

Agoura Oak Park Youth Football



Go AOYF Chargers!!!

2017 Parent Handbook

AOYF 5739 Kanan Rd #488, Agoura Hills CA, 91301

www.agourachargers.org

INTRODUCTION:

Welcome to another year of Agoura Oak Park Youth Football and thank you for taking the time to review this **Parent Handbook**. Whether this is your first year or you are a returning participant family within AOYF, we urge you to read this handbook thoroughly. We appreciate your attention to the rules and guidelines listed as they represent the cumulative effects of nearly two decades of providing a highly regarded sport specific developmental program for the student athletes within our communities. This handbook represents the governing body of AOYF and the contents within are the guidelines under which AOYF is run and operated by the Board of Directors. If you should have any questions after reviewing this handbook, please visit the AOYF website at www.agourachargers.org and search the **key contact tab** to identify a source for any questions you may have. AOYF is run purely on donations and registration fees.

Section I.

CODE OF ETHICS and CODES OF CONDUCT *(Revised and implemented 6/2010)*

The reputation and integrity of the Pacific Youth Football League and as a member of it, the Agoura Oak Park Youth Football Chargers chapter, is maintained when all members act, and are seen to act, in a way which is of the highest standard of ethical conduct and behavior. PYFL/AOYF Code of Ethics and Code of Conduct are grounded in the following principles:

RESPECT FOR OTHERS

The principle of respect challenges members to act in a manner respectful of the dignity of all participants in sport regardless of their connection to the sport. Fundamental to this principle is the basic assumption that each person has value and is worthy of respect.

RESPONSIBLE ACTION

The principle of responsible action carries the basic ethical expectation that the activities of members will benefit the PYFL/AOYF chapter in general and participants in particular and that their activities will do no harm. Fundamental to the implementation of this principle is the notion that each member is responsible for consequences of their actions or inactions.

INTEGRITY

Integrity is interpreted by AOYF as: members are expected to be honest, sincere and honorable in their relationships with others. We stress each person involved in the AOYF to consider this in all their activities involved with the AOYF and PYFL.

HONORING SPORT

The principle of honoring sport and AOYF football in particular challenges members to recognize, act on, and appropriately promote the value of a positive overall organized football experience for our student athletes and teams, parents, coaches, board, and for our two communities in general. It is and will always be that our student athletes and families are the focus of our efforts and that individual agendas have no place within the overall objective of serving the group as a whole.

As per the aforementioned Code of Ethics and Codes of Conduct, all members of Agoura Oak Park Youth Football shall adhere to the following code of conduct as members/coaches are responsible for their actions and accountable for the consequences of their actions or inactions. Therefore, any and all coaches and any member:

- Coaches Reserve the right to use constructive criticism of the players either to teach technique or correct mistakes by a player. At all times, the criticism of the player should be constructive and done with proper respect for the individual and done outside the presence of spectators/attendees
- Will accept decisions of officials on the field as being fair and called to the best ability of the officials.
- Will not criticize the officials, the opposing team, the coaches, or fans, or parents, by word of mouth or gesture or engage in any conduct which is considered to be disrespectful of others and not within the spirit of honoring sport in general and AOYF football specifically.
- Will emphasize that good athletes are good students, and both are physically and mentally alert.
- Will strive to make every football activity serve as a training ground for life, and as a basis for good mental and physical health.
- Will emphasize that winning a game is the end result of the process of competing with one's best effort and the principles of focus, discipline, responsibility, and teamwork.
- Will not recruit any athlete on the basis of or for the objective of; stacking a team, circumventing the draft process, avoiding coaches' picks, minimizing the waiver process or for winning a championship or Super Bowl as an inducement or enticement to participate in AOYF.
- Will not use abusive or profane language before anyone connected with the game.
- Will not be on the playing field, practice field, stands or anywhere within the stadium under the influence of alcohol or dangerous drugs.
- Use of tobacco on the playing field, practice field, stands or anywhere within the stadium is prohibited (this includes smokeless).
- Will set an example in personal conduct at all times.
- Will not recruit a player or family for any specific school, nor will a student/athlete be encouraged or discouraged to attend any particular school.

