

BIG FOOT



WOLVES

**YOUTH TACKLE
FOOTBALL AND
CHEERLEADING**

2019 Handbook

Remove and complete the registration and medical forms in the center of this handbook and return with payment in enclosed envelope.

For first time football players, you must include a copy of birth certificate.

By signing the registration form or accepting the online registration terms, you agree to read and abide by this handbook.

Welcome Letter

The Directors, Officers, and Coaches welcome you to the Big Foot Wolves. We sincerely hope that this season is an enjoyable and a worthwhile athletic experience for you.

This handbook was designed to help you know and understand the basic rules, policies, and expectations of our organization.

We ask all parents/guardians and students to review the contents of this handbook and to use it as a resource to answer your questions as the season progresses. It is important to note that all items contained within this handbook were reviewed by the Big Foot Wolves Board of Directors and are general guidelines to be reviewed periodically and subject to change without notice.

We wish you the best, and we challenge you to accept the numerous opportunities offered to you with an open mind, a clear purpose, and a determination to succeed.

The Big Foot Wolves are a non-profit organization and any funds, fees and donations go to support the operation of the program. We are a total volunteer program and welcome your participation.

Have a great season, and remember that what you contribute to your own athletic activities will determine in a large part what you derive from it.

*Sincerely,
The Big Foot Wolves Directors, Officers and Coaches*

Our Mission

The mission of The Big Foot Wolves is to provide an enjoyable experience for young adolescents based on their developmental characteristics and needs. The development of young adolescent's self-esteem, citizenship, responsibility, and skills in cooperative and leadership behaviors are positive outcomes of appropriate athletic programs. These programs should be enjoyable, vigorous, and safe and should occur in a positive climate with appropriate adult leadership and support.

History

The Big Foot Wolves was started in 1998 as a response to the communities of the Big Foot School district who desired a youth tackle football program for the grade school age students. Working very closely with the High school football coaches, a program was developed and the Wolves joined the Illinois Youth Football League organization. This program continues to operate under the original goals that were created at the inception of the team.

These ideals included such things as teaching the fundamentals of football to the youth, the spirit of fair play and sportsmanship, working together with others to reach a common goal and develop a sense of accomplishment in each participant. Other goals included bringing the youth from all area schools into a program where they could start to form working relationships with future classmates, involving the entire family in the program through activities such as fundraising, working at games,

or providing other skills that fill needs as they arise. While the players are under the guidance of their coaches, doing the best they can do scholastically and socially are two other goals the Wolves feel very strongly about.

Non-discrimination Statement

It is the policy of The Big Foot Wolves that no person may be denied admission or be denied participation in, be denied the benefits of, or be discriminated against in any Big Foot Wolves event or activity on the basis of sex, race, national origin, ancestry, creed, religion, marital or parental status, sexual orientation or physical, mental, emotional, or learning disability.

Payment / Refund Policies

The Big Foot Wolves are a non-profit organization and all fees received help with the operation of the program.

All payments are due prior to participant practicing with the team.

While the Big Foot Wolves encourages the concept of teamwork and commitment, we understand extenuating circumstances could cause a participant to leave the program. Upon request, the following prorated refund will apply:

A 75% refund can be granted up to the end of the first week of practice. A 25% refund can be granted after the 1st week of practice and prior to the first scheduled game.

Due to league fees, no refunds will be given to a participant who elects to quit or leave after the first game is played.

Any participant that elects to quit the team due to injuries or other circumstances, will not be eligible to re-join the team once the rosters are submitted to the NIFC or RYFL leagues and also relinquishing his/her option to help with practices or be in uniform on the side lines with the team on game days.

Safety/play time

Playing time will be awarded on athlete's skill and achievements to be determined by the coaching staff. A player will not be placed in a contest situation that they are not prepared for.

Injury/ Return from injury

I acknowledge that I have to be an active participant in my own healthcare. As such, I have the direct responsibility for reporting all of my injuries and illnesses to the Big Foot Wolves staff. I recognize that my true physical condition is dependent upon an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced. I hereby affirm that I have fully disclosed in writing any prior medical conditions and will disclose any future conditions to the Big Foot Wolves staff. I further understand that there is a possibility that participation in my sport may result in a head injury and/or concussion. I have been provided with education on head injuries and understand the importance of immediately reporting symptoms of a head injury/concussion to the Big Foot Wolves staff.

