



Fife Junior Football Handbook

Nisqually Junior Football League

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<http://www.fifejuniorfootball.com>

Table of Contents

About Fife Junior Football	3
Parent Letter.....	4
Vision/Philosophy	5
Important Information	5
Refund Policy.....	7
Gear Return Policy	7

FIFE JUNIOR FOOTBALL

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BOARD OF DIRECTORS & COACHES

Board Members

President	Bob Rowe
Vice President	Tony Schwaerzler
Treasurer	David Gallagher
Secretary	Elizabeth Groves
Director of Operations	Ruben Reyes
Cheer	Darcia Calhoun/Amy Hart
Equipment	Ronnie Allen
Safety Officer	Brian Ours
Concessions	Michelle Racz

Head Coaches

Coach (3rd/4th grades): Selby Fualaau
Coach (5th/6th grades): Ruben Reyes
Coach (7th/8th grades): Open

FIFE JUNIOR FOOTBALL

Dear Parents and Players:

Welcome to Fife Junior Football (FJF). We are very happy that you and your child have made the decision to participate in this exciting sport. Many volunteers have spent numerous hours forming this program and are passionate about bringing youth football back to the Fife community.

Our team is a member of the Nisqually Junior Football League (NJFL). The league's season runs from August through October, with playoffs potentially extending into November. As a parent of a Fife Junior Football player, we ask that you read through this handbook so you can have a better understanding of what to expect during your child's football season. It will also explain what is expected of you, as a football parent. If at any time throughout the season you have a question or comment, we ask that you approach one of our committee members with any questions.

FJF thanks you for being part of the resurgence of youth football in the Fife community.

Sincerely,

FJF Board of Directors

FIFE JUNIOR FOOTBALL

Vision:

Educate young athletes on the values of character, sportsmanship, leadership, health, and community pride through the sport of football.

Philosophy:

FJF expects that the behavior of its coaches reflect the highest standards of behavior. All interactions in the presence of children will be constructive, relevant and positive in nature. Coaches' actions may not jeopardize the safety of any player, volunteer, or parent.

FJF expects that the behavior of all parents reflect the highest standards of behavior. Parents will refrain from coaching your player on football matters, techniques, or instruction in the presence of a coach during practices and games.

FJF believes that increased participation in sports leads to a healthy and active lifestyle and plays an important role in the development of kids.

FJF places the highest priority on academic achievement over that of sports. Players not meeting educational expectations in the classroom may be required to meet with coaches and parents and may result in less playing time until expectations are met.

FJF believes that attitude is the key to success and that improvement is a victory. A productive program is based on respect and hard work.

Important Information:

Board of Directors. Please direct team inquiries to a member of the Board. This will enable your player to maximize the time spent in a practice or meeting with a coach. Discussions/questions about football technique or players' performances should take place before or after practice with a coach.

Parents on the football field. Please fight the urge to interact with your player during practices. We value the time we spend with your player and this causes an additional distraction. As the season progresses, we may request parents to leave the field during practices. Also, if you need to bring your player's siblings to practice, please make sure they are under control and do not run around. Too much background noise and distraction will affect the quality of practice.

Communication. The Board of Directors will meet regularly during practice times to discuss issues. These sessions will include topics such as rules, game or practice information, diet, behavior, player recognition, fundraisers, parent committees, etc. These meetings may take place outside of normal practice sessions.

Group Email/Team website. We have set up a distribution list for periodic emails to go out to parents. We expect parents to address issues or complaints in private and not via email or in front of the team. If you would like to address an email team wide (for example about a lost item or carpooling, etc) please send your request to a Board member for follow up.

FIFE JUNIOR FOOTBALL

Practice and game days. Your player depends on you to get them to his/her practice/game. Please understand it is important to be on time. **Your arrival time should be no later than one hour (60 minutes) prior to game time.**

Get to practice early. Please arrive at least 15 minutes prior to the start of practice. This should be plenty of time if players arrive already dressed for football. If all are here on time, we all leave on time. Practice schedules are as follows:

- August: **Monday through Thursday at 5:30 pm.** Location is Fife HS (stadium or baseball field).
- September: **Tuesday through Thursday at 5:30 pm.** Location is Fife HS (stadium or baseball field).
- October: **Tuesday through Thursday at 5:30 pm.** Location is Columbia JH or FHS (whichever available).

Staying focused during practice is essential. When you come to the field, come to work and learn football. Practicing makes you better. No horse-play or goofing around during practice will be permitted. This kind of behavior increases your risk of injury and does not benefit any improvement in skills. Your focus should remain on the coaches and your drills.

Never miss practice. If you are temporarily unable to practice, we ask that you still come to the football field unless you are ill. You can still learn by watching and won't miss out on new techniques. If you must miss a practice, inform one of the committee members so we are aware of the situation.

Keep your gear clean and in good working condition. It is important to keep football gear in proper working condition. Playing or practicing with broken, chipped, or non-secured pads can result in injuries. If your gear gets damaged or needs replacing, please contact a committee member as soon as possible.

Importance of water bottles. Please make sure your player is provided with a water bottle for practice. It is very important that he/she remain hydrated.

Remember your actions before, during, and after football games because they are a direct reflection on our teammates, team, and coaches.

Safety of our children must remain important. When picking up players from practice, we ask that parents meet their children at the gate to the football field, not the parking lot. This prevents children from being alone at the high school or game field. Also, as a safety measure, any player needing to utilize the restroom during practice must advise their coach and be escorted by their parent or board member if a parent is not present.

Importance of all players. Whether you are a starter or not, is NOT important. The important issue is that you will gain valuable experience in the sport of football AND will be having fun while you are doing it.

All player expectations. Please remember after each game you will be required to approach your opponent's coach and shake his hand. Please make sure you are respectful (even if you have lost the game) and complete the handshake and have open ears to what he may say to you. Let's always be respectful and never exhibit unsportsmanlike-like behavior.

FIFE JUNIOR FOOTBALL

Volunteering. There will be times our team will be hosting Saturday games days for the entire league. We ask that you as a parent consider volunteering on behalf of the team. Areas needing volunteers include:

- Concessions
- Scoreboard
- Chains
- Clean-up (which includes remaining afterwards to help clean up the stands)

Refund Policy:

It is the policy of Fife Junior Football that all requests for refunds are in writing.

For tackle football registration refunds, an administration and gear restocking fee of \$75 is deducted.

Registration refunds (minus administration fee) are available through the end of the first week of padded practices. For 2019, this date is **August 16th**. After August 16th, no refunds will be processed.

Gear Return Policy:

Fife Junior Football is able to keep registration costs low (\$200) based on the assumption that gear is returned in full working order and good condition.

In the event that gear is not returned, an invoice will be sent in the amount of \$325 with payment terms of NET 30. Failure to pay the invoice in a timely manner could result in collections proceedings and potentially, could affect your player's ability to play with FJF in the future.

Dates, times, locations will be determined at the end of the season.