

Stony Plain Bombers

Parent's handbook



Welcome to Stony Plain Football

WWW.STONYPLAINFOOTBALL.COM

WWW.CDMFA.COM

Mission Statement:

To foster the traits of exemplary people and athletes through the sport of football into our players and members. This will be achieved by sharing the following common values: family, community, sportsmanship, team spirit, development, respect, hard work and dedication.

This handbook has been designed to provide parents and players with information about the upcoming season and answer frequently asked questions.

The members of the SPFA Executive would like to welcome all players and their families to a great football season. If you have any questions, please feel free to contact any of us.

THAT'S MY BOY!!

Please don't curse the boy out there.
He's my son, you see.
He's only just a boy, you know and means a lot to me.
I did not raise my son, dear fan,
For you to call him names.
He may not be a superstar,
But its really just a game.
Please don't curse the boys out there,
They do the best they can.
They never tried to lose a game.
They're boys - and you're a man.
The game belongs to them, you see,
And you are just a guest.
They do not need a fan like you,
They need the very best.
If you have nothing nice to say,
Please leave the boys alone.
And if you can't enjoy the game,
Then why don't you stay home?
So please don't curse the boys out there,
Each one's his parent's son.
And win or lose, or tie, you see
To us they're NUMBER ONE!!

Being a BOMBER means being a Class Act!

C – Commitment

L – Leadership

A – Attitude

S – Strong

S – Successful

A – Aggressive

C – Clean (no penalties)

T – Tough

NINE TOP QUALITIES OF A FOOTBALL PLAYER

- 1) Football players have a burning desire to play the game.
- 2) Football players are TEAM PLAYERS!!
- 3) Football players do not let the school or school work suffer and have the courage to push themselves to the limits of the scholastic ability.
- 4) Football players love to “run, tackle and block”, the three main elements of playing football, they are thoroughly committed to learning the assigned position and give 100% of themselves in every game and practice.
- 5) Football players strive to mentally and physically improve all year round and to be the best they can be.
- 6) A football player never quits or accepts defeat before the game is over.
- 7) A football player is disappointed with defeat but accepts it with dignity. He or she never acts in an un-sportsman like manner.
- 8) A football player resolves to leave the field every day a better player than when he/she first entered it.
- 9) A football player “ALWAYS HUSTLES”

Stony Plain Football Association

Statement:

To provide another exciting year of football in Stony Plain. It is our hope that your participation in this team sport of football will be an enjoyable experience. Practices are set to each level's coach's request. Your Team Director will let you know when and where you will be practicing. There is NO football in July. We will start practicing again in August and games come towards the end of Aug. parents will be notified by their Director of the game schedule and locations once it has been posted by the CDMFA.

We understand that you may have scheduled activities that conflict with the practice schedules, however, we request that you and your player endeavor to make every possible effort to attend practices on a consistent basis. Practices are meant to condition and educate the players so that they may have every opportunity to play in the regular season and to prevent injury. If you will not be able to attend a practice, please ensure that you contact the Team Manager as soon as possible. **PLAY TIME IS SUBJECT TO REGULAR ATTENDANCE, ATTITUDE, PARTICIPATION, EFFORT AT PRACTICES, UNDERSTANDING OF CONCEPTS AND COACHABLE BEHAVIOR.**

Remember - **WE ARE ALL VOLUNTEER PARENTS!!!**

WHAT DOES YOUR REGISTRATION COVER?

The registration fee with the Stony Plain Football Registration covers these costs:

- Field Rentals and Facility Maintenance
- Insurance
- Officials
- Player's Team Uniform, Helmet, shoulder pads, pants, game socks
- League Fees
- Training equipment
- Field Markers, blocking sleds, tackling dummies, etc....

WHAT IS THE METHOD OF PAYMENT POLICY?

As of the 2019 season, Stony Plain Football Association is **NO LONGER** collecting cheques and will require a Credit Card/Visa Debit or cash to cover fees and deposits. This is referred to "as your Method of Payment".

SPFA will **ONLY** charge your method of payment where mandatory commitments are not

met as per agreed at the time of registration.

In the event of an NSF fee, you will be responsible for all fees that are incurred including the Associations fee. After this, SPFA will only accept payment/deposit in the form of “cash only”.

WHAT IS THE REFUND POLICY?

In order to receive a refund (minus the \$85.00 administration fee) after a player quits, you must fill out the refund request form found on the website and hand in to the Registrar for processing, before May 31st of the current season or within 7 days from the first practice if joining after May 31st.

