

Handbook For Parents and Players



The organization, **Black Rock Riverside Little League Football and Cheerleading**, has issued this Handbook to improve the understanding of how this organization works and what is expected from the children and parents/guardians of the players who are participating.

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OVERVIEW

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

Black Rock Riverside Little League Football wishes to give your child a chance to learn about the sport he/she is participating in, become active and learn to get along with others.

We hope to give your child the best knowledge of sportsmanship, dedication, leadership, work ethics, team spirit and how to be involved as a team and to function as a unit.

Your child, hopefully, will learn from their experience and advance ahead to high school using their knowledge from us and continue to use this knowledge to achieve a higher level of their sport in high school and in their future.

Black Rock Riverside Little League Football and Cheerleading has come a long way from our old field, our old uniforms and a very small shack for the concession at J.H. Field. Over the last ten years we have made great achievements such as letting the boys keep a jersey with their name on it and paying for each girl to participate in cheer competition. We now have a beautiful football field, a working scoreboard, modern/updated and heated bathrooms, a concession stand that offers a variety of foods, a banquet and trophies, just to name a few. With the help of our parents we can continue to grow as an organization and make things even better for our children.

PARENT'S CODE OF ETHICS

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

As the parent/guardian of the child I:

1. hereby pledge to provide positive support, care and encouragement for my child participating in Black Rock Riverside Little League Football and Cheerleading by following the Parents' Code of Ethics.
2. acknowledge that there is a **ZERO** tolerance for this organization when it comes to behavior and that my behavior, and the behavior of my family members, is my responsibility. The Board can, at its discretion, place me or any member of my family on permanent probation if the situation is warranted.
3. will encourage good sportsmanship by demonstrating positive support for all players, coaches, officials, board members and opponents at every game, practice or other youth sporting event.
4. will place the emotional and physical well-being of my child ahead of my personal desire to win.
5. will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
6. will remember that the game is for the children – **not the adults.**
7. will ask my child to treat other players, coaches, board members, fans, officials and opponents with respect.
8. will uphold good behavior as a parent.

If I do not follow the Code of Ethics and behave inappropriately during practices, games, scrimmages or organization events, I know that I will be placed on probation, permanent probation and/or suspended from all events of the organization. This behavior will include language, verbal abuse, and/or physical contact of any kind toward any child, coach, official, board member, opponent or fan.

I know that as a result of my behavior that not only will I possibly be suspended but my child/children could be suspended for the season from the organization of Black Rock Riverside Little League Football and Cheerleading.

PARTICIPANT'S CODE OF ETHICS

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

As the Player/Participant I:

1. will encourage good sportsmanship from fellow players, coaches, officials, board members, opponents and parents at every game and practice by demonstrating good sportsmanship myself.
2. will attend every practice and game that I can, and will notify my coach if I cannot.
3. will do my very best to listen and learn from my coaches.
4. will treat my coaches, other players, officials, fans and opponents with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.
5. acknowledge that there is a **ZERO** tolerance for this organization when it comes to behavior and that my behavior is my responsibility.

GENERAL

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

- **Medical Issues** – For any injury or accident that requires something other than a cleaning and covering with a bandage, coaches and parents are required to seek professional medical assistance through a 911 call. Please notify the league if your child has a pre-existing medical condition (i.e., allergies, medications, physical or psychological impairments, etc.) on the registration form. Please also obtain a physical examination of your child, have their doctor complete the form and have the form returned to the league as soon as possible. The league will then inform the coach of the situation.
- **Littering – Players and spectators** are required to clean up after themselves. Teams are not permitted to leave the field until **all** debris in their area has been removed and the facility is left just as they found it. This applies to practices, home games and away games.
- **Attendance** – Players are expected to attend team practices and games regularly as their teammates are counting on their participation. If your child cannot attend a practice or game, please notify your child’s coach as soon as possible.
- **Uniforms/Equipment** – Unauthorized alterations to the uniform (i.e., cutting the sleeves, making a “half shirt”) will require the parent to pay for the replacement uniform. The league will be responsible for having players’ names put on the back of the jerseys – players **MAY NOT** have this done themselves. You agree to return, upon request, the uniform and other equipment issued to your son/daughter in as good a condition as when received except for normal wear, and that in the event of loss or negligent damage of said equipment or uniform, you will reimburse the organization on the purchase price of like uniform and/or equipment. You also agree to be held responsible for any cost imposed by the organization (i.e. raffle tickets) for which your son/daughter is required to pay.
- **Volunteering** – You are responsible to participate in the organization such as volunteering in the concession stand, working the field, setting up the field, working the chains, cleaning up after games, cleaning the bathrooms, helping out with the fundraisers or anywhere else you could possibly be used to help out the organization. Two hours of volunteer time is requested for **each** child registered with the organization.

