

**Bordentown Youth Football  
And  
Cheer  
Parent Handbook**



# GOALS AND OBJECTIVES

One of our primary goals is to promote the physical well being and fitness of the youth and to educate them in the skills and fundamentals of football, and to develop life-lessons through the discipline and teamwork of football.

Programs grow based on success and word of mouth. I encourage you to talk up our program to your friends and parents of teammates in other sports. As a feeder program to Bordentown Regional High School, we want to boost our numbers and continue to grow.

## *“A Blueprint for Success”*

In order to develop into a well-rounded successful adult, our children need to be exposed to the right educational system. In addition to the knowledge gained through traditional classroom training in our schools, our children need to experience diversity, cooperation, adversity, success and the thrill of winning.

Through athletics, children can develop positive personality traits such as leadership, character, responsibility, self-discipline, sportsmanship, teamwork, integrity, work ethic, and experience personal sacrifice for the good of others and the team.

The best way for our athletes to be successful, on and off the field, is to set high expectations for them. Expectations based on an honest appraisal of their skills and ability, their willingness to learn and more importantly the willingness to be taught.

As coaches and board members of BYF, our promise to you is to provide a fun, learning environment for the youth of our community. We strive to create an opportunity for our children to work together as a team toward a common goal. We emphasize sportsmanship, teamwork and respect for authority figures. In return we ask all of our parents to agree to abide by one simple rule:

**“The Bordentown Youth Football and Cheer Organization will not tolerate verbal or physical abuse of its volunteer coaches, referees, or players from any Parent, Coach, Player, or Spectator.”**

## *Parent Responsibilities*

The level of support given to a player by his parents will be a key factor in the success of each player. Your role in the process of seeing that your child has a positive experience as a member of the Bordentown Youth Football and Cheer family cannot be understated. With that in mind, we have developed a set of guidelines and recommendations:

- Parents and visitors at practices and games must stay in designated areas reserved for spectators. Sidelines on game day and the practice field are off limits unless you are asked for assistance by an authorized coach. The players must stay focused.
- Please cheer with enthusiasm. That enthusiasm, however, should NEVER include yelling obscenities or derogatory comments at the opponent or their fans. Coaches are responsible for their team's spectators and if spectator's behavior is deemed offensive, the head coach of the team will be fined and possibly suspended.
- If you have an issue with a coach, please allow a 24-hour "cool down" period to address your issue. This will allow for everyone involved to think clearly and rectify the situation.
- Volunteers are the backbone of our program. *Each parent is required to volunteer in concession during the season to help the program run efficiently.*
- **The Bordentown Bulldogs require a \$50 bond check to cover the cost for missing equipment and missed concession duty. One work bond check will be required at the time of equipment pickup per player.**
  - The concession scheduled will be managed through at [www.signupgenius.com](http://www.signupgenius.com)
  - If both your concession duty is not complete and equipment is not returned by December 15<sup>th</sup> of that season, the work bond check will be cashed.
  - If this work bond causes a hardship on your family, please contact a board member to address.

- Board Members: The Bordentown Bulldogs Board meets on a bi-weekly bases during the season and monthly bases off season. Anyone is invited to attend.
- It is your responsibility to transport your child to and from practice and games AND to be on time.
- Academics are the priority! If a player is having issues in school, please let your coach know about it.
- Always maintain a cooperative attitude towards coaches, participants, official and board members. Remember, we are all volunteers as well as parents.
- Should you have a grievance with a coach, please contact that team's head coach. Should you feel that the issue hasn't been rectified, contact the organization president. The president's contact information can be found on the website.
- **COACHING IS NOT BABYSITTING!** A parent or responsible party should be present during practice. If a child is being disrespectful, inattentive, disruptive or disinterested, please address the issue with the child. Each coach reserved the right to limit or refuse playing time to a player who is consistently a behavioral problem.
- Make sure your child's coaches are aware of any medical issues and let your child's coaches are aware of any injuries sustained on the field or off.

# *Practices*

Pre-Season practice generally begins in early August. At the start of the pre-season, players will first practice lightly and focus on conditioning. We will gradually progress to full equipment and contact. The Head Coach of each team will determine the team's practice schedule.

Our season begins in August when the weather is quite hot. On days when your player has a scheduled practice, please encourage him/her to drink plenty of water throughout the day so that they arrive at practice hydrated. Players should avoid soda or other caffeinated beverages as they can lead to dehydration. Players also should avoid over exposure to the sun.

BYF will supply each player with the necessary football equipment with the exception of shoes, groin protection, and personal pads. One mouthpiece will be provided to each player, however, we suggest purchasing a few others, as the players love to chew on them.

The practice field is reserved for coaches, players and instructors only. We ask that parents, friends and siblings remain off the fields or a suitable distance unless specifically requested to assist a coach. Practice time is limited so it is important to keep distractions to a minimum. If you have a need to speak with a coach, please arrange to speak with the coach before or after practice.

Family pets are NOT ALLOWED at the practice field or at games. The BYF practice and play at the Bordentown Regional Middle School, a facility owned and operated by the Bordentown Regional School District. As a result, the use of tobacco or the possession or use of alcoholic beverages is strictly prohibited.

Missing practice can set your child's development back so we ask that you make every effort to have your child attend all practice/scrimmages unless ill or injured. In the event that your child cannot attend a practice or scrimmage, please notify a member of the coaching staff as soon as possible.

## *Playing Time*

Bordentown is a member of the West Jersey Youth Football League (WJYFL). Neither the WJYFL nor the Bordentown Bulldogs have rules governing playing time during the games. That being said, each coach will endeavor to see that every player receives the appropriate amount of playing time. Factors affecting playing time include, roster size, game score, attendance/behavior at practice, injury/illness, the opposition, and player ability.

Not all players are the same and while they will all be treated fairly, we cannot guarantee equal playing time, particularly at the higher age groups. Do not let your child become discouraged. Encourage him/her to work harder and make the most of their playing time. Emphasize the importance of practice and hard work.

In the event you feel that your child is not being given the playing time they deserve, ask to speak to the coach prior to or after the next practice. REMEMBER to exercise the 24-Hour rule!! Please do not approach a coach for at least 24 hours after a game. It is required and it works!!

## *Coaching Philosophy*

When problems occur between a youth sports coach and a parent, more often than not, the underlying cause is a failure to communicate. Football by its nature can be an emotional sport.

For the parents of a first year player, particularly at the younger age brackets, it can be quite an experience. Parents, you have made a decision to turn your most prized possession, your child, over to us and have agreed to commit your time and energy to a sport that will last from summer until Halloween and beyond. Having made this commitment, the BYF organization would like you to know our coaching philosophy.

The BYF program is based on the traditional values of loyalty, hard work, discipline and respect. These values form the core of our program.

Each player will be treated with equality and respect. In turn, each player will be expected to show the utmost respect for his coaches, fellow teammates and opponents. In order for any program to be successful, each member must strive for the same common goals.

As much as possible, we need to prepare our athletes for every possible situation they might encounter during the course of a game. You play as you practice! If a young man/woman does not hit or perform a fundamental or technique in practice, he will not do so in a game.

Football games are won through execution. Execution is achieved through excellence in the fundamental aspects of the game. Coaching can improve fundamentals and thereby, execution.

Three principles are of the highest priority and must be emphasized accordingly:

1. We prepare to defeat and expect to defeat every opponent that we face.
2. We will assist each BYF team member in reaching their full potential.
3. The BYF program is a family.