



## Welcome

Thank you for choosing Spokane Parks and Recreation NFL Youth Flag Football Program! We look forward to providing you with a high-quality program and experience. We know you have choices when it comes to youth sports, so we are thrilled to have you join us this season!

## **Registration Instructions:** [NFL Youth Flag Football Registration Instructions](#)

**Step 1:** Payment (City of Spokane Parks and Recreation registration site)

**Step 2:** Player Enrollment (Spokane Sports Leagues)

\*On this site you will enter jersey size, coaching requests, and teammate requests, etc.

## **I've signed up my child...what do I do now?**

You will be contacted by a coach following the coaches meeting. The coach will be providing you with information about your practices and game schedules. If no one has volunteered to coach your team as of the coaches meeting, then Spokane Parks and Recreation will be contacting your team roster to recruit a coach. If no one volunteers, we will then look to place your child on a different team.

**There is a MANDATORY Virtual Parent Meeting Wednesday, May 22<sup>nd</sup>, 2024 from 6-7 pm. An invitation this meeting will be sent separately by the league administration.**

## **How are rosters created?**

SPRD uses the following procedure to create rosters:

1. An attempt will be made to place children from the *same grade and school* together
2. An attempt will be made to place children from the *previous year's roster* together
3. If necessary, children from schools in *close geographical proximity* will be placed together
4. If a child's registration is turned in at the end of the registration process, he/she will be placed on a *team that needs players and only if space allows*
5. If a child requests a particular coach, an effort will be made to place that child on the requested coaches' team, however this is not guaranteed.

This process of creating teams allows us to have kids go to school together play together. This procedure for creating teams allows parents to share rides to practices and/or games.

## **Frequently Asked Questions:**

### **Who will be my child's coach?**

Coaches typically are parent volunteers who have indicated an interest in coaching their child's team on a registration form. Some coaches are volunteers who may not have a child playing, yet would like to volunteer as a coach.

In some circumstances it could be necessary for SPRD to call a team's roster to request that a parent fill a coaching vacancy.

### **What do the program fees pay for?**

The program fees pay for players to receive an official NFL team jersey, as well as an NFL flag belt. It also pays for equipment, referees, administration, awards, facility/site rental fees, and plenty of flag football FUN!

### **What size football should my child practice with?**

We recommend a Pee Wee Size football for ages 5-7 and a Junior Size football for ages 11+, ages 8-10 will be based on coaches preference.

### **What jersey size should I order?**

See the NFL Flag Football Jersey Size Chart below for details. \*Please note these have run small in past years.

### **What equipment is needed to participate?**

- Each participant will receive a league provided NFL jersey and flag belt
- Shorts or pants with NO pockets (finger injury risk)
- Mouth guards are HIGHLY RECOMMENDED.
- Cleats are not mandatory but encouraged. No metal cleats allowed.

### **Schedules**

Schedules can be found on the website: [www.spokanesportsleagues.com](http://www.spokanesportsleagues.com)

### **Practices**

Practice times are scheduled by coaches at the coaches meeting. Teams practice once a week at either Dwight Merkel Sports Complex or the South East Sports Complex on Tuesdays. Practice start times range from 4:30pm to 8:00pm. The time your child practices will be determined by the coach. Younger ages typically only practice for about 60 minutes, older ages will run closer to 90-120 minutes. Games will be played on Thursdays and played ONLY at Dwight Merkel.

### **Snow/Rain**

Please wait for the coach to call. Assume games will be played until your coach tells you otherwise. We will evaluate playing games on a game-by-game basis because the weather in Spokane can change so quickly. Coaches will typically receive a one-hour notice about a canceled game. Any make up games will be scheduled by your coach and the SPRD staff. Coaches will notify parents of any reschedules.

For any additional questions please contact Carissa Ware, [cware@spokanecity.org](mailto:cware@spokanecity.org) 509.625.6208

# JERSEY SIZING



## REVERSIBLE GAMEDAY PERFORMANCE JERSEYS

NFL FLAG reversible gameday performance jerseys take your league's look to the next level! New lighter-weight fabric engineered for optional breathability to help keep you cool under gameday pressure. Our new reversible jerseys feature sublimation printing, infusing the design directly into the fabric for a more professional look.

### Youth Sizes

**YS:** 30"W / 23"L      **YM:** 33"W / 24"L  
**YL:** 36"W / 26"L      **2-XL:** 39"W / 27"L

### Adult Sizes

**M:** 43"W / 31"L      **L:** 47"W / 32"L  
**XL:** 51"W / 33"L      **2-XL:** 55"W / 34"L

(W) Chest Width / (L) Body Length



## How do I care for my child's jersey?

- \*Machine wash cold with like colors on gentle cycle.
- \*Do not bleach, but use non-chlorinated detergent.
- \*Do not tumble dry.
- \*Do not iron or dry clean.



### **Spokane Parks & Recreation Philosophy**

The City of Spokane Parks & Recreation has embraced the philosophies set forth in “*National Standards for Youth Sports*,” a publication compiled by the National Alliance for Youth Sports based on an assembly of 48 of the nation’s leading experts representing a vast variety of disciplines affecting youth sports. The following Standards were established:

#### **Standard #1 – Proper Sports Environment**

Parents/Guardians must consider and carefully choose the proper environment for their child, including the appropriate age and development for participation, the type of sport, the rules in the sport, the age range of the participants, and the proper level of physical and emotional stress.