FUNDAMENTALS OF SPORTSMANSHIP

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

Exercise Appropriate Behavior at all Times. The true value of competition relies on everyone exhibiting good behavior. Whether you are aware of it or not, your behavior influences others.

Exhibit Respect For the Officials. The officials of the event are trained to perform to the best of their ability. Mistakes by all those involved in the events are part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official.

Display Openly a Respect for the Opponent at all Times. Opponents are guests and should be treated respectfully and provided with the best accommodations. Be a positive representative for yourself, your organization and your family.

Display Pride in Your Actions at Every Opportunity. Never allow your ego to interfere with your good judgment and your responsibility as an organization representative. Regardless of whether you are an adult, player, cheerleader, coach or official, this value is important!

COMMUNICATION BETWEEN PARENTS & COACHES

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

Communication From Your Child's Coach:

1. Philosophy of the coach
2. Expectations the coach has for your child
3. Location and times of all practices, games and events
4. Team requirements such as practices, special equipment, out of season training
5. Procedures to follow should your child be injured during participation
6. You will require a note from your child's doctor stating they are allowed to return to their team

Communication Your Coach Expects From the Parent:

1. Concerns to be expressed directly to the coach; not the child or other parents
2. Notification of any illness or injury of missed practices
3. Control over negativity of any kind. Please take the time to meet your child's coach and attend any parent meetings held during the season. Coaches need you to be supportive of their decisions and not undermine their efforts. If you don't agree with your coach, you are expected to tell him/her, but make certain it is done at the right time and place and not in front of the children. Parents are also expected to drop-off and pick-up their children **on time** for games and practices; and it is highly encouraged for parents to stay and participate in order to maintain control of the group and to assist the coach as needed.

Concerns to Discuss With Your Coach:

1. Ways to help your child improve
2. Concerns about your child's behavior

THE EXPECTATION OF GOOD SPORTSMANSHIP

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

Good Sportsmanship Toward Opponents:

1. Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport?
2. Refrain from taunting, trash talking or making any kind of derogatory remarks to your opponents during the game, especially comments of ethnic, racial or sexual nature. Refrain from intimidating behavior.
3. Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either a victory or defeat.
4. Give encouragement to injured players and recognition to outstanding performances for both teams.

Good Sportsmanship of the Child/Athlete:

1. Accept and understand the seriousness of your responsibility, and the privilege of representing your organization and community.
2. Live up to the standards of sportsmanship established by the organization and the coaching staff.
3. Remember that there is a difference between gamesmanship and sportsmanship. Sportsmanship demands that we not try to push the limits of the rules to gain an advantage in competition.
4. Win with humility; lose with grace; do both with dignity. Avoid excessive celebrating after a play or end of a game.

Good Sportsmanship of Cheerleaders and Other Groups:

1. Understand the seriousness and responsibility of your role, and the privilege of representing your school and community.
2. Establish themselves as leaders in their conduct before, during and after games, practices and/or events. Always provide positive support for your team, rather than intimidating or ridiculing the other team.
3. Select positive cheers which praise your team without antagonizing the opponents.

4. Encourage a positive crowd alternative when booing or an inappropriate chant begins.
5. Use discretion in selecting the times to cheer. Give the opponent the same amount of time your squad would want in performing cheers, and treat opposing players like you would treat your own team.
6. Conduct themselves in an exemplary manner. Remember, you represent your organization and community.
7. Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.

Good Sportsmanship of Spectators in General:

1. Remember that you are at an event to support and yell for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
2. Avoid antics designed to draw attention to you instead of the game.
3. Remember that sports are a learning experience for all children and that mistakes are sometimes made.
4. Remember that the event is not a license to verbally assault others and be generally obnoxious.

Good Sportsmanship of Parents in Particular:

1. Understand that you are possibly the biggest role model in your child's life. Carrying on wildly in the stands at games and challenging the authority of coaches and officials does little to model positive behavior in your child's presence.
2. Make your cheers during games those of support of your child – not instructions as to how to play.
3. Recognize that coaches are in charge of your child's athletic activities during practices and games. Do not undermine their authority – openly or behind the scenes.
4. Don't live your life through your child's athletic activities. This is their time. This is their place. Let them play.

