

# Welcome to Patriots Football!



## 2008 Season

### **IMPORTANT**

**Return Page 5 and 6 to your head coach prior to the first game of the season.**

## General Program Overview

**We are pleased that you selected Patriots Youth Football.** We participate in the Northern Vermont Youth Football League (NVYFL) and operate within the League Rules of that program. Specifically, all NVYFL teams follow the high school rules of football, with some additional rules tailored specifically to provide a safer sport for youth grades 2-8. Our season occurs during the traditional football season of mid-August through early November. Our practices are held in the evenings during the week and games are on Saturdays with some additional games mid-week for tackle program. Flag games are held during the week. Some weeknight scrimmages take place to enhance the players' skills in an ongoing effort to give everyone an opportunity to play.

## Our Mission and Purpose

**Our mission** - The Patriots Youth Football program will operate for the benefit of the youth of the rural Franklin & Lamoille County area. Our objectives as coaches and administrators is to provide youth, regardless of sex, race, creed, or nation of origin, the opportunity to play football for fun, in a positive and safe environment. We strive to coach each participant the fundamentals of football as well as sportsmanship, teamwork, self discipline, self-esteem, physical fitness, friendship, leadership, love of the game, and many other important life skills. Above all, the safety of each player is our NUMBER ONE priority. We are a non-profit, volunteer based organization dedicated to the youth of our community.

**Our purpose** - To promote youth football, and to provide instruction related to the game of football, in an environment that is positive and safe, for children in grades three through eight and living in or near the towns of Fairfax, Cambridge, Georgia, Fairfield, Westford, and Fletcher, Vermont, and to further teach, and promote the development of leadership, character, citizenship, sportsmanship, tolerance, friendship, discipline, and athletic ability, and to nurture youth fitness, volunteerism, and a lifelong love of the game of football and sports.

## Our Organizational Structure

Our non-profit organization is governed by an elected board of directors and by representatives from each town we serve. We're always looking for people interested in serving on the board to provide fair and balanced representation. We meet, as needed, to set specific program policies and direction. Your input and feedback is what makes our program better, so please contact your town representative with your comments and concerns.

## Mandatory Parent Meeting

Mark your calendars now - a mandatory parent meeting will be held the second week of practice on Monday, August 18, 2008 at start of practice. If you are unable to attend, you must make arrangements prior to the first game of the season to meet with your head coach.

## General Philosophies of Our Flag, 5-6 and 7-8 Coaching Staffs

**Flag Football** is the non-tackle version of our program and serves kids in fall grades 2, 3 and 4. Our general philosophy is to provide an equal opportunity to learn as many applicable positions and their associated skills as possible. There are a limited number of plays that will be introduced to make the game fun and interesting. We strive to provide each player with an environment that affords skill appropriate playing time and coaching attention during practices and games.

In the game, coaches will coach their offenses and defenses in the huddle on the field. It's the most instructive way to play the game. In general, players graduating this level will know sufficient skills to play at the next, more advanced 5-6 level. Safety will be the first concern addressed by the coach when it comes to specific position requests. The coaches will have more seasonally specific details your player should know which will be provided at the first practice.

**5-6 Football** is the beginning of the tackle version of our program and serves kids in fall grades 5 and 6. Although more competitive than the Flag program, coaches still have the opportunity to work with their teams from the field in game situations. We are committed to expand on the above philosophy by introducing the teaching of a wider variety of age specific fundamentals, plays and responsibilities that enhance the player's football experience. We strive to provide an equal opportunity to learn the game during practices. At this level coaches will begin to challenge players to strive to learn more and show an understanding of tackle football. A basic age appropriate conditioning program is introduced that incorporates football movement while improving the cardiovascular system. That said, our coaches are still committed to strive to keep the sport fun and more interesting. Game playing time is provided to all players. Those players that begin to show a greater understanding of the sport will usually see more time than those who still need skill development.

The coaching staff is committed to the safety of the player first, and may choose to limit playing time and position opportunities until he feels sure the player is ready. In general, players graduating this level will know sufficient skills to play at the next, more advanced 7-8 level. The 5-6 coaching staff will have more specific information about their programs and practices at the first practice.

Position play is governed by player weight which directs coaches in positioning the players. Players graduating from this level will have sound fundamental skills, be in top physical condition and should be ready to play at the freshman/junior varsity high school level.