ACT OF DISBARMENT

1. Any Coach, other adult, or any AOYF member or spectator, or parent may be barred from further participation in AOYF by violation of any of the following acts as documented and confirmed through the grievance/conflict resolution process.
 - a. Paid Coach - by receiving any portion of his annual income for any/services as an Athletic Director, Coach or Board of Director for the AOYF.
 - b. By striking or threatening behavior towards another, as a Coach, Athletic Director, official, spectator, Board member, parent, or any other participant/attendee in PYFL/AOYF at any time or location.
 - c. Any sufficient cause, subject to documentation review and confirmation through a grievance/conflict resolution process, such as un-sportsmanlike conduct or profane language, whether on the field or as a spectator, or engage in any conduct which is considered to be not respecting others, not responsible, without integrity, and not within the spirit of honoring sport in general and AOYF football specifically.
 - d. Shall not permit "sweating down" tactics in order for a player to make the team weight. Sweating down to include, but not be limited to:
 - (1) Steam rooms.
 - (2) Steam cabinets.
 - (3) Rubber sweat suits.
 - (4) Any method that is injurious to the health of the player.
 - e. Will not knowingly permit a player to re-enter a game once he is badly bruised or injured to such an extent that further play would jeopardize his health.
 - f. He shall not permit a previously injured player to practice, scrimmage, or play in a game without a written release from the doctor. Such releases will be retained on file.
 - g. He will abide by the team doctor or physician's decision in all matters of injury or participation.
 - h. He will not permit an ineligible player to participate.
 - i. He must remain in compliance with coaching ethics and codes of conduct.
 - j. He must never attempt to discourage, run-off, or cut weaker players and will ensure all eligible athletes experience the minimum of 12 plays per game.
 - k. Will not direct, endorse, sponsor, steer, disparage, disrespect, influence, as an act/activity of recruiting for any school, or against or discourage or influence any athlete against any school, or promote and support or encourage or endorse and/or conduct behavior in any way as to be deemed recruiting AOYF participating student athletes for another/any school.
 1. No coach on an AOYF coaching staff shall be permitted to coach with any other organization during the PYFL season, beginning with mini-camp until the end of the playoffs that jeopardizes his commitment to the AOYF team. All coaches should be dedicated first and foremost to their AOYF team and any coach found to be coaching with a different chapter, school, or any other football organization that takes them away from their responsibilities to AOYF shall be removed as a coach from the AOYF team he is affiliated with.

Agoura/Oak Park Chargers Coaches Commitment:

- ~ I will place the emotional and physical well-being of my players ahead of my personal desire to win
- ~ I will remember to respectfully treat each player as an individual.
- ~ I will remember that I am a *youth* coach and that there is no place in my practices or games for foul language.
- ~ I will do my best to provide a safe playing situation for my players.
- ~ I promise to review and practice the necessary first-aid principals needed to treat injuries of my players.
- ~ I will do my best to organize practices that are fun and challenging for all players.
- ~ I will lead by example, in demonstrating fair play and sportsmanship to my players.
- ~ I will insure that I am knowledgeable in the rules of football and that I will teach these rules to my players.
- ~ I will use coaching techniques appropriate for each of the skills that I teach.
- ~ I will remember that I am a youth coach and that the game is for the children, not adults.

Agoura/Oak Park Chargers Parents Commitment

- ~ I pledge to provide positive support, care and encouragement for my child participating in Agoura/Oak Park Youth Football.
- ~ I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game and practice.
- ~ I will place the emotional and physical well-being of my child above any personal desire to win.
- ~ I will provide support for coaches and officials working with my child to provide a positive and enjoyable experience for all.
- ~ I will demand a tobacco, alcohol and drug free environment for my child and agree to assist by refraining from their use at all games and practices.
- ~ I will remember that the game is for the children.
- ~ I will expect my child to treat other players, coaches, parents, fans and officials with respect regardless of race, sex, creed or ability.

Section II.