CORRECTIVE ACTION POLICY

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

The Corrective Action Policy is a four step process designed to forgive a mistake but to firmly address and correct misbehavior. In a case where immediate action is required due to misbehavior, it will be up to the Coach and/or Board Members on whether or not to use or waive this process

Step 1 – Verbal Warning. Coach will discuss undesirable conduct with the player and parent/guardian and stress that this behavior will not be tolerated.

Step 2 – Period Suspension. Coach will bench the offending player/cheerleader for one quarter of time during a game when he/she should be playing/cheering. Coach will inform President and/or Board Members of the organization of the problem and why the child is sitting out for the quarter. Coach should discuss undesirable conduct with the player/cheerleader.

Step 3 – Game Suspension. Coach will bench the offending player/cheerleader for one entire game when he/she should be playing/cheering. Coach will inform the President and/or Board Members of the organization of the third offense, at which time the child and parent/guardian must attend a meeting with the Coach and President of the organization before the child is allowed to return to playing/cheering. The child will be warned that the next offense may result in him/her being cut from their team/squad.

Step 4 – Dismissal. If steps 1 through 3 above do not help with improving the participant's behavior and that behavior continues, then Black Rock/Riverside Little League Football & Cheerleading, through its President and Board Members, will have the authority/right to dismiss the participant and/or the participant's parent(s)/guardian(s) from the league.

THESE GUIDELINES ARE NOT ABSOLUTE IN DEALING WITH BEHAVIORAL PROBLEMS. SEVERE SITUATIONS COULD WARRANT HARSHER PUNISHMENT AGAINST THE OFFENDERS.

THESE GUIDELINES ALSO APPLY TO PARENTS AND/OR FAMILY MEMBERS WHO ARE EXHIBITING UNDESIRABLE CONDUCT.

MISCELLANEOUS

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

Why Kids Participate in Sports:

1. Have fun
2. Improve skills
3. Development fitness/exercise
4. Be with friends
5. Experience thrill and excitement
6. Be on a team
7. Opportunities for personal accomplishment
8. Stay in shape
9. Do something they are good at
10. Win

Why Kids Quit:

1. Not having fun
2. Too much pressure from parents and peers
3. Too much emphasis on winning
4. Concerns about coaching
5. Not enough playing time

Diet & Nutrition:

1. Three main groups are carbohydrates (sugars, starches and pasta), fats (cheese, some dairy and vegetables) and proteins (lean meats and vegetables).
2. Before practice your child should eat carbohydrates as they are easily digested. For example, a slice of wheat bread, one apple or banana or a cup of yogurt.
3. Your child should eat one and one-half hours prior to practice and/or game and should eat smaller portions and lighter foods. For example, fruits, pasta, half a sandwich or a bowl of soup.
4. It is important to keep up the child's fluids. Children do not handle heat very well and it is important that they get fluids during practices and/or games. It is recommended that every 15 to 20 minutes a child drink 6 to 8 ounces of water.

ACKNOWLEDGEMENT

BLACK ROCK RIVERSIDE LITTLE LEAGUE FOOTBALL AND CHEERLEADING

PARENTS' HANDBOOK

Responsibilities:

1. As the parent/guardian of the child I am responsible for the drop-off and pick-up of my child for ALL practices, games, scrimmages and any events held for the organization.
2. I am responsible for going to any scheduled meeting(s) with my child's coach.
3. I am responsible for all equipment that the organization provides for my child's use during the season.
4. I am responsible to be a good spectator.
5. I am responsible to notify my coach of phone number changes, additional contact information, address changes and ANY medical information that pertains to my child.
6. I am responsible to participate in the organization such as volunteering in the concession stand, working the field, setting up the field, working the chains, helping out with the fundraisers or anywhere else I could possibly be used to help out the organization. Two hours of volunteer time is requested for each child registered with the organization.
7. I am responsible for reading and understanding the Parent Handbook. I understand that if I breach the Code of Ethics contained within the Parent Handbook, I shall be removed from the events, games, practices and possibly suspended for the entire year.
8. No child may participate in the league without reading, understanding and signing this Handbook.

DATE

PARENT/GUARDIAN SIGNATURE

HEAD COACH

PLAYER SIGNATURE

TEAM

PLAYER NAME PRINTED

ACKNOWLEDGEMENT

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