

ROSE HILL JUNIOR FOOTBALL
PARENT POLICY



Players Play
Coaches Coach
Parents Cheer

The intent of this policy is to provide guidance and continuity for all coaches within the Rose Hill Jr. Football program; herein referred to as RHJFB and/or the Program. Coaching at the junior level is strictly voluntary. RHJFB is a member of the Mid State Junior Football League, herein referred to as MSJFB and/or the League.

The Program consists of six school grades broken down into five separate grouped teams. A 1st/2nd grade combined team, 3rd grade team, 4th grade team, 5th grade team, and 6th grade team. Grade group teams may be required to “split” or “combine” in accordance with MSJFB rules based on total number of players.

RHJFB in no way is affiliated with any school, public or private, therefore; there is no academic eligibility criterion in which a player must comply with. Nevertheless, coaches will constantly encourage players to lead by example in school and throughout the community. RHJFB coaches will support the decision of parents who have established an eligibility system with their child.

Selecting Coaches:

Prior to any person being allowed to coach in RHJFB the following application process will be accomplished. Expressing desire to be an individual will initially establish a Head Coach through one of two methods; an email to the RHJFB President, herein referred to as the President, and/or the RHJFB Secretary, herein referred to as the Secretary, or notification on the player registration form. The President will conduct proceedings for selecting Head Coach Positions for all teams based on criteria of this publication. Reasonable effort will be accomplished to select a head coach for each team from the parents of the players on the team for which they coach, also known as a team-parent; however, this is not a requirement.

The President will present the names of the selected Head Coaches to the Board for review and final approval. The Board reserves the right to disapprove the selection of any head coach candidate by majority vote. Once Head Coaches are established, they will submit a list of potential Assistant Coaches to the President for final approval by the Board.

Assistant coaches can establish intent to coach via the same two methods for Head Coaches or through the Head Coach directly. All Head Coaches and Assistant Coaches must comply with the **details per the Coaches policy, paragraph 11, Background Check.**

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1 Uniforms

- a. When to wear Game Day Uniforms
 - i. Players will be issued a Game Day Jersey to wear ONLY during games- Game Day Jerseys may be worn to school on Friday's, prior to Game Day Saturday's, as well as Fall Festival Activities, or other activities identified by the Board.
 - ii. Players will NOT be able to practice in Game Day Jersey or Game Day Pants. Players cannot practice without a Jersey over their shoulder pads. Wearing only a practice "pennie" over the shoulder pads is not acceptable.
 - iii. Discipline for missing a practice for improper uniform attire is at the discretion of the Head Coach.
- b. Jersey number selection
 - i. Players will be allowed to choose from available numbers every year playing RHJFB.
 - ii. The Equipment Manager or other Officer on the Board will determine the appropriate size. The player will be allowed to continue to use that number, if desired, if size is available, and if seniority doesn't come into play. For example, if a senior player decides to change numbers and/or teams are forced to combine i.e. 3rd/4th or 5th/6th grades, the lower seniority player could lose a number he has previously played with.
 - iii. Players who sign up after the final scheduled registration date have no seniority rights to jersey numbers.
 - iv. Tie breakers are outlined below in order of precedence, however, the Board, neither coaches nor team moms, will ultimately determine issuance of Jersey numbers if a clear path isn't determined by these guidelines.

STEP 1. Program seniority (overall number of years playing with RHJFB) is the overall tiebreaker. Playing constitutes as registering and not quitting during any part of the season.

STEP 2. If Program seniority is the same then the older player (by grade) gets the pick.

STEP 3. If two or more players have the same Program seniority, and are in the same grade, the Board will make the decision.

STEP 4. If grades are combined (ex. 3rd/4th grades), and there are two players that have the same jersey number, the tiebreaker is decided by steps 1-3 noted above.

- c. Uniform Care Instructions – Jersey and Pants
 - i. Launder uniform immediately after each wearing
 1. Fading can occur with perspiration left in uniform
 - ii. Wash uniform in cold water only. Rinse water temperature should be the same
 - iii. Detergent should be mild with a pH under 10.0
 - iv. Hang to dry
 1. If unable to hang, "air only" dryer setting should be used.
 2. Fading can occur if left wet in a pile
 - v. Do not dry clean
- d. Equipment Cleaning – Shoulder Pads
 - i. Allow shoulder pads to air out after every practice or game. This will help to cut down on odor significantly. If you throw your shoulder pads in a locker as soon as you take them off, they will not be able to air out and the odor will grow worse, along with an increase of bacteria that could cause rashes.
 - ii. Use a damp cloth to wipe down plastic pieces. Your shoulder pads are mostly fabric covered by plastic shells. These plastic shells can be cleaned easily with a cloth soaked in a mixture of soap and water. Simply wipe down the plastic pieces with the damp cloth.
 - iii. Use a disinfectant on the rest of the pads will not only improve the smell of the shoulder pads, but kill bacteria that could cause discomfort. You might want to scrub the disinfectant into the pads with a cloth to make sure all of the bacteria are killed.
 - iv. Make sure to let the pads air dry completely. Don't place pads in a dark place such as a car trunk or closet. Preferably they should dry outside and in the shade.
- e. Equipment Cleaning – Thigh, Knee & Hip Pads
 - i. Removing any loose dirt with a wet cloth or sponge soaked in warm soapy water.

- ii. Apply an enzyme pre-treat stain remover for any problem areas per items directions.
- iii. A washing machine can be used if needed
 - 1. Place the sports pads in a clean pillowcase and make a knot at the ends. The casing protects the equipment while it is tossed around in the washing machine.
 - 2. Use warm water on a gentle cycle with a standard amount of laundry detergent.
 - 3. Take the football pads out of the washer when the cleaning is complete and remove them from inside the pillowcase. Letting the pads air dry is an important part of performing how to clean football pads safely and correctly.
 - 4. Integrated pants, which have pads sewn inside, can be washed per 1.c.
- f. Equipment – Helmets
 - i. General wipe down inside the helmet with a gentle cleaner
 - 1. Mild dishwashing liquid and warm water with a wet micro fiber pad or cotton cloth are adequate.
 - 2. Do not use bleach or ammonia cleaners or solvent-based products. These cleaners are too hard on the materials and could deterioration of the pads inside the helmet or the paint.
 - ii. Let the helmet air dry completely. Don't place helmet in a dark place such as a car trunk or closet. Preferably they should dry outside and in the shade.
 - iii. Companies such as Vapor Fresh, commonly found on Amazon.com, make multiple products for cleaning and disinfecting sports equipment.

2 Coach and Parent Communication

- a. Communications Parents Should Expect from the Coach
 - i. Philosophy of the coach.
 - ii. Members of the coaching staff
 - iii. Expectations the coach has for your child as well as all the players on the team.
 - iv. Location and times of all practices and games.
 - 1. If the primary means of communication is the team page...parents should first look at the team page for dates and information prior to asking the coach.
 - v. Team and league requirements, i.e. equipment, specific rules.
 - vi. Procedures should your child be injured during practice or game.
 - vii. Conditions that may result in the denial of your child's participation or limited participation.
- b. Communications Coaching Staff Should Expect from Players and Parents
 - i. Concerns throughout the season expressed to the Head Coach first when possible
 - ii. Notification of any schedule conflicts in advance.
 - 1. Notice of illness or injury as soon as possible
 - 2. Informing coach on game day that player will miss the game is unacceptable for any matter other than emergency or illness.
 - iii. Specific concerns in regard to a coach's philosophy and / or expectations. Specific medical problems that could adversely impact your child's performance or safety
- c. Inappropriate Times to Discuss Matters With the Football Staff
 - i. Prior to and during practice.
 - ii. Prior to, during, and immediately following a game.
 - 1. These are typically either very busy times or in the case of a game, very emotional time for all parties involved. Things can and will be said that are not meant. Meetings of this nature generally do not promote resolution.
- d. Appropriate Concerns for Discussion With the Football Staff
 - i. The staff's treatment of your child
 - ii. Methods to help your child improve his skills
 - iii. The treatment of your child by other players

- iv. Concerns about your child's behavior
 - v. Family concerns that may have an emotional impact upon your child and their athletic participation.
- e. Issues not appropriate for discussion with the football staff
- i. Play calling and team strategies
 - 1. While the Head Coach and staff is committed to open communication with parents, there is a certain protocol that we ask to be observed. The Head Coach will be happy to set up a meeting/phone call to address parent concerns at a time that will not interfere with the attention required by their team. An exception to this is an incident when a player is injured - the Head Coach and staff members will be available immediately after a game to discuss the situation and any concerns with parents.
 - a. We ask that you do not come onto the field during the injury unless instructed to by the Head Coach or member of the Board.
 - 2. It is important for parents to understand that coaches are volunteers and have been selected to make decisions based on what they believe to be best for the team as a whole and for all players involved with the Program. With this understanding, the Head Coach will be available to discuss parental concerns with the above exception, which the Board considers either inappropriate or counter-productive.
- f. Communication Process
- i. There are situations that may require a conference between a player, coach and/or parent. It is important that all parties involved have a clear understanding of the others position, and what procedure should be followed. When a player or parent has a question or concern regarding the Program and needs to contact a member of the coaching staff or the Board, the communication process outlined below is to be followed.

Step 1. The concerned player should talk with his position coach first. The position coach should in-turn inform the Head Coach and any outcome of the discussion. If this meeting does not resolve the situation the player and his parents should move to step 2.

Step 2. The concerned parent(s)/guardian(s) should contact the Head Coach to schedule time to discuss their questions or concerns. The Head Coach may invite the player's position coach if it's felt to be beneficial to the discussion. If the parent does not feel satisfied with the outcome of the meeting, they may elect to move forward to Step 3.

