**LAKEWOOD YOUTH FOOTBALL ATHLETIC ASSOCIATON**

 **2018 FOOTBALL SEASON**

 **PARENT & PLAYER HANDBOOK**

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 **P.O. BOX 3056 ARLINGTON, WA 98223**

[WWW.LYFAA.COM](http://WWW.LYFAA.COM)

**COACH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TEAM MOM:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **LAKEWOOD YOUTH FOOTBALL ATHLETIC ASSOCIATION**

 **2018 FOOTBALL SEASON**

**Welcome!**

We are happy to welcome all players and parents to the Lakewood youth football program. We are hopeful that this will be the most exciting and rewarding football season you’ve ever experienced. Our goal is to develop well-rounded young men and women who learn not only the fundamentals of football, but also the importance of education and teamwork, in and atmosphere conductive to developing sound mind, body and character and having a good time along the way. We practice the ideals of sportsmanship, scholarship and physical fitness. Our program stresses learning lesson of value far beyond the playing days, such as a self-discipline, teamwork, concentration, friendship, leadership and good sportsmanship.

Our coaches will do our very best to ensure that each player is utilized to the utmost potential and their talents are used for the team’s best advantage. The team comes before individuals. Safely is our top concern. Many of the exercises, drills, and team rules are there to ensure your child is physically and mentally fit for football. Each child is unique and will develop at their own pace. We will exercise their bodies and mind in an effort to develop the skills needed to execute the game of football.

The success of our football program is a whole lot more than winning games and championships. It involves the development of the student athlete and how he/she contributes to the community they live in. A player on the football team will leave with a great level of confidence within themselves and how to be a positive individual. Success is measured by what the players do and the type of lives they live after leaving the program.

**VOLUNTEERING**

LYFAA is ran and maintained strictly by parent volunteers. Without the highly valued volunteers LYFAA would not exist. We highly encourage parent participation. There are many volunteer positions available. If you are able to volunteer for anything please notify your Team Mom/Dad. They will be able to inform you of LYFAA needs. LYFAA requires that all volunteers submit a volunteer application and a Washington State background check.

As the season gets underway please be respectful to our volunteers. They work hard and sacrifice much of their personal time to make LYFAA a success.

**SPONSORING**

As a nonprofit organization, The LYFAA receives no public funding. Revenues are primarily generated from two sources; participant registration fees and donations from businesses. Thus, to keep registration fees affordable as well as maintain our ability to assist in financial aid to the families that need it most, donations are essential to the survival of the LYFAA.

If you know of any person or company that would like to support our program please contact your Team Mom/Dad. They will be able to forward you the necessary information.

**FUNDRAISERS**

Fundraising is vital part or our existence. You will be presented with several opportunities to participate in fundraisers during the season. **All players are expected to participate. This is especially important if your child is receiving financial assistance.**

 **This is your league; great things don’t happen if you don’t participate**

**WEBSITE**

[www.lyfaa.com](http://www.lyfaa.com)

Please use our website. There is lots of information posted there. We have worked hard this off season to update the site with the most current information. Links to the NCYFL main site as well as links to other NCYFL league teams, USA FOOTBALL, our sponsors and many more. There are links to get directions to all the fields we will be playing at during the season.

We also would love to post any pictures of the kids participating in LYFAA activities. We will be happy to accept pictures on discs to place on the site.

If you don’t want your child’s photo on the site please contact the Executive Board immediately.

**REWARDS**

Rewards can come in two forms: verbal and material. Many of the rewards a player receives are positive reinforcement from coaches and parents. Often the coaches will not require individuals to run sprints at the end of the practices if the player has shown some exceptional behavior. However, the best reward is always a kind word, smile and a pat on the back by a parent.

