmental goals.
- Players learn all positions in practices and scrimmages.
- Practices: Tuesdays & Thursdays (6 PM – 8 PM) from mid May to October.
- Games: Weekends may include long weekends (Saturday or Sunday).
- No football in July.

U13 Tackle Football (Ages 11–12)

- Focus on strategy, teamwork, and increased game speed.
- Emphasis on team playbook and positional development.
- Practices: Tuesdays & Thursdays Mid May - Mid June; following that practices run Tuesday, Wednesday, & Thursday (6 PM – 8 PM).
- Games: Weekends may include long weekends (Saturday or Sunday).
- Playoffs run until mid-November.
- No football in July.

U16 Tackle Football (Ages 13–15, not entering Grade 10)

- Competitive level with advanced playbook and strategy.
- Practices: Tuesdays & Thursdays Mid May - Mid June; following that practices run Tuesday, Wednesday, & Thursday (6 PM – 8 PM).
- Games: Weekends may include long weekends (Saturday or Sunday).
- Playoffs run until mid-November.
- No football in July



Parent Code of Conduct

- Model respectful behavior. Do not use profanity or harass officials, staff, spectators, or players.
- Keep all comments during games and practices positive and respectful.
- Demonstrate good sportsmanship by applauding all efforts, including those of the opposing team.
- Do not ridicule or scold a child for mistakes. Unsportsmanlike conduct will not be tolerated.
- Respect officials' decisions, even if you disagree.
- Those who violate this code of conduct may be asked to leave.
- Support your child by ensuring they attend practices and games on time and properly equipped.
- If a player must miss practice, notify the team manager in advance. Consistently missing practice may impact game eligibility and playing time.
- Respect all volunteers, including coaches and SGDMFA staff, who dedicate their time to the program.
- Parents, siblings, and spectators must remain off the field during games and practices.
- Direct questions or concerns to the manager after a game or practice, waiting 24 hours before addressing issues.
- Parents are responsible for lost or damaged equipment.
- School takes priority over football. Players must manage their time to complete schoolwork.
- Do not use social media to discuss conflicts or confidential issues, as it may hinder resolution.



Player Code of Conduct

- School takes priority over football. Players must manage their time to complete homework and studying.
- Maintain a positive attitude. Learn from mistakes, accept coaching decisions respectfully, and support your teammates.
- Football is a team effort. Success comes from working together, not individual achievements.
- Play with intensity. Players are responsible for pushing themselves to improve and compete at their best.
- Show respect to teammates, coaches, officials, opponents, and volunteers in both words and actions.
- Take responsibility for being on time, prepared, and committed to practices and games.
- Own your mistakes without making excuses. Focus on learning and improving.
- Be coachable. Accept instructions and decisions with a positive and cooperative attitude.
- Lead by example. Support teammates, stay positive, and represent the team well on and off the field.
- Set realistic goals. Work hard to achieve personal and team success.
- Follow all football rules and team guidelines. Unsportsmanlike behavior will not be tolerated.



Equipment & Care

Included with Registration:

- Helmet, Shoulder Pads, Practice Jersey, Game Jersey, Pants, Socks, Equipment Bag, Mouthguard
- Equipment will be properly fitted by SGDMFA staff

Parent-Provided Equipment:

- Cleats
- Weather-appropriate athletic wear

Equipment Care Tips:

- Dry wet gear after practices and games.
- Avoid eating in equipment.
- Handle equipment with care.
- Do not alter equipment—request staff assistance for adjustments.





Volunteer Expectations

(Per Player Registered)

- **U9 Flag Football:** 2 x 4-hour volunteer shifts.
- **U11 & U13 Tackle Football:** 2 x 4-hour volunteer shifts + game-day responsibilities.
- **U16 Tackle Football:** 2 x 4-hour volunteer shifts + game-day responsibilities.

Potential Volunteer Shifts:

- Casinos, Concessions, High School Football Assistance, Pub Night, Special Events

Volunteer Commitment Guarantee:

- Two post-dated cheques or credit card authorizations are required.
- These will only be processed if volunteer commitments are not met.

Resolving Issues

SGDMFA strives to offer a positive experience for all players and families. If an issue arises:

1. **Wait 24 hours** before approaching staff (unless it is a player safety issue).
2. **Do not post concerns on social media.**
3. **Follow proper communication channels:**
 - Speak with the **Head Coach** and **Team Manager** first.
 - If unresolved, contact the **Director at Large** at directoratlarge@sgdmfa.com.

We take great pride in our staff and work to ensure all concerns are handled professionally.

Thank You for Being a Part of SGDMFA!

Your involvement, dedication, and positive contributions help make minor football a fantastic experience for our community. We look forward to an exciting and rewarding season!

Go Cougars!