OBJECTIVES/PHILOSOPHY

Our objective is to provide a comprehensive tackle football developmental program for our youth ages 6 - 14. The age appropriate requirements for the fostering and facilitating of an all-encompassing positive experiences incorporates the social, emotional, cognitive and athletic aspects of the learning experience for our participants. Did we forget having fun? Certainly not and with a 25 year history and nearly 4300 alumni, virtually all who have played for AOYF would express great memories and a lot of fun!

AOYFL's Mission:

- Inspire youth.
- Practice the ideals of health, citizenship and character to bring our youth closer together through the means of a common interest in sportsmanship, fair play and fellowship.
- Impart to the games the elements of safety, sanity and intelligent supervision.
- Keep the welfare of the player first and foremost.
- Teach the concepts of focus, discipline, effort commitment, competition and teamwork.
- Teach/instruct all phases of the game whereby the participant will develop confidence in the defensive, offensive, and special teams aspects specific to an overall concept and knowledge of the game, and then specific to positions played by the respective athlete through classroom, on-the-field and film study learning opportunities.

Through our mission the following has been applied to AOYF participation.

- **EVERYBODY PLAYS:** Building self-esteem and confidence in our players is a major part of the philosophy of Agoura Oak Park Youth Football. A key factor in accomplishing this is to ensure that every player gets quality time in the game. Players should abide by the Play/No Play Guidelines and attend practices regularly.
- **DISCIPLINE/RESPECT:** Respect is one of the most important aspects of a team environment: Coach for Player, Player for Player and Player for Coach. Swearing, fighting or taunting of others is strictly prohibited. Positive reinforcement will always be stressed by the coaches to strengthen and correct behavior.
- **SAFETY:** Player safety is our first priority. Unfortunately, as in all sports, injuries do happen. Good training, conditioning and equipment, however, can reduce injuries.
- **IMPROVE AND EDUCATE:** The Agoura Oak Park Youth Football program is built around a core football philosophy that introduces the basics to the new player and becomes progressively more sophisticated throughout the season and per division of play. Our goal is to challenge the players to learn and improve at each level, preparing the players to participate in sports and fitness activities into high school, college and beyond. All of our coaches attend coaching and safety classes and will display the positive ideals desired for youth sports.

- **ATTENDANCE:** The players must attend all practices and must be on time. Play/No Play Guidelines will be enforced. If a player will be absent from a game or a practice, it is the player's responsibility to notify the Head Coach prior to the absence.
- **ACADEMIC ACHIEVEMENT:** We feel strongly that academic achievement is a priority and necessity and that in order to succeed in life our athletes must enrich and exercise the mind as well as the body. Therefore, we recognize those students who keep up their studies while being a part of our Football Program. A GPA of 3.0 and higher will receive a certificate, while a 4.0 GPA will receive a plaque. Your team manager will distribute a form for teachers to complete in early to mid-October.

Section III.

2017 CALENDAR/schedule of participation

The following is a general list of important monthly/weekly timelines for your scheduling purposes. AOYF will publish a complete and thorough calendar by May 15, 2017 on our website at www.agourachargers.org and via e-mail to our database. Please be on the alert for e-mails from AOYF regarding confirmed dates and times and locations as we approach these timelines.

- **MANDATORY PARENT MEETING** – First Week of June - TIME/DATE, TBD

Meet and greet coaches and teammates, sign-up for mandatory team support functions and review fundraising activities. Logo-wear and football gear will also be available.

- **PRE-SEASON CLINIC/MINI CAMP-** AHS Turf – Mid-July

PRE-SEASON CLINIC/MINI CAMP 5 – 7 p.m.

This is a VOLUNTARY pre-season mini-camp FOR ALL athletes in all divisions and is run by the AHS Football coaches. Details and a reminder notice will be sent in July. RETURN COMPLETED MEDICAL FORM OR ATHLETE CANNOT PARTICIPATE IN THIS CLINIC, PRACTICE WITH THE TEAM OR PERFORM ANY ON FIELD ACTIVITIES WITHOUT IT.