**DISCIPLINARY ACTIONS**

Running is an everyday part or practice. On those few occasions when it is necessary to discipline a player for a minor infraction, like failing to pay attention, or talking while the coach is talking, the player may be asked to run additional laps at practice, do pushups or perform another exercise. Normally that will be the end of the disciplinary action. A player will be asked to leave practices early for more severe incidents (i.e. fighting or profanity). If a parent is not present the players will be supervised until the child is picked up. The last resort is to use game suspensions. Coaches will use each of these sparingly. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem on this league.

**MEDICAL RELEASES**

If a player experiences an injury that could compromise his/her ability to safely play the game of football, LYFAA will require a written medical release for the player to return to practice/games. Safety of our players is our main concern and we know you would agree. Your cooperation is greatly appreciated.

 **ATTENTION PARENTS**

**Important notice to parents. You must drop your child off at the field, not in the parking lot before practice. And then pick them up at the field after practice. Our coaches will stay with the players until all the children have been picked up. Our coaches are not babysitters and it is the responsibility of the parents to make sure they are on time to get their children.**

**If you are not going to attend practice please be at the field to pick your child up before practice ends. Coaches and Team Mom’s/Dad’s will hand out any information that needs to go home at the end of each practice.**

**It is always our suggestion that parents stay at the practices and observe their player. This is to let the player know you support them.**

**The 6-PLAY RULE**

Every year, one of the biggest complaints is playing time. The NCYFL requires a minimum of 6-plays per game per player. The 6-plays included play on offense, defense. Special teams to not count for 6 play rules. As a result, to ensure this rule is followed, the NCYFL has lengthened the quarters from 8 minutes to 10 minutes to assist with this.

The LYFAA Board of Directors and coaching staff have also implemented directives to assist in eliminating this issue. This year it was our intentions to have a maximum & minimum number of kids per team in hopes of more playing time for everyone as well as the following.

1. Allow for more instruction time with players
2. More time & repetitions for players to prepare for games.
3. Requires coaches to be more effective in their methods

Our goal is to surpass the 6-play rule and play everyone as much as possible. As stated in the team/league rules and regulations, there are consequences for missing practice without a valid reason.

1. One unexcused missed practice in a week: sit during the first quarter
2. Two missed practices in a week: sit first half
3. Three or more missed practices in a week; do not play that week

PLEASE NOTE: We will not play your child if we feel that we are putting your child at risk of injury. Preparedness and willingness to participate will determine playing time.

**HOME CONDITIONING**

Proper nutrition and hydration is very important to a young football player. Players need to drink as much water as possible every day; at least four to six glasses. Heat stroke is always a danger, despite cooler weather during fall, so it is very important stay hydrated at all times. It is also recommended that players wear a tee shirt under their pads and jerseys to help keep them warm during the colder practices and games.

Players need a high-carbohydrate diet, with plenty of fruits and vegetables & few fats & sugars. WE will not be teaching any form of weight lifting other than standard calisthenics like pushups and sit-ups. If your child wishes to lift weights on the off-season they are encourages to do so provided he/she obtains doctor’s permission and has their workout designed by a specialist in youth fitness. Improper weight lifting can cause irreparable damage to young joints and bone.

Being a member of the Lakewood Youth Football Athletic Association Football team is a special privilege for those individuals who show a willingness to learn, work hard and display a positive attitude.