Any participant who is injured during a Wolves practice or event must report the injury to the coach or advisor at once. If a participant has any “special medical problems”, the participant and parent/guardian must ensure that the coach or advisor is informed in advance. If a participant is injured and the coach(s) or advisor(s) believe a doctor’s visit is warranted, a participant cannot return to practice or a game without a written doctor’s release. If the parent or guardian elects not to take the participant to a doctor against the advice of the coach(s) or advisor(s), a Parental Waiver must be completed and returned to the coach(s) before the participant can participate in any practice or game. All participants must have open wounds bandaged prior to practice or a contest. If the wound occurred outside of practice or a contest, the player must arrive at practice or a contest with the wound bandaged.

INSURANCE LIABILITY WAIVER Please read this form carefully and be aware that in registering yourself or your minor child/ward for participation in the Big Foot Wolves program(s), you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the program(s). “I recognize and acknowledge that there are certain risks of physical injury to participants in programs and I agree to assume the full risk of any such injuries, damages or losses regardless of severity which I or my child/ward may sustain as a result of participating in any activities connected or associated with any such program.” “I agree to waive and relinquish all claims I or my child/ward may have as a result of participating in the program against the Big Foot Chiefs & Wolves Programs, the Big Foot Union High School District and its officers, agents, servants and employees.” “I do hereby fully release and discharge the Big Foot Chiefs and Big Foot Wolves, School District and its officers, agents, servants and employees from any and all claims resulting from injuries, damages and losses sustained by me or by my child/ward and arising out of, connected with, or in any way associated with the activities of any of the program(s)
BY SIGNING OR ACCEPTING THE ELECTRONIC WAIVER FORM IF REGISTRING ONLINE YOU AGREEING TO THE ABOVE LIABILITY WAIVER.

Expectations for Coaches

All coaches and individuals in leadership roles are certified by USA Heads up Football and work in conjunction with the Big Foot High School coaches to provide the best possible learning situation for every player.

1. The NIFC and RYVFL “Coaches Code of Conduct” must be signed and dated before a coach can start practicing with the team.
2. The coaching staff acting as a role model for good sportsmanship, use of appropriate language, professional appearance, promotion of a healthy environment, and safe teaching techniques.

3. All information regarding team requirements, fees, special equipment, off-season opportunities, and location and time of all practices and contests.
4. The Big Foot Wolves and NIFC & RVYFL eligibility requirements.
5. Team regulations and expectations that are outside this handbook.
6. Organize practices that are insightful and challenging for all players.
7. Encourage a balanced lifestyle between sport, education and other interests.
8. Place the emotional, psychological, and physical wellbeing of the team, and any other children in the league ahead of any personal desires.
9. Insist the team participates in a safe and healthy environment.
10. Review and practice basic first aid principles needed to treat injuries of players.
11. Support all coaches, officers, board members and others working with the team, in order to encourage a positive and enjoyable experience for all.
12. Striving to win is more important than winning itself.
13. Accept mistakes as an important part of learning.
14. Remember that the League is for the youth and – not for coaches.
15. Ask my team to treat other participants, coaches, board members, parents and spectators, with respect, regardless of race, sex, creed, or ability.
16. Direct comments and criticisms of parents, participants, officials, board members away from the children participating in the league, and conduct themselves in a calm manner when doing so.
17. Will read the NIFC & RVYFL rules and regulations, and agree to abide by those rules, responsibilities and Code of Conduct. Violations of these rules could result in disciplinary action up to and including permanent dismissal from the NIFC & RVYFL.
18. Special award requirements.
19. Dress with special care whenever representing the Wolves.

Expectations for Parent(s) / Guardian(s) and Guests

1. The enrollment form must be signed and dated before a football player can start practicing with the team. A copy was supplied with this handbook.
2. Complete support of the Wolves coaches and all team regulations.
3. If your child has a concern encourage him/her to speak directly with the coach.
4. Positive support for their child, all coaches and other team members at all times.
5. Good sportsmanship exhibited toward officials, players and coaches at all times.