- **OFFICIAL PRACTICES BEGIN**

JULY 24, 2017- Location: Agoura High School, TIME: TBD

Football practice will be 5 days a week, usually from 6 pm to 8 pm throughout the month of August, although the times will vary depending on the Head Coach. THE FIRST TWO WEEKS OF PRACTICE ARE MANDATORY CONDITIONING PER THE PYFL BY-LAWS and no player can begin contact until they are completed. Starting August 21st, practices will be 3 to 4 days a week with games played every Saturday. Players must provide their own mouthpiece, girdle and football shoes. AOYF will supply equipment and uniforms.

- **EQUIPMENT HANDOUT**

FIRST WEEK IN AUGUST 2017

Equipment is handed out at the equipment shed at Agoura High School (on the playing field above the football stadium, by the Varsity softball diamond). Each team will be assigned a time for picking up equipment. You must come at the assigned time to receive your equipment. You will be provided with a helmet, shoulder pads, practice pants, pant pads, girdle, and a mouthpiece. Game pants and game jerseys will be delivered before the first game. There will be a team meeting at this time, please have parent/guardian present.

In order to ensure the return of all issued equipment there will be a security charge of \$250.00 payable to AOYF that will be collected from the athlete's parent or guardian when the equipment is issued. This check will be collected and will be held until the appropriate chapter representative receives all items that are required to be returned at the conclusion of the season.

- **First full week of mandatory conditioning/practice**

WEEK OF JULY 24, 2017- Agoura High School

Equipment: shorts, practice jersey, cleats and athletic cup. BRING LOTS OF WATER! Once the 10 hours of conditioning during practice has been met, the players are permitted to condition in full pads with the approval from the Head Coach.

WEEK OF July 31, 2017- AHS

Second full week of mandatory conditioning/practice.

Equipment: Helmets, shoulder pads, practice jersey, cleats, cup and mouthpiece. Coach will advise as to shorts or practice pants with pads.

BRING LOTS OF WATER!

WEEK OF AUGUST 7 and AUGUST 14, 2017- AHS

Third/Fourth week of conditioning (Full contact for those who have completed their first 20 hours of conditioning).

Equipment: Full practice uniform, all pads and mouthpiece.

BRING LOTS OF WATER!

Focus: Full contact and learning plays. Practice 5 days per week with scrimmages scheduled by each coach (scrimmages can be scheduled after August 15th)

- **LEAGUE CERTIFICATION – MANDATORY FOR ALL PARTICIPANTS!**

AUGUST 13, 2017- Location: T.O High

Under the PYFL rules and by-laws, all players must be certified on their age and weight before they can play in the league. This is done to ensure safety and fair competition. Certification will be likely be the third week in August 2017, confirmation of this will be 2 weeks prior. The location and time will be provided once announced by the league. Certification is based on an athlete's age as of September 1, 2017 and December 31st for ALL Playdowns.

NO 9TH GRADERS are allowed.

Players who cannot meet the weight limitation for their age may play up one division.

New PYFL rule allows unlimited senior weight players to be designated "X-Men", wearing a clearly visible X on their helmet. These players can only play interior line positions on offense and defense (Center, Guard Tackle of offense and Tackle, Nose or End on defense). These players cannot carry or catch the ball on offense and cannot participate on punt, punt return, kickoff or kick return teams. A maximum of three (3) X-men can participate at one time for each team. X-Men are X-men for the season and are designated at the initial certification. A player that certifies as a regular player, but gains weight and is over the maximum for recertification will be ineligible and **CAN NOT** be moved to an X-Man designation for play-offs.

NEW players must provide an Original Birth Certificate at Certification. Returning players do not need a Birth Certificate as it is already on file with the PYFL.

All players will also be required to provide proof of residence in the form of a utility bill. This information must correspond with your contract information. If you have moved, please notify us immediately so that a new contract can be completed.

If you cannot make this certification, **YOU MUST NOTIFY THE ATHLETIC DIRECTOR *IN WRITING*** at least 8 weeks in advance of the Certification date so that an attempt at *Pre-certification can be completed in advance of League certification!* ***THERE IS NO***

GUARANTEE THAT PRE-CERTIFICATION WILL BE AVAILABLE AND THERE IS ABSOLUTELY NO SUCH OPTION FOR PLAYOFF CERTIFICATION.

Players cannot scrimmage against another team until they are certified.