**CODE OF CONDUCT/PLAYER INFORMATION**

1. Coaches, players & parents are expected to follow their respective code of conducts. **The code of conducts will be strictly enforced**.
2. **Unsportsmanlike/personal** foul penalties will not be tolerated. The player will not be able to return to the game until he has had a discussion with the head coach. We do not want our kids to retaliate regardless of our opponent & what was said or done.
3. **“Trash talking”**: with opponents or officials is not allowed at any time. If a player must talk during a game then it must be positive to his teammates only. We allow players to assist an opponent up after a play, but he/she is not allowed to speak to the opponent. Only the game captains are allowed to speak with the officials, and only at the official’s request. Depending on the circumstances **“trash talkers”** will be treated as if they had committed an **unsportsmanlike/personal foul**, see #2 above. We will ask to refrain from **“trash talking”** among ourselves as a team & organization, either on or off the field.
4. **Staying positive**: we all make mistakes. It’s part of the game, it is part of life. Don’t get down on yourself. Believe in your abilities & make up for it during the next play.
5. **Helmets**: are to be treated properly. It is for the players protection. Never sit or throw or drop the helmet. They are to remained buckled on the players head. Never take off without permission. Players must handle all LYFAA issued equipment with respect.
6. Players are to wear their mouthpieces and keep a spare. ***On game day, if the player draws a safety penalty for not having it in, he/she will sit out the remainder of that quarter.***
7. **Team comes first**: do not draw attention to yourself. Always put the team first. Display good sportsmanship. Showing off, taunting, over-celebrating, or drawing attention to yourself is unacceptable. Violation of this rule will be treated as if you committed an unsportsmanlike/personal foul penalty, see #2 above.
8. ***RESPECT*** yourself and others players. Remember our teammates are working with you, not against you. Any unnecessary aggression or violence toward another player will result in disciplinary actions. This also goes toward our opponents***. Without them, there would be no football game, so treat them with respect.***
9. **ENJOY**: football is a game, enjoy the game. it is fun & exciting, if you have concerns, approach your Team Mom/Dad or Head Coach.
10. **SCHOOL POLICY: all school district & LYFAA policies are in affect at all practices, games & other events.**
11. If a player is injured a written medical release will be **required**. See the medical release section of this handout.
12. **LEARNING ATTITUDE**: Come to practice prepared to work & play. If a player doesn’t come prepared in proper gear he/she will be asked to sit out practice. Hard work pays off!!!! Make it a point to improve at least one skill area daily. ***The better you get, the better we get as a program.***

**LYFAA PLAYERS ROLE:**

Players must always have a positive attitude, be loyal to their teammates & strive to do their best. Players must abide by their LYFAA team/league rules. If a player breaks or ignores the rules as outlined run the risk of expulsion. Remember that you represent the LYFAA, your family, your community & yourself. Conduct yourself on & off the field with dignity & self-respect.

Players will be evaluated by how they block, tackle, move, accept instructions & implement technique. We fell that every player has something to bring to the team, don’t sell yourself short on your abilities. Your decision to try will open doors of opportunities.

All players must demonstrate good sportsmanship on & off the field. Players should consider themselves to be role models for all children in the community.

The use of drugs, alcohol, tobacco or participation in any illegal activities with the law will result from the program.

**EQUIPMENT WAIVER**

Players/parents will be responsible for the equipment and the care of the equipment. Failure to maintain it properly will result in a fine and or replacing the equipment.

If a player wishes to add accessories to their equipment, there will be a requirement to sign a waiver provided by the program before so doing. i.e., face shields for helmets (must be of clear look), back plates & rib protectors to the shoulder pads. If the parent wishes to buy their player their own helmet or shoulder pads, the waiver must be signed at gear hand out as well.

***If player is to have done any modifications to equipment and no waiver is presently signed, they will be required to have parent sign the form or have the modifications removed until the proper paperwork is signed.***

**LYFAA COACHING ROLE**:

LYFAA coaching staff will always be fair, firm & consistent. They will promote good academics & positive & respectful atmosphere. Coaches will teach the players the fundamentals of football as well as good sportsmanship. Coaches will treat each player with the respect they deserve.

All coaching staff is required to submit an application as well as a Washington State background check. Persons with felonies or any domestic violence, child abuse or physical violence marks will not be allowed within 10 feet of children at any NCYFL or LYFAA event. Files to be kept on record with LYFAA.

Coaches use of drugs, alcohol or tobacco during any NCYFL or LYFAA event is prohibited and will result in immediate from a coaching position. Profanity will not be tolerated & may result in immediate expulsion from events, games, practices from the LYFAA.

Coaches will not engage in violent conduct or verbal abuse toward any player, parent or referee/official at any time.