#### **Standard #2 – Programs Based on Well-Being of Child**

Parents/Guardians must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.

#### **Standard #3 – Drug, Tobacco, and Alcohol-Free Environment**

Parents/Guardians must encourage a drug, tobacco and alcohol-free environment for their children.

#### **Standard #4 –Part of Child’s Life**

Parents/Guardians must recognize that youth sports are only a small part of a child’s life.

#### **Standard #5 - Training**

Parents/Guardians must insist that coaches be trained and certified.

#### **Standard #6 – Parents’ Active Role**

Parents/Guardians must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.

#### **Standard #7 – Positive Role Models**

Parents/Guardians must be a positive role model exhibiting sportsmanlike behavior at games, practices, and home while giving positive reinforcement to their child and support their child’s coaches.

#### **Standard #8 – Parental Commitment**

Parents/Guardians must demonstrate their commitment to their child’s youth sports experience by annually signing a parental code of ethics.

#### **Standard #9 – Safe Playing Situations**

Parents/Guardians must insist on safe playing facilities, healthful playing situations and proper first aid applications, should the need arise.

#### **Standard #10 – Equal Play Opportunity**

Parents/Guardians, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.

#### **Standard #11 – Drug, Tobacco & Alcohol-Free Adults**

Parents/Guardians as coaches, fans, and league administrators must be drug, tobacco and alcohol-free at youth sports activities.

*Over 200 agencies and organizations have by resolution endorsed the National Standards for Youth Sports.*



BETTER ATHLETES  
BETTER PEOPLE

## Parent Pledge

Our organization is committed to the principles of Positive Coaching Alliance (PCA).

Therefore, we ask that you read, and follow the pledge below.

In keeping with PCA's ideal of the **Double-Goal Coach**<sup>®</sup> – who has a goal of winning and an even more-important goal of teaching life lessons through sports – I will be a **Second-Goal Parent**<sup>®</sup>, focused on the goal of **using sports to teach life lessons**, while leaving the goal of winning to players and coaches.

I will use positive encouragement to **fill the Emotional Tanks** of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere.

I will reinforce the **“ELM Tree of Mastery”** with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will:

- Encourage my child to exert maximum **Effort**
- Help my child **Learn** through sports
- Urge my child to get past **Mistakes** by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by **Honoring the Game**, respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official's call, I will Honor the Game and be silent.

I will use a **Self-Control Routine** to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk (“I need to be a role model. I can rise above this.”)

I will **refrain from negative comments about my child's coach** in my child's presence so that I do not negatively influence my child's motivation and overall experience.

**I will be as prompt as possible** dropping my child off and picking my child up from practices and games.

I will engage in **No-Directions Cheering**, limiting my comments during the game to encouraging my child and other players (from both teams).

For more Resources, visit: [www.PCADevZone.org](http://www.PCADevZone.org)  
For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)



### **City of Spokane Parks & Recreation Parents/Guardians Corrective Action Policy**

Parents who do not follow the Code of Ethics will be subject to a Corrective Action Policy. It is the philosophy of the City of Spokane Parks & Recreation that parents should not spoil the experience of participation in youth sports for the children. Furthermore, the City will never punish a child for the actions of his or her parent(s).

Therefore, the following guidelines have been established for addressing problem parents.

For violations of the Code of Ethics or Responsibilities and Expectations, the following steps will be followed:

- Step 1 – Verbal Warning – Coach will discuss undesirable conduct with parents and stress that this behavior will not be tolerated. Coach will document this conversation and give to league administrator.
- Step 2 – Written Warning - Coach or official will notify the league of continued breach of Code of Ethics and league will bring parent(s) in for a meeting to discuss actions and what the proper behavior is. Furthermore, there will be a formal letter of reprimand given to parent (s) stating that the next offense will lead to parent being banned from the sporting event venue for a period of 1 game.
- Step 3 – Game Suspension - League will ban the parent from attending the next scheduled contest and another letter will be given to parent(s) stating that the next offense will lead to parent being banned from all future contests.
- Step 4 – Season Suspension - The parent(s) will be banned from attending all league contests after a 4th offense. The parent(s) will then have to make a formal request to be reinstated into this league. The parent(s) will then have to meet with the League Supervisor and the Director prior to the start of the season to determine if the parent(s) is capable of behaving within the spirit and letter of the guidelines of this program.

These guidelines are not absolute in dealing with behavioral problems. Severe situations could merit harsher sanctions against the parent(s).





## Concussion Information Sheet for Youth Sports Parents & Players

The City of Spokane Parks & Recreation would like for you as a parent to go over this important concussion Information with your child. It is imperative that you as a parent and your child know what a concussion is, the signs and symptoms to look for if your child is injured in a sports activity. Below you will find information regarding concussions. Once you have read over the information with your child please sign the bottom and return the bottom portion to your coach.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of a concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion yourself, seek medical attention right away.

### **Symptoms may include one or more of the following:**

- Headaches
- "Pressure in the head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Burred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

### **Signs observed by teammates, parents and coaches include:**

- Appears dazed
- Vacant expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or lacks in coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after a hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries and concussions are no different. As a result, education of administrators, coaches, parents, and players is the key for player's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.