

Welcome to the North Delta Football Association Family!

Enclosed in this handbook is the information that will help you prepare for your involvement with the North Delta Football Association (NDFA) program. While it would be very challenging to cover every situation, we have tried to create a reference for you in preparation for the season. We are excited about the future and direction of our program, and are eager and grateful for all of your efforts and contributions.

PASSION

RESPECT

INTEGRITY

DEDICATION

EFFORT



PRIDE

Dear Parents/Guardian

Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of NDFA JUNIOR BANTAM, have put together an expectations package for you in hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football players second, as football is an excellent tool for teaching fundamental leadership and teamwork, as well as important life skills.

In this packet we will deem what is important facets of our football program here at NDFA should be a positive, memorable experience for all involved. Coaches goals are to provide players the opportunity to be the best football player they can be. We intend to teach the game of football, instill discipline, encourage teamwork success, prepare players and build a unity through hard work and commitment to a common goal of a successful football season. In order to be successful, everyone involved should realize that a positive attitude is necessary. Very few things in life worth attaining do not come easy. Hard times require a positive outlook and attitude in order to continue striving to improve. Our core values are what our program and our players revolve around.

Passion- We know not everyone was born with a passion for this sport. Some had to develop it, and some may never develop it. However, we seek the athletes to have a passion for their team, their success, their goals and common interests. Football is a sport, but learning to have a passion for anything can allow you to grow personally and professionally in any aspect of life!

Respect- IT'S EARNED, NOT GIVEN! It can be a multitude of things as well. Not just a respect for one another, but for the game, the facilities or even an attitude. "yes sir, no sir", "yes ma'am, no ma'am" These simple words can give anyone a great first impression, and then you continue to live up to that standard that you have set for yourself! You will have respect for your parents, coaches, teachers, team, school and any athlete that has the privilege to be here!

Integrity- It is doing the right thing even when no one is looking! If you make a decision, you own it. Do not lie, cheat or steal. It is time to decide what type of man you are going to be. A man with integrity is a man indeed!

Dedication- This is going to be difficult! Again, anything worthwhile in life requires effort! You may have to sacrifice things you want to do in order to benefit the team. It is time to get into the mind set "team, teammate, self"

Effort- This is not attendance! You may show up every day, but what do you do while you are here? You are expected to constantly strive to be a better you. That is not just at football, or in the classroom. You should always want to improve, and that takes effort. Remember, "Always moving forward"!

PRIDE- It is a privilege to be a member of this football program and of this organization! You must earn your way here, and you must earn your way through! The time, effort and energy we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your greatest values and most rewarding moments. Take pride in everything you do as a part of this organization and this program, for in it as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Remember the players before you and guide the players to follow you. Know that you always represent your community, family, school, program and most importantly, yourself! You must choose to be the example. You are now a LONGHORN!

PLAYER EXPECTATIONS

We will operate this program in accordance with the rules, regulations and policies as outlined by the NDFA and the coaching staff of NDFA Junior Bantam.

Attendance- All players are expected to be ON TIME, at the proper location, with the proper equipment and attitude.

Tardiness is not acceptable. The team will be expected to be on the field at 17:45pm unless otherwise instructed. That gives them 15 minutes to get dressed for practice scheduled to start at 18:00pm.

On game days, they will need to be dropped off 1.5 hours before schedule kick-off at the game day field location.

Equipment- Athletes will be issued all equipment necessary to play the sport with the exception of footwear, gloves and mouth guard. Upon receiving this equipment, you will fill out one \$600.00 deposit cheque issued to North Delta Football Association. At the end of the season, you are required to return all equipment, with matching sizes and numbers to those you were issued, back to the equipment room manager at the appropriate time schedule by NDFA. Failure to do so will result in a statement of charges. Those fees will be required to be paid by December 1st of the current season year.

You are expected to conduct maintenance and maintain cleanliness of your equipment. Failure to do so can result in injury, infection, poor performance or poor hygiene. You will be given instruction as to how to properly maintain your equipment upon issue. Any faulty equipment must be reported to coaches as soon as possible.

Volunteering- Parnets/Guardian are to be available for volunteering duties during the beginning of season till the end of the season, (this can include, but is not limited to Concession, 50/50, chains, downs, field set up, field take down, field painting, commissioner, play count, trainer etc.) you will know in time and where to sign up for duties, we appreciate any extra help needed and if you want to be part of the executives there are always spots available, please find Tony(president) or Orlando(vicepresident) for any questions, remember NDFA is a non profit organization and is run by volunteers. You will fill out one \$300.00 deposit cheque issued to North Delta Football Association for volunteering duties. Failure to do so will result in a statement of charges. Those fees will be required to be paid by December 1st of the current season year. Both, equipment and volunteer cheques are to be issued and dated for December 1st of the current year you are playing.

Hazing/Bulling- No player will ever be ridiculed by another player, either in the changing room, washrooms, on the field or social media. All players will treat all other players with respect and courtesy at all times, you will be in suspension and forfeit one (1) entire game.

Practice- Practice will begin promptly at the time advised. If an athlete is late to practice for reasons not acceptable to coaches, they will be expected to perform 4 laps minimum.

Once an athlete steps on to the practice field, they will be expected to have the proper attitude and conduct all drills, exercises and movements to the best of their abilities. Any athlete found to be detracting from the team effort runs the possibility of being relieved of their position, relieved of a leadership position, conducting extra conditioning or being excused from that day's practice. In the event the behavior warrants being excused from practice, the athlete may return the following practice day. If the behavior continues, the athlete will be excused from practice again and forfeit that week's game, though expected to attend remaining practices and that game.

Athletes will not bad mouth, discourage or hassle other athletes. It is a personal responsibility for you to keep everyone upbeat and motivated, constantly learning. Mistakes are made. That is why we practice.

Game- Appropriate behavior is expected at the games. Athletes will not yell, shout or curse out of frustration. If a play goes badly, we expect it to be taken in stride, not to become a downfall to the rest of the game. NOT ALL PLAYS WORK GREAT EVERY TIME. SHAKE IT OFF, ACCEPT IT FOR WHAT IT IS AND CHOOSE TO MAKE AN IMPROVEMENT ON THE NEXT ONE. If you are not the appointed captain, you will not speak to an official. You may not agree with the decisions they may make, but they are made. If you choose to argue with an official, not only does it represent the entire program negatively, it

will continue to hurt the game. You will be removed from play that quarter for a first offense, and expected to apologize to the official. If you choose to do it again, you may be benched for the remainder of the game or dismissed from the field. If you are dismissed from the field, whether it be by an official or a coach, you will not be allowed to play in the following week's game.

It is quite simple. You are now at an age of accountability. You are intelligent enough to make the right decisions! If you decide to make the wrong decision, you will have to deal with the consequence. We are playing by big boy rules now!

Injuries and health concerns- If you have an injury or health concern please see one of the NDFA trainers before going to a doctor! Players should report any updates in medical conditions or medications being taken to both the coaches and the trainer. You should also report health conditions to the coaches so appropriate action can be taken to prevent spreading to teammates. Any player who is injured and not participating in practice will spend part of the practice observing and learning at field. Even if you are injured, you are still a part of this team and will act like, and be treated, as so. Exceptions are to be considered, any type of injury must be treated accordingly, if a doctor or physiotherapist is needed for treatment, we will need a release letter from any of them to comeback as an active player, this letter must be an official letter and not a parent/guardian letter.

Inclement weather- When practice is scheduled, regardless of the weather, we will still have a team practice. Too often, kids stay home during rain. We WILL practice. Practices are cancel only due to lightning.

What to expect from the coach- As coaches, we are here for a multitude of reasons. Our first reason is to teach the sport to the athletes as best as we know. It is our jobs to never stop learning in order for us to always be able to coach your athletes to the highest level. We will strive to be positive role models to the athletes. We will remain professional and represent this program, our athletes and our athlete's parents to the highest of standards. We strive to coach every athlete. We want them all to have an understanding of this sport and what surrounds it.

