



## 1<sup>st</sup> & 2<sup>nd</sup> Grade Parent/Player Flag Football Handbook

Our goal is to develop well-rounded players who learn not only the fundamentals of football, but also the importance of education and teamwork. We practice the ideals of sportsmanship, education and physical fitness. Our program stresses learning lessons of value far beyond the playing days, such as self-discipline, teamwork, concentration, friendship, leadership and good sportsmanship. We, as coaches, will do our very best to ensure that each player is utilized to his utmost potential and their talents are used for the team's best advantage. The team comes before individuals. The exercises, drills, and team rules are designed to ensure your child is physically and mentally fit for football. We will exercise their bodies and minds in an effort to develop the skills needed to execute the game of football.

### TRAITS OF A GOOD FOOTBALL PLAYER

**DESIRE:** Desire is a state of mind, an abandonment of self, a form of courage, and the joy of mixing it up. It is doing one's best, calling up whatever reserve power is available and never quitting. It is playing both for oneself and for the team's interest. It flows from a competitive spirit and drives you to achieve your goals. Desire is available to all kids, not just to a gifted few. The size of the heart is more important than the size of the body. Desire is 100% effort, 100% of the time.

**CONFIDENCE:** The belief that a player can do what he has been asked to do. This is done by repetition and quality practice. Football is a sport that builds confidence.

**THE LOVE OF THE GAME:** This is an important part of any football player. A good football player enjoys the competition of a depth chart, and is willing to work his way up the ladder to starter. They have the willingness to play any position and the motivation to study the playbook and be responsible to their teammates and coaches.

### COACHES

We view coaching as an awesome responsibility. Your coaches will:

- Get the players in shape
- Understand each player's potential
- Work on individual skills for each position
- Work on team execution of plays
- Motivate, communicate, lead
- Teach the players the skills they need to play football safely
- ABC – Attitude, Behavior & Character – a team reflects the coaches

## **FIELD POSITIONS**

All players will be rotated through different positions on the field.

## **PRACTICES/GAMES**

Practices will be held on Saturday mornings at 9:00 am. After a short break, games will follow at 10:00 am. All practices/games will be held on the middle school football field.

## **COACH SELECTION**

1<sup>st</sup> & 2<sup>nd</sup> Grade: Voluntary; coaches are selected by the Allendale Rocket Football Board of Directors. The selection is based on experience, demonstrated sportsmanship, love of football, and ability to teach. All coaches must submit an application to be considered for a coaching position.

## **WINNING**

Nothing in life, including football, is worthwhile unless you enjoy it and gain something from the experience. Sure, we're trying to win football games and we are going to set our goals high, but it shouldn't ruin our lives if we lose.

## **EQUIPMENT NEEDS**

Players should wear comfortable clothing depending on the weather. Each child will be given a t-shirt at the beginning that can be worn. Tennis shoes or cleats and a water bottle.

## **CONTACT THE BOARD**

If you have any concerns regarding coaches or questions about the program please contact a board member in person or in writing. All concerns are kept confidential and are discussed within the board meetings.

## **INCLEMENT WEATHER**

It is possible that during practice/game we may experience a thunderstorm. If lightening is present the practice must be stopped and all players and coaches must evacuate. It is important that at least one parent is present during practice if there is a chance for thunderstorms in the event the practice is canceled. Practices will be held during a tornado watch, but will be canceled for a tornado warning.