6. Notification to coaches of any schedule conflicts that may occur well in advance, including vacations.
7. Striving to win is more important than winning itself.
8. The league is for the youth and – not for adults.
9. Along with any guest of mine refrain from any vulgar, lewd or obscene language or gestures while participating in, or watching any league sponsor event whether at home or away.
10. Direct all my comments and criticisms of parents, participants, officials, board members away from the children participating in the league, and conduct myself in a calm, civilized manner when doing so.
11. Respect the NIFC & RVYFL rules and regulations, and agree to abide by those rules, responsibilities and Code of Conduct. Violations of these rules could result in disciplinary action up to and including permanent dismissal from the NIFC & RVYFL.
12. Volunteer to help with all Wolves activities such as concessions, annual pig roast and any other fundraiser or activity.

Expectations for Players

1. The enrollment form must be signed and dated before a football player can start practicing with the team. A copy was supplied with this handbook.
2. Become part of the team and learn the concept of teamwork.
3. Great work ethic at all times.
4. Use language and act in a manner that is socially acceptable.
5. Display outstanding character/sportsmanship.
6. Display proper respect for those in authority.
7. Display a spirit of cooperation.
8. Dress with special care whenever representing the Wolves.
9. Develop individual determination and self-discipline, and learn to set goals.
10. Develop within themselves a sense of pride for both individual and group effort.
11. Play for the fun of it, not to please parents or coaches.
12. Notify the coach if cannot attend a practice or a game.
13. Play by the rules.
14. Never argue with or complain about the referee's calls or decisions

Sportsmanship is: Moral behavior in sports. There is more to sportsmanship than simply being nice. You also have to understand why some actions are right or wrong. Sportsmanship is a learned behavior. It does not happen by itself.

Addressing a Concern with a Coach

Step 1: Athlete seeks out his/her coach to discuss concern.

Step 2: Parent and athlete requests conference with the coach or coaching staff.

Step 3: If the conference between the athlete and coach, or parent, athlete and coach does not resolve the concern, a meeting will be set up with three Board members. A Board member will mediate the conference. The conference will deal only with specific concerns. Both parties will be allowed to speak in an uninterrupted manner. The conference will be held in a non-threatening environment.

Appropriate concerns that a parent/guardian may address with the coaching staff:

1. The treatment of your child mentally and physically.
2. Ways that your child can improve his/her performance and skill level.
3. Concerns about your child's behavior in practices and contests.
4. The make-up of the team in relation to your child.

Please note:

- Coaches will not discuss other team members, other parents, or other members of the Wolves organization.
- Coaches will not meet with a parent immediately after a contest.
- Parents must wait until the next practice day and refer to the recommended procedure for addressing a concern with a coach.

Equipment

Each athlete is responsible for the equipment issued to him/her. Care labels should be carefully followed when washing the uniform.

All equipment must be returned in good condition at the end of the season. Failure to return such equipment shall result in one or several of the following:

1. The athlete shall be excluded from any continued involvement in the Wolves program.
2. Awards earned by the individual shall not be presented until such equipment is returned.
3. The individual to whom it was issued at the current replacement cost must pay for lost or damaged equipment.
4. An individual who knowingly continues to retain equipment shall be reported to the proper law enforcement agency.
5. Any equipment purchased by parent, guardian, or player, must be approved by coaching staff or board member.

Practice Times / Game Schedules

The coaching staff of each team will decide practice times. The starting and ending times will be strictly adhered to.

Dropping off and Picking up Players / Cheerleaders

Parents/guardians should not drop-off a participant more than fifteen minutes prior to a practice since adult supervision may not be present until then. Coaches will inform participants the scheduled times to arrive before a contest. All participants should be picked up within fifteen minutes after the scheduled end of a practice or contest.

Inclement Weather

During the season, there will be some days with inclement weather during practice or a game. Teams will practice and play games in the rain. If light-ning is spotted coaches will follow the WIAA protocol and delay the game or practice for 45 minutes. At that time, it is the Wolves discretion whether to continue or cancel the practice or game. Coaches will be responsible for contacting parents/guardians if they cancel. Parents/Guardians are responsible for the transportation of their son/daughter to and from practice. Providing the Wolves with proper contact numbers is vital in this process. You the parent have the final decision on whether you deem it safe for your son/daughter to practice or not.

Travel

All participants are to provide their own transportation to practices and games. If the Big Foot Wolves elects to bus participants to a game or practice, a parental release will be required before the participant will be allowed on the bus.