Step 3. A meeting should be requested involving the parent(s)/guardian(s) and the President. The President may invite the Head Coach and the player's position coach if it's felt to be beneficial to the discussion.

Step 4. If all the parties involved are still not comfortable with the outcome of the meeting, the issue will be put in front of the Board and additional alternatives should be discussed to resolve the matter.

- ii. The President may assign another Board member to act in his/her place if anything prevents him/her from performing Step 3 within a timely manner.
- iii. Only in unusual circumstance should a parent bypass communications with the coaching staff and speak about issues directly with the Board first, i.e. safety concerns during a practice or game, because of previous issues between parent and Head Coach, etc.
- iv. Both parenting and coaching are challenging endeavors. By establishing an understanding of each other, we are able to accept the actions of each party and provide greater benefit to the players involved in Rose Hill Junior Football. As a parent of a child involved in RHJFB, you have the right to understand the expectations that are placed on your child. This begins with clear communication from the coaching staff of your child's team.

3 Parent Code of Conduct

- a. The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and 6 core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.” A core principle of RHJFB is to teach our players appropriate behavior that will enable them to become dependable citizens. We believe the most efficient and effective way for our players to learn this behavior is from the actions of adults.
- b. I agree to the following statements:
 - i. I understand that volunteers are required for the program to work efficiently and keep cost from continually rising. I will volunteer to work in the concession stand at a minimum of one home game during the designated time my child’s team or once for each child’s team if I have more than one child playing.
 - ii. I realize the sport of youth football is for School age children and not for adults therefore, I will not force my child to participate in the sport of football if he or she is unwilling; I will do my very best to make youth football an enjoyable experience for my child.
 - iii. I recognize the value and importance of coaches; they are volunteers giving their time and effort to help teach my child. If I have any questions, suggestions, concerns or issues about a practice or game, I will make every effort possible to set up a meeting with the coach.
 - iv. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
 - v. I (and my guests) will encourage good sportsmanship and lead by example by demonstrating positive and appropriate behavior in support for all players, coaches, officials, and spectators at every game, practice or other event affiliated with RHJFB.
 - vi. I realize I am a reflection of RHJFB and as such I will display appropriate behavior in the effort to influence my child to treat other players, coaches, spectators, officials, and the game itself with respect. This includes refraining from criticizing other players, coaches, spectators, and officials, at all times, in the presence of my child.
 - vii. I will promote the emotional and physical well-being of my child ahead of any personal desire to win, participate or acknowledgements that I may have for my child; I will look for opportunities to emphasize commitment to skill development and practices and how they benefit my child over winning a contest.
 - viii. I (and my guests) will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.
 - ix. I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist in this initiative by refraining from their use at all RHJFB associated events.
 - x. I promise to take all measures necessary to maintain a status of good standing within RHJFB by complying with their policies, rules, guidelines, and requests.

- c. Please note: RHJFB has a ZERO TOLERANCE policy for adults who disrupt games or practices in a disorderly, disruptive or otherwise disrespectful manner.

4 Team Mom

- a. Thank you for your interest in being a team mom for your child's team in the Rose Hill Junior Football Program. This is a time consuming position and you will be working directly with your child's Head Coach as well as some of the Board Members, primarily the Fundraising Officer. Your responsibility as a team mom is primarily to keep parents updated on activities off the field. The Head Coach or Board will communicate any information that you will need to pass on to parents to you. Duties as a team mom include the following:
 - i. Running the team fundraisers throughout the season.
 - ii. Sharing information about spirit wear as well as collecting order forms and payment.
 - iii. Organizing and helping plan the Fall Festival Float.
 - 1. Coaches and players must wear RHJFB game day provided polo shirts and jerseys, respectively, during the Fall Festival parade.
 - 2. The reimbursement for float expenses is up to \$75 with approved receipts.
 - iv. Helping the coaches inform parents of important dates.
 - v. Ensuring your team has their designated concessions time slot covered with enough volunteers.
 - vi. Making a snack schedule for your child's games.
 - vii. Optional: Organizing an end of the year party and coaches appreciation gifts.

5 Payment

- a. Parents or legal guardians of players will pay a predetermined fee established by the Board to cover costs incurred by the program that covers equipment, camp, practices, scrimmages and games. Fees are expected to be paid in-full at sign-up; however, other options may be approved on a case-by-case basis. If fees are not fully paid by September 1st the player will not be allowed to participate in any RHJFB activities.

Both parenting and coaching are challenging endeavors. By establishing an understanding of each other, we are able to accept the actions of each party and provide greater benefit to the players involved in Rose Hill Junior Football. As a parent of a child involved in RHJFB, you have the right to understand the expectations that are placed on your child. This begins with clear communication between you and the coaching staff of your child's team.

My signature is evidence of my agreement to comply with the Parent Policy. Failure to comply could result in disciplinary actions up to removing the player from the Program.

Signature _____

Date _____

Print Name _____