HERE ARE THE WEIGHTS ALLOWED FOR EACH DIVISION. PLEASE REMEMBER THAT LEAGUE AGE IS CONSIDERED A PLAYER'S AGE ON 9/1/2017 and 12/31/2017 for ALL Playdowns

Gremlin
6-7 yrs.
Max 100 lbs

Pee-Wee
8-9 yrs.
Max 115 lbs.

Bantam
10 yrs. Max 130 lbs.
11 yrs. Max 75 lbs.

Midget
11 yrs. Max 145 lbs.
12 yrs. Max 95 lbs.

Junior
12 yrs. Max 160 lbs.
13 yrs. Max 105 lbs.

Senior
13-14 yrs.
Max 190 lbs.
*Linemen No Weight Limit

This usually takes place at Thousand Oaks High School. This is when the age, residency and weight of each athlete are verified. **NEW** athletes must provide an ORIGINAL BIRTH CERTIFICATE at this time (not a photocopy). Birth Certificates are not a requirement for returning players. Every athlete must provide "PROOF OF RESIDENCE" by means of a utility bill. If you move prior to Certification, please notify us so that your contract can be changed to reflect your new address. The contract and "Proof of Residence" must match.

ALL ATHLETES MUST BE PRESENT FOR CERTIFICATION AT THIS TIME. Any athlete unable to attend the PYFL Certification must notify the Athletic Director in writing by June 10, 2016 and make arrangements to be certified in advance.

FIRST GAME - AUGUST 26, 2017- Location/TIME/DATE, TBD

Games are played on Saturdays, times will vary. ALL HOME GAMES are played at Agoura High School on the Stadium Field.

PLEASE NOTE THAT THIS IS A TRAVEL LEAGUE AND SOME GAMES ARE PLAYED OUT OF THE AREA. The season lasts approximately 10 weeks but may last longer due to play- offs and Super Bowl.

- PICTURE DAY

SECOND WEEK IN SEPTEMBER 2017- Location/TIME/DATE, TBD

Times will be assigned at a later time.

- PRACTICE LOCATIONS

After the draft, locations of practices for each team/division will be presented by the Head Coach and or Team Manager and or AOYF and are subject to change. These times may change depending on your Head Coach's schedule and will vary during the season due to daylight availability. Starting the first full week in September, practices will be no more than four days a week with most coaches moving to a 3 day per week practice schedule with an occasional walkthrough practice or film review for a fourth practice at the coach's discretion.

Section IV.

REFERENCES/INFORMATION

You may obtain information such as standings, pictures, maps to locations and league forms at the league website which is <http://www.pyfl.com>. At any time visit AOYF at www.agourachargers.org for up to date information as well.

Section V.

PARENT RESPONSIBILITIES/Participation

PLEASE ASSIST YOUR ATHLETE IN GETTING THE PHYSICAL FORM COMPLETED. The physical form must be completed by a physician and turned in before the player can practice or participate in the mini-camp/player clinic. The Physical Form is available on the AOYFL website at www.agourachargers.org

This is a non-profit organization run by volunteers. Per the **TERMS AND CONDITIONS CONTRACT**, parents of participating athletes are REQUIRED to perform needed team support functions, help in fundraising and abide by the rules set forth in this handbook. Football is a team

effort both on and off the field. A sign-up sheet for team support functions will be available at the mandatory team meeting, which is held at equipment handout. A description of the different functions follows in Section VI. Please review it and have at least one parent at this meeting to sign-up.

Please be prompt when bringing or picking your child up from practices or games. Please remember that our coaches are volunteers. If you cannot be on time, please make appropriate arrangements for your child's transportation requirements.

Please encourage your athlete but do not pressure, bribe or intimidate your child into playing football. This will place excessive pressure on your child, which will decrease the potential for enjoyment and personal growth.

Do not interfere with the coaching during practices or games. The coach will be happy to speak with you before or after practices or after a reasonable period following a game. When speaking with a coach, please keep your comments appropriate and take care to remember that your child/players may be listening.

DO NOT YELL INSTRUCTIONS OR CRITICISM, OR MAKE DEROGATORY COMMENTS TO OR ABOUT ANY PLAYER, PARENT, OPPOSING TEAMS OR PARENTS, OFFICIALS OR OTHERS INVOLVED WITH THE LEAGUE. Let common sense and polite courtesy be your guidelines.

The league has limited the number of people allowed to be on the field.

Unless you are performing a team support function that requires you to be on the field, all parents, family and friends must remain in the stands at all times.

Please advise the Head Coach of any physical or emotional stress that your child may be experiencing. Your child's well-being is our foremost concern.

ANY AGOURA/OAK PARK PLAYER OR PARENT WHO MAKES STATEMENTS THAT HAVE THE EFFECT OF DEMEANING OR HARASSING OR UNDERMINING THE EFFORTS OF THIS ORGANIZATION AND/OR ITS VOLUNTEERS MAY BE SUBJECT TO ACTION BY THE BOARD INCLUDING REVOCATION OF THEIR PARTICIPATION IN LEAGUE ACTIVITIES.

In addition, at the team meeting after equipment handouts, a sign-up sheet will be available for parents to select the support function that best fits with their interests and talents. Each team is somewhat unique and there may be requests from the Head Coach that are not listed here, but this will give you a general idea.

Team Manager: Liaison between the coaches and parents. Responsible for distributing team information, flyers, managing/scheduling team duties.

Team Representative: Attends the AOYF Board meeting once a month. Acts as a liaison between the Board and team.

Assistant Team Manager: Responsible for making phone calls to players, confirming scheduling of team duties, helping manager as needed.

Equipment Manager: Work with coaches to assist players with equipment issues. Assist league Equipment Manager at equipment handout and equipment return and any other issues throughout the season.

Game Announcer: Responsible for announcing the home games from the press box. No one under 18 is allowed in the press box.

Spotter: Assists the announcer by watching the game and tracking names and numbers of players. This position will also keep track of the in-game statistics for the coaches to review.

Scoreboard: Responsible for running the scoreboard at home games.

Timekeeper: Responsible for running the clock at home games.

Auditors: Two per game are needed to audit our team players (minimum 12 play rule), one additional responsible for helping opposing team with their audit. PYFL audit sheets are provided by Head Coach prior to start of game.

Chain Gang: Three per home game. Responsible for yard marker chains during game. Must be on sideline 15 minutes prior to start of game to meet with officials.

Field Work: Two per home game. Will arrive 15 minutes before and stay 15 minutes after to help with any necessary set-up or trash clean up.

Publicist: Responsible each week for a short game summary, to be delivered to the VP of Communications no later than Sunday night following the game.

Photographer: Responsible for photos of the team to be used in the newsletter and yearbook. *(Cost of film and developing to be donated by photographer.)*

Video Photographer: Responsible for “game film” for the coach as soon as possible after the game. *(Must provide own camera and film.)*

Please feel free to volunteer any additional talents that you may have that will help your team!

*******Game day field access (home and away games) is strictly limited and enforced; to coaches, athletes, and required sideline personnel. No exceptions and non-required spectators will be asked to leave the sidelines and or venue.*******

Section VI.

EQUIPMENT

Equipment will be handed out in early August. Schedules will be finalized two weeks prior to equipment handouts at the equipment container on the lower softball field at Agoura High School at the following times. **Times to be determined.**

Each team must have a representative to help the Equipment Manager equip each player and collect the deposit checks. This is a volunteer position that will hold the deposit checks and will return them when the equipment is returned to the AOYF.

As we are distributing equipment to approximately 100 players, we ask that you **DO NOT BE LATE **YOU WILL ONLY BE ALLOWED TO PICK UP YOUR EQUIPMENT AT YOUR ASSIGNED TIME**** no exceptions.

We request that any and all new players and their parents who have questions regarding their equipment, the proper fit, or use and care of the equipment return to the equipment shed on this same Saturday (first week in August/TBD) at 2:00 for additional assistance and proper fitting. At this time the VP of Equipment will explain the unique fit of football equipment and answer all of your questions. Your athlete will be issued the items listed below. He can keep those marked with an asterisk (*).

