

General Rules for the Golden Bears

1. **Physicals:** All players are required to have a physical before they can practice.
2. **Practice Schedule:** Practice begins Monday, July 25th. It will be every Monday thru Friday from 5:30 p.m. to 7:30 p.m. until the week after the first game of the season. After that, practice will then drop to three nights per week (Tuesday, Wednesday, Friday). ALL PLAYERS NEED TO BRING WATER TO EACH PRACTICE. All football players are to wear gym shorts, t-shirt, cleats, and helmet with mouth piece during the first week of practice only. It is essential that your child be present during the first week of conditioning. Each player is required to have 10 hours of conditioning before they can graduate into full contact. If a player does miss a day of conditioning, they will have to make that time up during the first week of contact. This will cause them to miss out on much of the initial learning process, so please try not to have your child miss a practice.
3. **Drop-off/Pick-up:** Practice will begin at 5:30 sharp. All players should arrive 15 minutes early and dressed in all their gear other than their shoulder pads and helmet. This will help avoid forgetting things at home. A coach will remain at the field up until 15 minutes after practice. It is the parent's responsibility to ensure that their child has safe transportation both to and from practice and games.
4. **Game Schedule:** Most games will be played on Sundays. Check the attached calendar and you can always check the website for details on game information.
5. **Gear Distribution:** Gear will be handed out on Sunday July 24th at the container located at Piner High. Please check the calendar for times. Once again, please check the calendar for times.
6. **Practice Jerseys:** Make sure you get the last name of your child on the back of the practice jersey prior to the first day of practice. Practice jerseys can be purchased at T & B Sports on Steele Lane.
7. **Additional Accessories:**
 - **Game Socks:** We suggest you purchase two pairs of dark blue. Please see merchandise table. We sell them. Colors have not yet been determined for the 2011 season.
 - **Cleats:** You must purchase your own football cleats. Have your child break them in before any camps and/or before practice starts to avoid blisters.

8. **Age/Weight Requirements:** Age for the program is determined by how old the player is as of August 1st. All players must not weigh more than 10 pounds over the maximum weight for the level they are assigned on the first day of practice. If they are over that weight limit they will be moved to the next level up. Every child must certify to the weight limits.(Jamboree, they must be within 5 pounds to participate in jamboree). Each player will be entitled to add 1 extra pound to their weight limit after each consecutive week.(excluding Midget 15 yr olds.)

9. **Safety Rules:**

- Kids will NOT play unless they have all their required equipment. It's both the players and parents responsibility to make sure they bring all of their equipment.
- Keep the head up: We will teach players to keep their head up at all times. This includes blocking and tackling. Any player that deliberately uses their helmet as a weapon will be either suspended or removed from the team depending on the circumstances.
- No horseplay
- Players must follow the direction of the coaches at all times.

10. **Punctuality:** It is essential for all players to be on time for all practices and games. If anything, they should be early (15min). A player's playing assignment and playing time will be affected by his attendance. The head coach needs to be notified if a player is going to be more than 10 minutes late or absent

11. **Missed Practices:** Unlike other sports, missed practices will jeopardize the playing time of the player. This is due to safety concerns and the ability for the player to know his assignments. A missed assignment can jeopardize the safety of another player. If a player misses 2 or more practices during the week excused or unexcused your child will not be eligible to play in that week's game. 1 excused absence is ok, 1 unexcused absence you will not play until the second half of the game. The head coach reserves the right to restrict a player's game time based on his attendance record.

12. **Playing Time & Playing Assignments:** The Head Coach, with the help of the assistant coaches, will determine playing time for each player and also playing assignments. Our objective is for each player to have fun, learn the game of football and become a contributor to the team. Football is much different than other sports. As coaches, we put a strong emphasis on performing our best as a team. We set high

goals, such as making the playoffs, which means we make decisions that will best put our team in that position. We will function better as a team if the parents are positive, constructive and support the decisions of the coaches. *It is very important for parents to recognize that just because their child may not be getting as much game time as they would like, the real growth and development of each player is occurring on the practice field. This is where every player gets equal time. Our objective is for every player to learn what it takes in terms of dedication and commitment to become part of a championship football team.*

13. **Parental Conduct:** Parents must conduct themselves in a positive, constructive manner. Parents will be held to the same sportsman-like standards as the players. This is a volunteer effort and our coaching staff will always do our best to make good decisions. As with players, coaches can also make mistakes. We will learn from those mistakes and grow from them. Your positive support will help in this regard.
14. **Discipline Measures:** If a player is not following the instruction of the coaches, is loafing, not paying attention, or rough-housing, we will require the player to either sit on the sidelines and lose his opportunity to participate or ask that he complete a physical exercise (i.e. 10 push-ups) on the spot as a consequence for his actions. Football has the potential of being a dangerous sport if players do not pay attention or follow-thru with their assignments. If there is a continuation of behavioral problems, the head coach will speak to the parents of the player. If the head coach has to speak with the parents more than twice, the head coach always reserves the right to dismiss the player from the team.
15. **Team Tryouts/Cuts:** The head coach always reserves the right to cut a player from the team. This will only be done if there are clear behavioral or safety concerns. Football is an aggressive contact sport and some children are not emotionally or physically ready for this challenge. For the safety of your own child and that of the other players, the coaches will use their own discretion to determine if your child is ready for contact football. We will use the first three weeks of practice to make these determinations. Our intent is for every child to be able to remain on the team and become an affective participant.
16. **Practicing at Home:** Parents are encouraged to practice with their children at home (no contact!). Depending on the player's position, playing catch, working on fundamentals, practicing long-snaps or punts will be a tremendous benefit to the team. If the parents have

questions on what types of activities they can do with their children that would be beneficial, please feel free to ask one of the coaches.

17. ***Football Camps:*** There are several football camps this summer. Participation in these camps would be very beneficial to your child and the team. Speak to the coaching staff for information about these camps.
18. ***Volunteers:*** We need volunteers for the following assignments during games: snack bar, chain gang, par, merchandise table, announcing and running the clock. Your team parents will be getting more information put regarding par and chain gang.