

Olean Youth Huskies Football and Cheer Parent Handbook

Introduction

We are happy to welcome all players and parents to the Olean Huskies Youth Football and Cheer program. We are hopeful that this will be an exciting and rewarding season. Our goal is to develop well-rounded youth who learn not only the fundamentals of their respective sport, but also the importance of education and teamwork, in an atmosphere conducive to developing sound mind, body and character – and having a good time along the way. We practice the ideals of sportsmanship, scholarship and physical fitness. Our program stresses learning lessons of value far beyond the playing days, such as self-discipline, teamwork, concentration, friendship, leadership, and, good sportsmanship. We, as coaches, will do our very best to ensure that each player is utilized to his utmost potential and their talents are used for the team's best advantage. The team comes before individuals. Safety is our top concern. Many of the exercises, drills, and team rules are there to ensure your child is physically and mentally fit for football. Each child is unique and will develop at his own pace. We will exercise their bodies and minds in an effort to develop the skills needed to execute the game of football and the competition of cheer.

TRAITS OF A GOOD ATHLETE

DESIRE: Desire is the determination to overcome an opponent, whether by delivering a solid block or by shaking off the block attempt of an opponent and going on to make the tackle. Desire is taking the extra time to learn harder stunts and stepping out of your comfort zone. Desire is a state of mind, an abandonment of self, a form of courage, the joy of mixing it up. It is doing one's best, calling up whatever reserve power is available and never quitting. It is playing both for oneself and for the team's interest. It is the exercise of a determined will. It flows from your competitive spirit and drives you to achieve your goal. Desire is available to all kids, not just to a gifted few. We, as coaches, firmly believe that the size of the heart is more important than the size of the body. Desire is 100% effort, 100% of the time.

THE LOVE OF THE GAME:

This is an important part of any athlete. A good athlete enjoys the competition of a depth chart, and is willing to work his way up the ladder to starter. They have the willingness to play any position. They have the motivation to study the playbook/cheers and are responsible to their teammates.

TEAM RULES

- Keep up with your schoolwork. Poor grades in school and not completing homework can result in disciplinary actions by the coaches.
- What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions. With the high quality of kids, we have, this is not expected to be a problem.
- Respect other players. Remember your teammates are working with you, not against you. Any unnecessary aggression or violence towards another player will result in disciplinary actions. This also goes for our opponents. Without them, there would be no football game/ cheer competition, so treat them with respect.
- Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.
- Wear appropriate equipment when required.
- Come to practice prepared to work and play.
- Learn the rules of the sport you are playing.
- Arrive on time for practices and games. 6:00 p.m. means you are on the field and in position at 6:00 p.m., so you must arrive a few minutes early.
- Study your playbook/cheers daily. You are expected to know your assignment for each play/routine.

DISCIPLINARY ACTIONS

Running is an everyday part of practice. On those few occasions when it is necessary to discipline a player for a minor infraction, like failing to pay attention, or talking while the coaches are talking, the player may be asked to run additional laps around the practice field, do pushups, or perform another exercise. Normally that will be the end of disciplinary action. A player will be asked to leave practices early for more severe incidents (i.e. fighting or profanity). If a parent is not present the player will be supervised until the child is picked up. The last resort is to use game suspensions. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem on this team.

WINNING

Nothing in life, including sports, is worthwhile unless you enjoy it and gain something from the experience. Our team should not believe that a loss is a tragedy. All you can ask of our kids is to do their best. If we win, Great! If we lose, it's not the end of the world. There will be another game/competition along in a few days. By the same token, we feel that we owe it to the players to do everything we can to make them winners. We're going to practice hard, we're going to play hard, and our scores will reflect this.

COACHES

We can only do our best. We view coaching as an awesome responsibility. Your coaches will:

- Get the athletes in shape
- Understand each athlete's potential
- Work on individual skills for each position
- Work on team execution of plays/cheers
- Motivate, communicate, lead
- Perform the “behind the scenes work” that will give the athletes the maximum chance of success; like researching our opponents and doing necessary scouting.
- Teach the athletes the skills they need to compete safely

Coaches must have the freedom to develop three things in their athletes: pride, poise, and self-confidence. We use the following steps to instruct our teams:

- Explain what is required
- Demonstrate the technique
- Have the athlete perform the technique
- Explain the consequences of not performing the technique properly

If you have any problems with the coaching staff, please contact the league representative or the head coach

PARENTS

Parents are as important to the success of the team as the athletes. Coaches and parents must work together. Please keep the coaches informed about problems that may be going on with your child. If the child has been sick, taking medication, or going through some emotional issues please make sure the coaches are made aware of the problem as soon as possible. Parents and coaches must communicate with mutual respect. Parents and coaches reserve the right to postpone conversations that are getting out of hand. Heated discussions have no place in front of the players.

Although many parents have coaching experience, and may have played on a higher level than the current coaches of this team, the coaches must ask that you refrain from coaching your kids at home. These kids are being taught to play as a team, each athlete performing a set function that his teammates can rely on. An athlete who abandons their teammates to do something their parents coached them to do is letting down their team, their coaches, and themselves. At best, the athlete may open the door for the opponent to win, at worst they may cause themselves or a teammate to be injured.

If you feel the athletes are being taught incorrectly, please have a constructive conversation with the head coach or football representative. We must all have an open mind, for the betterment of the kids!

PRACTICES

Every week practices are different. New skills are learned, problem areas are corrected, and new aspects are taught. Your child will be at a disadvantage by not making practice on time and regularly. Practices will be announced by coaches. Practice schedules are subject to change and each parent is encouraged to stay connected to coaches, whether through a designated app or group chat. Coaches are NOT responsible for miscommunication caused by not using the previously mentioned sources.

GAMES

Our game schedule will be released and shared by coaches and/or at sign-ups. Any changes to the schedule will be communicated by coaches.

FIELD POSITIONS

During the first few weeks of practice the coaches will decide the best position for each athlete. A child's attitude plays a large role in the position they play. Can't has no place on this team. While we know each athlete has their preferred position, we, as coaches, must make our decisions based upon what is best for the team. We are hopeful that the parents will support the coaches' decisions and encourage their child to do their best at whatever position they are assigned.

WEATHER

At times, weather may prevent us from practicing or having a game. We will do our best to provide adequate notice of cancellation. If you have not been notified 30 minutes before practice and 1 hour before a game, please plan on arriving. Also, if we see lightning during practice, we are required to seek shelter and to stay off the field for a period of 30 minutes. The Teams will take shelter at a discussed location. If the weather looks threatening, please do your best to stay near the practice field, should we quit early. Also, do not take your child without letting a coach know.