At completion of each practice or game, coaches will insure that all of the players have left by means authorized personally or in writing by the parent. This includes walking, riding bike, etc., or receiving a ride home from someone other than a parent.

**PARENTS ROLE**

Parents are as important to the success of the team as the players. Coaches & parents must work together. Please keep coaches informed about problems that may be going on with your child. If the child has been sic, taking medication, or going through some emotional trauma please make sure the coaches are made aware of the problem as soon as possible. Parents & coaches must communicate with mutual respect. Parents that have an issue with how practice went or game went are required to have a 24 hour “cooling period” from talking to the coach.

1. First step is to meet with the coach to resolve the issue
2. Second step is to meet with coach and parent liaison
3. Third step is to meet with executive board members and coach to try to resolve issue

**HEATED DISCCUSIONS HAVE NO PLACE IN FRONT OF THE PLAYERS**

***Although many parents have coaching experience, and may have played on a higher level than current coaches of this team, the coaches must ask that you refrain from coaching your kid at home.***

These kids are being taught to play as a team. Each player performing a set functions that their teammates can rely on. A player who abandons his/her teammates to do something his/her parents coached them to do is letting down the team, coaches, and himself/herself. At best he/she may open up the door for the opponent to win the game, at worst he/she may cause himself or herself to get injured.

Be a parent first. How you carry yourselves, comments you make, actions you take are not only a reflection of who you are, but also how our children perceive us to be.

Education is a priority. If you make their education a priority, then they will make it a priority. If your player is having trouble in school please notify your coach. We will periodically ask how well school is going for your child.

**SPORTSMANSHIP**

Sportsmanship & sideline behavior is a HIGH priority in our organization. LYFAA will strictly enforce the Code of Conduct, carryout restrictions set forth by the LYFAA Board of Directors, including but not limited to restricting attendance to all LYFAA & NCYFL events. If we are all truly here for the kids in our community, this will not be an issue.

 **POSITIVE ATTITUDE + 100% EFFORT = SUCCESS!!!**

**TEAM MOM**

Position is to assist with communication between the coaches and the parents as well distribute any important information to the parents from LYFAA Executive Board of Directors. Please talk with your Team Mom and get to them. The team mom is there as a resource to you. If you have questions, please do not hesitate to present them to the team mom so that she may bring it to the attention of the coaching staff after any practice.

**AT THE GAME**

The games are big events for every player, their chance to show what they have learned & apply their new skills. At these games it is important to cheer on the players as much as your lungs can handle. They can hear you. Because they can hear you, it is also important to remember that there should be no yelling of a negative nature at the coaches or referees. Yelling at the coach doesn’t solve anything & yelling at the referees can get our team penalized making it more difficult for them to play. You would be defeating their efforts.

If other Cougar teams are playing before or after your team’s games at the same field please make an effort to show up a little early or stay after your players game to show support for the other division. We are all one big team & many of our players, while not on the same team this year, may be on the same team next year!!!

Please talk to your coach to find out what their expectations are for arriving to games early, what to bring etc.….

 ***WEAR YOUR GAME JERSEY TO SCHOOL***

Players should wear their game jerseys to school on Fridays before a game. this is a custom that our players adopted years ago to follow suit with the high school teams on or before their game days, and it’s a very good one. It gives the players a chance to show their pride at being on the team. It also gives players that are not in the same division a chance to recognize their league mates at school.

 ***Cougar pledge***

LYFAA has adopted the cougar pledge. Many times, the players will say the pledge after practice or games to show team unity. Please have your player learn the cougar pledge so they can participate in the cougar tradition.

**I CAME TODAY,**

**TO PLAY THE GAME,**

**THE GAME I WILL ALWAYS REMEMBER.**

**I BELIEVE IN MYSELF,**

**I BELIEVE IN MY TEAMMATES.**

**I WILL PLAY FAIR AND STRIVE TO WIN,**

**BUT WIN OR LOSE I WILL ALWAYS DO MY BEST.**

**FOR I AM A COUGAR AND I AM A CHAMPION.**

**WHAT ARE YOU???**

**I’M A CHAMPION!!!!!**

**WHAT ARE YOU????**

**I’M A CHAMPION!!!!**

**WHAT ARE YOU????**

**I’M A CHAMPION!!!!**

**1-2-3 COUGARS!!!!!**

**LYFAA UNIFORM & EQUIPMENT REQUIREMENTS**

Q: what does the football uniform consist of?

A: the basic football uniform consists of pants, belt, thigh pads, knee pads, hip pads & tailbone pads. Now integrated pants are the new thing with the pads sown in. Each player also wears shoulder pads under a jersey and a helmet with mouth guard. Cleats and socks finish off the basic uniform.

Q: what additional equipment should my child wear?
A: beyond the required uniform items, most kids wear some kind of insulating layer under their pads. This can be simple t-shirt, or it can be Under Armor compression shirt, long or short, or other compression clothing. Not recommended to wear hooded sweat shirts or heavy cotton shirts, due to getting wet and weighing the player down, and with a hood, the player could be injured if taken down from behind.

Q: what kinds of care will the uniform need?

A: different parts of the uniforms need different kinds of care. Here are some general guidelines for helmet & uniform care.

 **USE YOUR HELMET PROPERLY**

The helmet has not been designed to be used as a weapon in the sport of football. Your use of the helmet with improper blocking and/or tackling techniques may result in serious injury to you and/or your opposing player. No protective product can totally eliminate the inherent physical risk of football. you need to know what your equipment, your helmet, face-guard, shoulder pads, and all the protective can and cannot do. Listen to your football coach, athletic trainer & equipment manager. The more you know about football & the proper fitting of the equipment you use, the better you’ll play. Understand how it can (and in some cases, cannot) protect you. If the fit of your helmet changes, notify your football coach. It is important that you wear professionally manufactured equipment.

 **DO NOT ALTER YOUR EQUPIMENT**

***WARNING: NO HELMET CAN PREVENT SERIOUS HEAD OR NECK INJURIES A PLAYER MIGHT RECEIVE WHILE PARTICIPATING IN FOOTBALL.*** Do not use this helmet to butt, ram or spear an opposing player. This is a violation of the football rules and such use can result in server head or neck injuries, paralysis or death to you and possible injury to your opponent. Contact in football my result in **CONCUSSION-BRAIN INJURY** which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop playing and report them to your coach, trainer and parents. Do not return to a game or practice until all symptoms have gone and you have received medical clearance. Ignoring this warning may lead to another and more serious or fatal brain injury. **YOU USE YOUR FOOTBALL HELMET AT YOUR OWN RISK.**

**HELMET CARE:**

* **NEVER SIT ON YOUR HELMET**
* **NEVER THORW YOUR HELMET**
* **NEVER USE ANYTHING OTHER THAN MILD DETERGENT & WATER TO CLEAN YOUR HELMET.**
* **NEVER MODIFY THE HELMET WITHOUT APPROVAL FROM BOARD MEMBER**

Try keeping your helmet clean and free of debris. You can do this by simply wiping with a damp cloth. NEVER use abrasive cleaners or solvents to clean the helmet. The **LAKEWOOD YOUTH FOOTBALL ATHLETIC ASSOCIATION EQUIPMENT MANAGER** has special helmet cleaning solutions if a damp cloth will not work. Always inspect your helmet. Paying particular attention to the fasteners that attach the facemask and chinstrap. If the helmet appears damaged in any way. **IMMEDIATELY** show your coach or the LYFAA equipment manager. NEVER play or participate in contact drills with a damaged helmet. ***NEVER ALTER YOUR EQUIPMENT IN ANY WAY.***

**PANT (GAME AND/OR PRACTICE) CARE:**

* **Washing pants – always wash in cold water.**
* **Do not dry clean or press the pants, this will discolor them.**
* **Hang dry before storing**

**SHOULDER PAD CARE:**

Shoulder pads minimize the possibility of injury to the specific body part covered. Never modify or alter shoulder pads. Protective capacity cold be reduced. This equipment does not guarantee that the player will be protected from serious, disabling or permanent injury, suffered while playing football.