In order to participate in the NIFC & RYFL leagues, this handbook must be adhered to. Failure to read will automatically render the parent or participant ineligible to participate in League activities home or away. In addition, by signing the application parents and participants agree to abide by the guidelines set forth above, and to conduct themselves in the appropriate manner. Failure to abide by this handbook and NIFC & RYFL rules, or violation of any of the guidelines set forth, will automatically render the parent unable to participation or attend any league-sponsored event either home or away. Big Foot Wolves Board Members have the sole right to enforce violations.

Use of Photographs, Videos, Profiles and Stories

Periodically the Big Foot Wolves uses photographs, videos, profiles, and stories for products that are promotional, advertising, educational, and/or archival in nature. As such, the Big Foot Wolves collects on an ongoing basis individual and group photos and testimonials relating to our volunteers, supporters, and activities in Walworth County, Wisconsin. By signing the enrollment form you hereby grant the Big Foot Wolves and its legal representatives the irrevocable right and unrestricted permission to use and publish photographs or video images of your child in which may be included, for any purpose authorized by the Big Foot Wolves, including but not limited to website use, publications, and advertising use. This includes the right to modify and retouch the images at the discretion of the Big Foot Wolves. You understand that the circulation of such materials could be countywide and that there will be no compensation to you for this use.

Furthermore, you understand that you will not be given the opportunity to inspect or approve the finished products or the advertising copy or the printed matter that may be used in connection therewith. In granting this permission to the Big Foot Wolves and its legal representatives, you are fully and without limitation releasing it from any liability that may arise from the use of the images.

HEADS UP: CONCUSSION IN YOUTH SPORTS

A Fact Sheet for COACHES

To download the coach's fact sheet In Spanish, please visit:

www.cdc.gov/ConcussionInYouthSports

Para descargar la hoja informativa para los entrenadores en español, por favor visite:

www.cdc.gov/ConcussionInYouthSports

THE FACTS

- A concussion is a brain Injury.
- All concussions are serious.
- Concussions can occur without loss of consciousness.
- Concussions can occur in any sport.
- Recognition and proper management of concussions when they first occur can help prevent further Injury or even death.

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost. The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

RECOGNIZING A POSSIBLE CONCUSSION

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in rapid movement of the head.
-and
2. Any change in the athlete's behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

SIGNS AND SYMPTOMS

Signs observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events are hit or fall

Symptoms reported by Athlete

- Headache or "pressure" In head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision

- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

Adapted from Lovell et al. 2004

Athletes who experience any of these signs or symptoms after a bump or blow to the head should be kept from play until given permission to return to play by a health care professional with experience in evaluating for concussion. Signs and symptoms of concussion can last from several minutes to days, weeks, months, or even longer in some cases.

Remember, you can't see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep the athlete out of the game or practice.

PREVENTION AND PREPARATION

As a coach, you can play a key role in preventing concussions and responding to them properly when they occur. Here are some steps you can take to ensure the best outcome for your athletes and the team:

- Educate athletes and parents about concussion. Talk with athletes and their parents about the dangers and potential long-term consequences of concussion. For more information on long-term effects of concussion, view the following online video clip:

[http://www.cdc.gov/nclpc/tbl/Coaches Tool Kit.htm#Video](http://www.cdc.gov/nclpc/tbl/Coaches%20Toolkit.htm#Video). Explain your concerns about concussion and your expectations of safe play to athletes, parents, and assistant coaches. Pass out the concussion fact sheets for athletes and for parents at the beginning of the season and again if a concussion occurs.

- Insist that safety comes first.
 - o Teach athletes safe playing techniques and encourage them to follow the rules of play.
 - o Encourage athletes to practice good sportsmanship at all times.
 - o Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should be properly fitted, be well maintained, and be worn consistently and correctly.
 - o Review the athlete fact sheet with your team to help them recognize the signs and symptoms of a concussion.
- Check with your youth sports league or administrator about concussion policies.

Concussion policy statements can be developed to include the league's commitment to safety, a brief description of concussion, and information on when athletes can safely return to play following a concussion (i.e., an athlete with known or suspected concussion

Should be kept from play until evaluated and given permission to return by a health care professional).

Parents and athletes should sign the concussion policy statement at the beginning of the sports season.

· Teach athletes and parents that it's not smart to play with a concussion. Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head. Ask if players have ever had a concussion.

· