



## **2022 FLAG FOOTBALL**

**PRACTICES:** Practices will begin the week of **3 Oct 2022**. You should hear from a coach no later than **23 Sept 2022**. Each team will practice twice a week. Your coach will let you know the name of the team and what days and time your child will be practicing and the location of practices. All games and practices will be held on Barnett Field on Barnett Ave across from the gym.

**GAMES:** First games will begin on **15 Oct 2022** and run through **3 Dec 2022**. Make up games and playoffs may be scheduled during the weekdays.

**PLAYERS NEED:** RUBBER cleats and shorts/pants with no pockets. Quantico Youth Sports issued jersey and mouth guard must be worn for all games.

Players that wear glasses **ARE HIGHLY RECOMMENDED** to wear a safety strap. Youth Sports is not responsible for any damages to glasses that may occur during play.

Flag football and cheer are TEAM sports. To ensure cohesiveness within the team, players **must** be able to make **at least one practice** a week in order to participate in that week's game.

Volunteer to help out at practices and games or whenever possible.  
Always have players to practices and games on time and ready to play.

If your child cannot make it to a practice or game, please let your coach know in advance.

The Youth Sports Office, strictly as a courtesy, sets up team photos. Teams will not have practices on picture days.

### **INCLEMENT WEATHER**

**Youth Sports Weather/Info Hotline**

**703-784-5637**

## **BEING A MODEL YOUTH SPORTS PARENT**

The primary objective of this youth sports program is to provide a fun, positive and safe learning experience for everyone involved.

### **Tips on becoming a model youth sports parent@:**

- Remember that where we practice and play games is like your child's classroom – respect the classroom.
- Turn your child over to the coach at practices and games. Don't "coach" from the sidelines. Remember, your child's coach is their teacher.
- Make only positive, encouraging comments to the players on both teams.
- Remember, making mistakes is part of the learning process – don't criticize.
- Applaud the effort as much as the result.
- Concerns should be discussed away from the players.
- Discuss your child's capabilities **and** limitations with the coach.
- Focus on fun and participation rather than winning or losing.
- Ask your child if they had fun. Then ask, why or why not?
- Control your emotions.
- Get interested in your child's sport and learn the rules of that sport.
- Make every effort to get your child to practices and games on time and to pick him/her up promptly if you are not able to stay.
- Reinforce the coach's instructions when practicing with your child.
- Positive reinforcement is the key to improvement.
- Don't undermine team morale.
- Let the coach know if your child will be missing a practice or game.
- Refrain from tobacco and/or alcohol use at all youth sports events – Remember this is your child's classroom.
- Participate in team activities.
- Maintain control on your other children that are not participating in the league.
- Remember that the purpose of Youth Sports is not to entertain spectators and that children are not miniature professional athletes.

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## **FAIR PLAY CODES FOR PARENTS**

- I will not force my child to play sports.
- I will remember that my child plays sports for his/her enjoyment not mine.
- I will encourage my child to play by the rules and to resolve conflicts without hostility or violence.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of the game/event.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making mistakes or losing a competition.
- I will remember that children learn best by example. I will applaud good play/performance by both my child's team and their opponents.

## **OFFICIALS**

MCCS contracts officials when possible. There may be times that MCCS does not contract officials, when an association does not bid or exist in the area. In such cases, each team will be required to provide a person to officiate. Unforeseen circumstances may cause an official to either be delayed or absent from a game. In such a case, the team needs to understand the situation and provide someone to officiate. Since it is critical that games start on time, coaches need to take the responsibility to begin the game with a volunteer official and allow the scheduled official to step in upon arrival.