**7-8 Football** is the most competitive program in Patriots Youth Football and serves kids in fall grades 7 and 8. At this, the highest level in our program, we expand on the above philosophies by teaching a more diverse and sophisticated level of offenses and defenses that are designed to challenge our competition on game day. Many of the general philosophies of practices and playing time for the 5-6 program apply here, with the added dimensions of an enhanced age appropriate conditioning program, more attention paid to player commitment, and playing time is dependent on conditioning, fundamental knowledge of the sport and safety.

Position play is governed by player weight which directs coaches in positioning the players. Players graduating from this level will have sound fundamental skills, be in top physical condition and should be ready to play at the freshman/junior varsity high school level.

### **Yes, You Can Help! - "What can you do to help the coaches and your athlete without interfering?"**

Here are a few ideas:

Get your athlete to practices on time. Super important.

Get your athlete to the competition a minimum of 15 minutes BEFORE the time the coach gives you. Get a reputation for being the first one there.

On an away game, always know where you will be going. Get driving directions or ask your coach. Game sites are listed at [www.nvyfl.com](http://www.nvyfl.com). The day of the competition is not the time for an exploratory trip. The athlete cannot be worried about getting there on time. The coach also cannot be worried that you are going to get your athlete there on time. This can make the coach nervous too.

Realize that coaching young athletes is a tough job. Use that as you think about what you want to talk to us about and before you act.

Talk to your athlete about working hard. That will help us in our practices. Support us in teaching your athlete that good things happen when you work hard.

Help us keep sports in perspective with your athlete. Every team cannot win every contest. Every individual cannot win first place. Working hard and trying our best is what this is all about. Help us help you create a more mature young adult, through football.

## **About Your Participation**

**Raffle Ticket Fundraiser** - We ask that you support our raffle ticket fundraiser 100 percent. Without this fundraiser, it would be difficult to keep the program going. We ask that each player/family sells 100 raffle tickets. Details will be forthcoming during the first week of practice regarding this fundraiser.

Our program would not be able to grow and succeed without the selfless efforts of our volunteers. From the Board officers, town representatives, coaches and assistants, to the referees, cheerleaders, concession stand attendants and donors, our community of caring people give their time and dedication to attend meetings and support the program year round. We're always open to new volunteers joining our team in any capacity. If you're interested in any of the above opportunities, please contact one of the following individuals below.

## **Concerns**

If you encounter any concerns during the 2008 season, please do not wait until the season is completed in order to voice your concern(s). Please contact your head coach immediately. If you still have concerns, please document your concern(s) to the Patriots Board and mail to Patriots Youth Football, Inc., PO Box 427, Fairfax, VT 05454.

## **Patriots Youth Football - 2008 Board Directory**

<b>Name</b>	<b>Phone #</b>	<b>Email</b>	<b>Position</b>
OPEN	OPEN	OPEN	President
OPEN	OPEN	OPEN	Vice President
Jeniffer DeRaps	849-2638	kjderaps@msn.com	Secretary
Karen McNall	849-6612	gkmcnall@verizon.net	Treasurer
Paul Legris	849-2305	plegris@juno.com	Cambridge Rep
Karen Langelier	849-2230	thelangeliers@verizon.net	Fairfax Rep
Ron Mapes	849-2643	ron@fairfaxpatriots.org	Fairfield Rep
Tom Pendris	849-2882	tpendris@hotmail.com	Fletcher Rep
Katie Ballard	527-1740	kballard@whminer.com	Georgia Rep
Randy Aiken	872-0841	Randy.aiken@benjerry.com	Westford Rep

**Patriots Youth Football, Inc.  
PO Box 427  
Fairfax, VT 05454**

I have read the "Welcome to Patriots Football 2008" informational piece and fully understand the contents. At any time during the season there are concerns, I will contact my head coach immediately.

Dated: \_\_\_\_\_

Signed By:

Parent/Guardian Signature: \_\_\_\_\_ Player Signature: \_\_\_\_\_

**IMPORTANT**

**Return this page to your head coach prior to the first game of the season.**

## Patriots Youth Football, Inc. Parent Code of Conduct 2008 Season

We, the Patriots Youth Football, Inc. organization have implemented the following Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our program. Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

### Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six 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."

I, therefore, agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I, and my guest(s), will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice or other sporting event.
6. I, and my guest(s) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 2008.

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**Parent/Guardian (Mother & Father)**

Parents should read, understand and sign this form prior to their children participating in our program. Parent Code of Conduct Form should be turned in to the Head Coach of the particular program your child participates in.