- ***In order to ensure the return of all issued equipment there will be a security charge of \$250.00 payable to AOYF that will be collected from the athlete's parent or guardian when the equipment is issued. This check will be collected and will be held until the appropriate chapter representative receives all items that are required to be returned at the conclusion of the season.***

It is the responsibility of the player and the parents to return the items clean and in good condition, except for normal wear and tear, or the security payment will not be returned.

Practice Pants
Personalized Game Jersey
Game Pant
Practice Jersey
Shoulder Pads
Belt
Leg and Hip and Tail pads
Girdle
Helmet with chinstrap

If you are not wearing the required equipment and uniform at practice or games, you cannot participate. Be sure that your water container is marked with your name. During the cooler

months, players should bring a jacket or sweatshirt to wear after practice. ***Coaches are not responsible for lost, stolen or “left behind” water containers, clothing or equipment.***

Please pick up all trash at the fields. Use of the practice fields and stadium is a privilege and one that we can lose if we do not take the appropriate care.

Do not modify the uniforms or equipment in any way or you will be charged for it. If minor rips or problems occur, please try to repair them before the tear becomes larger. If there is a problem with the helmet or pads, *please notify the coach/equipment representative immediately*. Standard issue equipment should be used and we discourage parents from providing too much “special equipment” for any player.

EQUIPMENT AND UNIFORM CARE:

*Rinse the helmet with mild shampoo and water weekly and set outside to dry. (This should be done before the first use and throughout the season as needed)

*Rinse shoulder pads and set outside to dry initially, halfway through the season and again before they are turned in. (This should be done before the first use and through the season as needed)

*Do not use chlorine-based bleach on uniforms. Pre-wash solutions (such as Shout or Spray & Wash) can be used on stains.

*HANG DRY UNIFORMS, DO NOT PUT IN DRYER.

*DO NOT WASH PANTS WITH PADS LEFT IN THEM. *This causes undo wear and tear on the pads (cracking) and you will be charged for their replacement.*

*DO NOT THROW OR SIT ON YOUR HELMET. This causes cracking and the helmet cannot be reused.

EQUIPMENT SAFETY

Do not strike an opponent with any part of the helmet or facemask. This is a violation of football rules and may cause you to suffer severe brain or neck injury, including paralysis or death. Severe brain or neck injury may also occur accidentally while playing football. **NO HELMET CAN PREVENT ALL SUCH INJURIES. YOU USE FOOTBALL HELMETS AT YOUR OWN RISK.**

The pieces of protective equipment you receive are designed to reduce the possibility of injury to the specific body part which it covers. Use of this equipment does not guarantee that you will be protected from serious, disabling, or permanent injury while playing football. Any modification or alteration without the permission of the manufacturer could reduce the protective capacity.

Section VII.

PLAY/NO PLAY GUIDELINES

Our League Rules state that each suited player shall experience no less than 12 plays on the field per game. We are the only league we know of that mandates and enforces participation. Every position played on the field is important for the execution of plays but not every position will handle the football. There are penalties to a coach who does not meet the 12 Play Rule and the in-game audit sheet is used as the best source of information should a complaint be made.

To encourage the players to be responsible for their actions, the player is responsible for contacting a coach prior to a practice/game if the player will not be attending a practice or game

In the interest of safety and fairness for all, the following Play / No Play Guidelines have been established for our chapter:

- A. Any player who has an unexcused absence from practice will not play in the game. An “unexcused absence” is defined as any absence where the player fails to inform the coach of the absence in advance and any absence where the coach feels the reason for the absence is not an acceptable excuse for missing practice.
- B. A player may be held out of a game or playing time limited for disciplinary reasons. A discussion between the coach and a parent/guardian will be held to discuss the situation. The AOYF Athletic director may be included in this discussion should the situation warrant it.
- C. Any player who has one excused absence from the practice will play no less than the minimum 12 plays, unless the coach feels the player is not mentally or physically prepared for the game, therefore jeopardizing himself or others, or if the coach feels the player is developing a pattern of abusing the one excused absence rule.
- D. A coach may hold any player out of a game who has two or more excused absences from practice in any given week.
- E. Except as provided above, all players who have attended and fully participated in all team practices and meetings will play no less than 12 plays in the game.