After this, **NO refunds will be issued**, unless the player is injured before half of the regular season games have been played and cannot continue to play. At this time, only half of the registration, minus the \$85.00 administration fee and cost of players insurance, will be refunded.

WHAT IS THE EQUIPMENT RETURN POLICY?

Parents or guardians will assume full responsibility and cost of all or any equipment willfully damaged, broken, or not returned upon season completion. All registration forms and method of payment must be submitted before the player will receive equipment. Any equipment not returned within 14 days of a player quitting will have their method of payment charged that they have on file. Any equipment not returned at the end of the season, at your assigned time or if arrangements have not been made within 7 days of your team manager contacting you, your method of payment on file will be charged at the end of those 7 days.

WHAT INSURANCE COVERAGE DOES THE PLAYER HAVE?

Upon registering your child with SPFA. Your child is insured with Football Alberta. \$28.00 of your registration fee goes directly for Insurance coverage. Through Football Alberta, Insurance coverage is provided for players, coaches, trainers and executive members. The liability insurance covers any law suit against an insured person for up to three million dollars legal costs.

Individual coverage is up to a maximum of \$30,000 for accidents/ or injuries. The accident insurance applies once all other forms of coverage (i.e. Alberta Health Care, Blue Cross, etc.) have been exhausted. The costs covered include medical braces, emergence ambulance, additional physiotherapy, prescription drugs for the injury, etc. The receipts must be submitted.

WHAT ABOUT A MEDICAL?

Although not mandatory in all cases, Stony Plain Football Association highly recommends that each

player receive a medical check-up by their doctor prior to the start of training camp or regular practice. If your child has received a concussion in the last two (2) years, a medical clearance is mandatory.

If a player is to miss any practice or game time due to an injury (on or off the field), the Team Manager for that team must be notified in writing before the next practice or game.

Any injury that requires missed field time requires a doctor's note clearing them to play before the player can return. A player can miss field time without a doctor's note under the advisement of the team trainers. It is the responsibility of the parent to keep the team trainer/manager updated on the player's condition and acquire the necessary doctor's note.

Head injuries incurred during a practice or a game may result (if the player displays signs of a concussion as determined by field assessment) in the player being bench or the helmet being secured by the Team Equipment Manager until the player is cleared for play by a doctor's note.

WHAT IF I HAVE A GRIEVANCE?

Grievances should never be discussed prior to or while a game or practice is in progress or in front of players.

Please contact the Director at Large 24 hrs after a game or practice to get direction. This will give you time to cool down and reassess the situation.

WHAT ARE THE FAIR PLAY RECOMMENDATIONS?

PLAYING TIME IS "EARNED" THROUGH A COMBINATION OF ATTENDANCE, ATTITUDE, AND TALENT. Coachable behavior and safety considerations could also affect a player's play time. Attendance at each team practice is mandatory. All late comers will immediately report the Team manager.

Please attend all practices or meetings on time or notify the Team Manager well in advance of any expected absences. Practice is the key to successful and enjoyable performances. Football is not a cyclical sport in "shifts" like hockey not does it open itself up to lots of player changes like basketball or baseball. Mostly players are either on the offense or defense and are out on the field for as long as the current drive continues.

THE SAFETY OF ALL INDIVIDUALS MUST BE THE PRIORITY AT ALL TIMES.

The purpose of the association is for the enjoyment of the game of football by all participants. The program is designed to emphasize the development of football skills, sportsmanship by all participants, fair play and teamwork.

AS A PARENT WHAT ARE MY RESPONSIBILITIES?

There are several opportunities for you, the parent, to become involved with your team:

- 1) You are encouraged to attend all practices and games. Your child will appreciate your encouragement and praise, as they will be learning some awesome skills and moves. They need you to applaud their hard work.
- 2) Please help where ever you can, as your participation lightens the load placed on the volunteer coaches/staff and executive, who have already committed a lot of their time.
- 3) The Association will require **Volunteer Commitments** to help with, but not limited to: Yard Sticks, Score Clock, Video Taping, Concession, Clean up, Parade, Awards, etc.
- 4) The Association's bingo/fundraising are a parent's responsibility. These are **NOT** the same as Volunteer Commitments.
- 5) All members are expected to sign up for Volunteer Commitments, this will make the season run smoother. By failing to not meet your commitments, your method of payment will be charge as per agreed.

IF EVERYONE HELPS A LITTLE, WE ALL ACCOMPLISH A LOT

There are many benefits to stepping up to be a Coach, Team Staff and Executive with the SPFA.
Ask how you can help TODAY!

WHAT ABOUT PARKING?

Parking is available at the baseball diamonds/public pool, Stony Plain Central School, street parking by walking paths leading up to the field. **THERE IS ABSOLUTELY NO PARENT PARKING OR DROP OFF/PICK UP BEHIND THE SHACKS OR IN THE FARMERS FIELD.** The parking permitted behind the shacks has only been granted by the Town for Stony Plain Football Executive and Field Staff. This rule is **ALWAYS** in effect- if it's a practice night, if its

Grandparents,

Aunts/Uncles driving or coming to watch a game, if we have a game at our field or if there is a crazy storm that rolls in.- you may not drive up behind the shacks.

* please note we are working with the town to increase our parking this season of 2019 *

We are hoping as the Town develops, that we will gain a parking lot/area behind the shacks to ease this issue.

Let's talk Referees!

Referees are provided for every game by the Edmonton Officials Association. The club also has to supply a ref as needed, when the situation requires.

It is against the Code of Ethic for Football Canada to verbally, or in any other way abuse officials. It

is the responsibility of the full team, including coaches and assistants to control their players, their parents, and themselves.

All serious incidents will be reported to the Director at Large for further disciplinary action.

The Stony Plain Football Association is dedicated to providing the best protective equipment, the best conditioning programs and the best volunteers in Minor Football.

WHAT ABOUT EQUIPMENT?

The biggest thing that you will notice about football is that you won't have to go out and purchase your own equipment. Helmets, shoulder pads, etc. are owned and supplied by the club. In fact, a SIGNIFICANT portion of each year's budget is spent on the maintenance and upkeep of our equipment, which is of the best quality.

Players will need to supply their own footwear and girdles. The club does bring in girdles for purchase and we also have used cleats available, if needed.

No Mouth Guard = No Go on The Field

The Importance of Mouthguards:

**** It is imperative your child wear their mouthguard ****

The primary function is to protect the teeth. Protecting the teeth, in turn, protects the lips and cheeks from lacerations due to chipped or broken teeth. It is also often instinct to bite down before an impact, and a mouthguard gives a player something to bite into. Mouthguards have a secondary function, a shock absorber. Any significant blow to the chin can result in a force that travels from the chin to the jaw bone, into the teeth and facial bones. By acting as a shock absorber, mouthguards

lessen the impact of the blow and prevent injuries, such as fractures, to the jaw. Broken jaws, and chipped or lost teeth, are not only hard to fix, but painful. It is best just to wear a mouthguard.

Mouthguards are especially important for those wearing braces, which are sharp and can cause severe lacerations on the lips and inside of the mouth in the event of a collision.

For maximum protection, a mouthguard should cover all the teeth and the bite should be balanced. The thicker the better, but the comfort of the player also needs to be taken into consideration when it comes to thickness. It is also important that the mouthguard stays in place in the event of an impact, and so the player does not have to continuously bite down to keep it in place.

- Mouth guards help prevent fractures
- Mouth guards hold everything in place
- Mouth guards come in a variety of choices

There are a few options when selecting the right guard for your child's mouth. The least expensive will be the stock mouth guard, however, it also offers the least amount of protection and can often be difficult to breathe and speak through.

Make sure to keep your mouth guard always clean. With proper storage and care, this important piece of equipment will last for a very long time to come.

STONY PLAIN MINOR FOOTBALL ASSOCIATION PLAYERS CONTRACT

As a Stony Plain Football Player, I agree to read the Rules, policies & Procedures, follow the same and support the Stony Plain Football sports program.

STONY PLAIN FOOTBALL CODE OF ETHICS:

SCHOOL COMES FIRST. Your grades and true class work come before football. I am not talking about extra-curricular activities. I am only referring to circumstances that will affect your grade. Do your homework and studying when you should. If you don't wait till the last day to do your homework or studying, school will rarely interfere with football.

ALL PRACTICES ARE REQUIRED. We know that circumstances may arise where you must miss a practice (vacation, illness, etc.) When this occurs the parent/player is to notify his/her coach as soon as possible. Our coaches take time out of their busy schedules to hold practices. This small, but important gesture is greatly appreciated by the coaches and other players.

TAKE CARE OF ALL YOUR EQUIPMENT. Do not alter any of your own equipment. If you are having trouble with your equipment, please go directly to the "Equipment Manager" and have him look over your equipment. Discuss the problem and it will be dealt with immediately. Any alterations performed on the equipment by anyone other than the "Equipment Manager" will void insurance. If equipment is forgotten for games or practices, the player will not be allowed to take part in the game or practice. It is YOUR responsibility to keep your equipment in good order. The cost to outfit one player is over \$1000.00

Helmets are recertified or replaced on a regular basis and are inspected annually when returned. The helmets should not be thrown down on the ground as this could cause the shell to be weakened. They should be aired out after every game/practice. Not left in the equipment bag. This helps prevent bacteria build up. Wipe down the inside padding of the helmet with a cloth and warm water when needed. The helmet itself needs only mild detergent and water.

Shoulder pads are replaced when the padding has deteriorated or become flattened. The pads should also be aired out after games/practices for the same reason as the helmets. These can also be wiped down as necessary. Notify the equipment manager if you find any defects.

When the player is being fitted for equipment, parents will be asked to sign an "Equipment checklist form". Any lost, damaged or unauthorized alterations of equipment (normal wear and tear excluded) may result in replacement charges, this will be a \$500 charge to your method of payment.

All equipment issued must be returned clean, laundered condition. If not, a \$50 fee will be placed on your method of payment.

WATER: Players must bring their own water bottles to games and practices. It is crucial that the athletes stay hydrated at all times. This is not just for performance - dehydration is a serious health risk. Sports drinks, energy drinks, or carbonated sodas are prohibited on the field at any time.

NO USE OF ALCOHOL, TOBACCO (smoking or chew tobacco). Or any drug related products are allowed on or near the fields.

Only football players and staff will be allowed into the football shacks at any time. We have insurance and liability for players and staff, not for parents or siblings etc.

All players are to treat teammates and coaches, staff with respect and courtesy. We are here to encourage our athletes in all aspects of the game. However, we don't have to stop with just our own athletes... Encouraging ALL the athletes on the field just shows sportsmanship and "HONOURS OUR GAME". Stony Plain Football has the reputation of fair play and always helps the other player up after a hit. We take great pride in this reputation and need everybody's help to keep this upstanding reputation.

Every year we win the most sportsmanship awards for our club, this is something we take pride in and will continue to strive for!

Enforcement

First offence – individuals will be given verbal warning for inappropriate behavior.

Second offence – individuals that continue; will be asked to leave the fields whether it is a game or a practice.

Third offence – other sanctions as deemed necessary by the Stony Plain Football Association Committee may be enforced.

WE ARE ONE FAMILY FOR THE ENTIRE SEASON. COME OUT AND ENJOY EVERY PRACTICE AND GAME! CHEER YOUR HEARTS OUT AT EVERY GAME! SHOW YOUR BOMBER PRIDE WHEREVER YOU GO!!

- Leave the coaching to the coaches.
- Criticizing the officials, coaches, or opponents will not be tolerated at all. The same goes for abusive language or cursing. This is a youth sport, everyone makes mistakes, and referees do too.

WHAT ARE THE FUNDRAISING COMMITMENTS?

Each year the executive will look at the needs of the association and adjust the fundraising commitments as such. Each family is required to work a number of bingos and/or fundraise to meet their commitments. There is a payout option that can be discussed with the Bingo/Fundraising Coordinator.

The Bingos/Fundraising helps to cover costs associated with maintaining and replacing equipment and repairs to the shack. If you cannot make a scheduled bingo, it is the sole responsibility of the parent to find a replacement to work the bingo.

Failure to fulfill your fundraising requirements, will result in your method of payment on file being charged as per agreed at time of registration.

Volunteer Commitments are **NOT** the same as Fundraising Commitments.

WHEN IS THE ANNUAL GENERAL MEETING?

At the end of November, the Stony Plain Football Association will hold its Annual General Meeting. The purpose of this meeting is to give parents, players and volunteers a forum to express their ideas and concerns regarding the past and upcoming football season. Elections of officers for the following season are also held.

How can I help?

Our players SUCCEED when we volunteer!

Coaches, Assistants, Team Staff, and the entire Executive are volunteers.

During the season the Executive/Teams will be asking for your help at games, practices and events. Some jobs available include but not limited too, a team manager, team equipment manager, yard stick people, game day drinks/snacks, concession shifts, photography, and events.

It takes 20 volunteers to run a Game Day and takes everyone to run our club for a season!

ASK TODAY HOW YOU CAN HELP!