* Try keeping your shoulder pads clean and free of debris. You can do this by simply wiping with a damp cloth. Never use abrasive cleaners or solvents to clean the pads.
* Periodically check the shoulder pad straps, padding and laces and arch padding.

**JERSEY CARE:**

Your issued game jersey is yours to keep—please take care of it. Always wash your jersey in cold water and never use bleach. Jerseys should be allowed to air dry. If you must dry them, do so on the lowest setting. Hang drying is recommended, particularly with these garments.

**NEVER ALLOW YOUR EQUIPMENT TO REMAIN WET OR DAMP, MOLD AND MILDEW WILL GROW QUICKLY. KEEP ALL EQUIPMENT IN A WELL-VENTILATED AREA WHEN NOT IN USE.**

EQUIPMENT PROVIDED BY PLAYER:

* Athletic supporter with protective cup, if so choose
* Custom mouth guards, if preferred. (made by dentists) must be attached to helmet
* Water jug containing only water or sport drink such as Gatorade.

EQUIPMENT PROVIDED BY PROGRAM:

* Helmet with face mask & chin strap
* Mouth guard
* Socks
* Shoulder pads
* 7-piece integrated pants (available for purchase)
* Practice jersey
* Game jersey (purchased thru registration)

The equipment required to be returned to LYFAA at the seasons end or the parent will be billed for replacement equipment. If equipment is not returned at the time gear is handed in, LYFAA may require a deposit the following season before gear will be issued.

***These items below are to be returned to the program***

* Helmet
* Shoulder pads
* Practice jersey

 **TRAITS OF A GOOD FOOTBALL PLAYER**

**DESIRE:** Desire is the determination to overcome an opponent, whether by delivering a solid block or by shaking off the block attempt of an opponent and going to make the tackle. Desire is a state of mind, an abandonment of self, a form courage, 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 is the exercise of a determined will. It flows from your competitive spirit and drive you to achieve your goal. Desire is available to all kids, not just gifted few. We, as coaches, firmly believe that 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 he/she can do what he/she has been asked to do. Football is a sport that builds great confidence.

**DISCIPLINE**: The coaches will yell and bark a lot. It is not the coach’s intention to humiliate or hurt the players. It is to get the kids to wake up to realize they are part of a team and their actions affect their teammates. A player who is doing their own thing, talking or not paying attention while the coaches are teaching are risking possible injury to him or herself or to a teammate.

 ***“Discipline is something you do for someone, not to them”***

 ***--WOODY HAYES***

***THE LOVE OF THE GAME:*** This is an important part of any football player. A good football player enjoys the competition and is willing to work their way up the ladder to starter. They have the willingness to play any position. They have motivation to learn and grow with the team. And they encourage their teammate to do their personal best.

LYFAA is looking forward to a fantastic football season. If you have any questions or concerns, please don’t hesitate to ask.

LYFAA BOARD OF DIRECTORS

PRESIDENT Derek Wickstrom Lyfaapresident@gmail.com

VICE-PRESIDENTS Adam Kummer adamk@velectric.com

 Scott Wilson scott.ahc@hotmail.com

SECRETARY Rachelle Holthaus raholthaus@msn.com

TREASURER Morgan Jones lyfaatreasurer@gmail.com

CHEER VP Renee Randle lyfaacoachcheer@gmail.com

DISTRICT REP Coach Dan Teeter dteeter@lwsd.wednet.edu

\*\*LYFAA BOARD MEETINGS ARE THE 2ND WEDNESDAY OF EVERY MONTH. MEETINGS ARE OPEN TO EVERYONE.