We will do our best to communicate not only properly, but also efficiently, getting all deadlines, schedules and required paperwork to you as best as possible. And last but not least, we will be committed! Just as we ask our athletes to be at practice, so will we! It is our jobs as coaches to lead by example, to show what it is to live by the values we set forth for all of our athletes.

Social media policy- No affiliate of this team (player, parent, coach etc.) will post anything demeaning, derogatory or damaging to our athletes, supporters or program to social media. Everyone is a reflection of this program, and we expect it to be represented properly. If an athlete posts, he may face consequences at the coach's discretion and may be removed from the team.

NORTH DELTA FOOTBALL PHILOSOPHY COACHING PHILOSOPHY

We will create an atmosphere of pride and teach each player the importance of attitude, confidence, character, knowledge, goal setting and how all these factors apply to life as in football. We will strive to produce individuals that will benefit society.

PARENT EXPECTATIONS

Parents play a vital role in the personal achievement of their children, weather the children ever admit that or not! With your support and guidance, your child can really excel. We just like to give you some help in doing just that! Be positive with your athlete. Let them know you are proud of them. Encourage them to follow all the training rules, helping the coaches build a commitment to the team.

Allow them to perform and progress at a level consistent with their ability. Always support the coaching staff when controversial decisions are made. Explain to them why decisions may have been made. Encourage the positive behavior in school and a high level of performance in the class. Stay calm in injury situations! They feed off your influence. Cheer the team on! Show respect for the opponents and officials. If you have the time, get involved with the Association. Stress the necessity to make a commitment to the team. If they see how enthusiastic you are about them playing, image how hard and how well they will play!

Parent code of conduct- Sometimes we get carried away! However, at the end of the day, this is a sport meant to be fun and empowering for our athletes. Here are a few things we ask of parents. Refrain from using profanity. Do not shout at officials. Do not coach from the sideline or bleachers. Support the efforts of the coaching staff and the efforts made by all the athletes and their parents at making this a great program. Ensure that your child is attending practice and workouts and never express or demonstrate threatening or abusive behavior, at any time.

Communication process- Head Coach have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of this position on the team includes acceptance of this policy. Therefore, these issues are not appropriate topics for parent involvement and discussing them with coaches is discouraged. It is NEVER acceptable for a parent to attempt to discuss playing time with a coach during a game or practice. It is also NEVER acceptable for a parent to attempt to discuss the performance or playing time of another athlete at any time. Head coach, athlete and/or parent meetings may help to resolve other issues creating concern or dissatisfaction. Such meeting MUST be scheduled beforehand and will be on site. Any meeting with a parent may also include assistant coaches, trainers or executives. Meetings can be scheduled with the head

coaches via email. Contact should not be made to an assistant coach as they are relieved from meeting with parents and will simply point you to the head coach.

Parents will not approach coaches after a game or make any comments to the coaches regarding decisions made during the game. If a parent would like to contact the coach via email to dispute something. Any questions, comments and concerns will be directed to the head coach. The head coach will do everything in his power to correct or answer the question. If a parent feels the issue needs to involve a higher authority, they may contact the head coach and schedule an appointment with the president and/or an executive. If a parent chooses to negate speaking with the coach and goes directly to the president and/or executive, they will be directed back to the head coach in order to schedule an appointment and properly solve the issue at hand.



*To acknowledge that you have read and understand the entirety of this handbook, please fill out and sign this page and return it to the Head Coach and retain the rest of this handbook for any reference you may need.

2023 Player/ Parent Contract

I,(player)_____ and (parent/guardian)_____ have read the 2022 North Delta Football Association Player and Parent Expectation handbook. By signing below, we acknowledge that we understand its contents and agree the terms of the handbook. We acknowledge not all facets can possibly be covered and express trust in the coaching staff and executives to make fair decisions regarding those situations. We understand the guidelines for attendance, punctuality, playing time, etc. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of the North Delta Football program and are aware that all the decisions that are made are for the better of the team.

It is a privilege to play football at North Delta, NOT a right!