

# **Grant Rocket Football, Inc.**

# **Parent Handbook**



Visit us online at [www.grantrocketfootball.org](http://www.grantrocketfootball.org).

## **MISSION STATEMENT**

We are Grant Rocket Football, Inc., a non-profit organization providing full-contact football for the area youth. Our emphasis is on education, good sportsmanship, teamwork, fitness and team discipline.

## **THE EXECUTIVE BOARD OF DIRECTORS (for the 2009 season)**

Jerry Bomay	President	652-2556
Kevin Throop	Vice President	834 0024
Melissa Gardner	Treasurer	834-0114
Jill Bomay	Secretary	652-2556
Melissa Cunningham	Program/Merchandise Director	834-7542
Jason Cunningham	Coaching Director	616 299 1779
Vacant	Field Director	
Deb Gonzales	Concession Director	834-9180

## **MEETINGS**

The board of directors holds monthly meetings throughout the year at the Grant Area District Library in the Community Room. Everyone is welcome to attend.

## **REQUIREMENTS FOR COACHING**

All coaching staff will be interviewed by the Coaching Director and undergo a background check. Head coaches are required to attend coaching clinics. Once this process is completed potential coaches must be approved by the board of directors.

At least one coach per team will be required to take a First Aid/CPR class.

## **VOLUNTEERS**

We need you! You may have noticed that the same people are running things year after year. They usually have multiple jobs. This is because no one else seems to volunteer to help. The main problem with this is burnout. The solution is volunteers. YOU! The more people we have, the less each of us needs to do, and the happier we all are, the better the programs are for the children.

The list for volunteer opportunities is endless, but the following is a few of the immediate needs:

- Working in concession stand at home games.
- Helping with the “chain gang”
- Assisting in the press box (announcing, running clock, etc.)

- Setting up and cleaning up field.
- Serving on a committee

## **PARENTS GUIDELINES**

1. Please make sure your child is on time for practice and games.
2. Please make sure you pick your child up on time. Our coaches don't leave the field until all the children are picked up.
3. At practice, as well as at games, please leave coaching to the coaches. These children must learn to take direction from their coaches. If, as a parent, you want to stay at practice to watch, make sure you don't interrupt the practice.
4. There is to be NO ALCOHOL OR SMOKING OR ILLEGAL SUBSTANCES at any games or practice areas.
5. There will be no use of profanity.
6. If you need to speak to the coach, please do so before or after practice. Parents are not allowed on the practice or game fields.
7. Read all flyers that are handed out. This information will keep you informed on changes with our program.
8. You are encouraged to stay with your child on game days and enjoy watching the other squads play. Aside from showing fan support, your child can observe how the other squads play and can learn from this.

## **ATTENDANCE**

Attendance is taken daily. First and foremost, you must know that football is a TEAM sport. Each participant is expected to attend all practice sessions and scheduled games. Players who are unable to attend must notify their coaches. Unexcused absences will lead to disciplinary action.

Players who routinely miss practice will not know the plays or variations their teammates have learned or practiced. When game time comes, these children will have no idea what their teammates are doing. Their inability to keep up hinders the efforts of those that are willing to play and do attend practices.

Football is also a contact sport that requires physical endurance. Attending practice builds your child's strength, endurance and character.

Each player must attend five days of conditioning followed by five days of contact practice before they will be eligible to participate in a game.

### **PLAYER CONDUCT**

Every player is expected to uphold certain standards of conduct. Swearing, fighting, refusal to play or practice will not be tolerated. Your coach will decide on the actions to be taken based on the severity of the behavior. This may range from running laps or doing push-ups to dismissal from the team. If you have been dismissed from the team you will not get your registration fee back.

### **INCLEMENT WEATHER**

All players must attend practices that are scheduled by his/her coach. If it's raining, practice will still be held unless notified by your coach. In the event of thunder and lightening or a tornado warning, please be prepared to pick up your player immediately.

### **UNIFORMS**

The Grant Rocket Football program will provide a game jersey and helmet decals (if needed) to each player. Parents are responsible to provide basic football gear, such as a helmets, mouth guard, shoulder pads, pants with 7 pads and rubber molded cleats.

### **PHOTO RELEASE**

In the event your child's photo or video is taken during practice, games or other events, the photo may be used in the website, newsletter or other marketing tools used by Grant Rocket Football, Inc.

## **PARENT CONTRACT**

I agree to abide by the guidelines outlined in this handbook for the 2008 football season.

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Date

## **PLAYER CONTRACT**

I agree to abide by the rules set in this handbook and by my coaches for the 2007 football season.

\_\_\_\_\_  
Player Name

\_\_\_\_\_  
Date

*By signing this contract you indicate that you have read and agree to the rules and regulations outlined in the parent handbook. Please return this document to your child's coach during the first week of practice.*