- * Do have fun, clap, cheer and celebrate. Make your own new friends!
- * Do enjoy this time with your athlete. You will see amazing growth in all aspects of his life, from responsibility to athletic ability.
- * Do smile, encourage and congratulate all achievements.
- * Do be positive – anyone can complain and find the downside, look for the up side.
- * Do get involved in the program and volunteer to assist at the team, chapter and league level.

SECTION VIII.

FEES/CANCELLATIONS/SCHOLARSHIPS

AOYF fees are \$425.00 dollars for the season and are paid in advance of the commencement of practices/mini-camp via check (payable to AOYF) mailed to **5739 Kanan Rd #488, Agoura Hills CA, 91301**. There will be several REGISTRATION DAYS held in the Spring. For a second player to register from the same family there is a \$100 price reduction and this applies to any additional players from that family. For example, a family with two players would pay a total of \$750 for registration.

All uniforms, equipment and field use are provided at no additional charge. Upon occasion an athlete decides football is not for them and we understand that though due to the nature of the expenses for the chapter the reimbursement policy for AOYF is as follows with no exceptions:

REFUNDS:

THERE ARE NO REFUNDS

SCHOLARSHIPS:

Scholarships are available on as needed basis. A letter stating the need is required and will be reviewed under the strictest of confidence. Although AOYF expects some type of financial participation from those under scholarship, no child will be denied participation due to an economic circumstance. **The minimum payment for registration is \$250.00.** Confidential requests for scholarships should be addressed to AOYF and sent mailed to: **5739 Kanan Rd #488, Agoura Hills CA, 91301.**

Agoura Oak Park Youth Football: Parent's Concerns of Injury

One of the principle concerns a parent considers when their child expresses an interest in playing AOYF youth football is the potential for injuries. Parents feel it's safer for their son to wait until high school to start playing football. Though we certainly understand a parent's concern for safety here's some data and expert perspective for you to consider. Statistically, according to SAFE KIDS USA 2001 published injury data, among athletes ages 5 to 14, 15 percent of basketball players, 28 percent of football players, 22 percent of soccer players and 25 percent of baseball players have been injured while playing their respective youth sport. The data compiled suggests youth football participation does NOT preclude a higher statistically relevant incidence of injuries as compared to soccer and baseball. Most parents do not hold their son back until high school for playing baseball or soccer. Youth football participation should receive the same consideration as published data reveals youth football is as safe as baseball and soccer. Additionally, the athlete who starts playing football for the first time as a 9th grader is now in a competitive situation against other 9th graders from other high schools who have had 1 - 5 years of youth football experience and thus the first time participant is at a significant disadvantage due to lack of experience.

Agoura Oak Park Youth Football players are grouped according to age and weight to avoid physical mismatches. There are special playing rules designed to avoid high risk situations. Significant improvements in equipment, equipment certification and coaching techniques, as well as an emphasis on proper conditioning and an increase in injury avoidance awareness have minimized the risk of injury to young players. This position is supported by sports medicine experts, among them Dr. Lyle Micheli, doctor of sports medicine and past president of the American College of Sports Medicine. Dr. Micheli states, in his book *Sportswise: An Essential Guide for Young Athletes, Parents and Coaches*, "In Pop Warner football, which is for children below the age of fourteen, injuries are very rare because the quality of supervision is very high." Dr. Micheli goes on to say, "On the other hand, soccer, which has a reputation for being a safe sport for both sexes, has been shown to have a high injury rate, particularly among the younger children."

Should you have any questions or additional concerns regarding potential injuries and your son wanting to participate but you are not sure, feel free to email us at aopyfinc@gmail.com and a Board member will contact you promptly.

2017 Agoura Oak Park Youth Football

AOYF 5739 Kanan Rd # 488, Agoura Hills CA, 91301

We understand and agree to abide by all of the terms set forth in the AOYF Parent Handbook and all rules of the Pacific Youth Football League.

Print:

Parent Name: _____

Parent Signature: _____

Date: _____

Player
Name: _____

Division: _____

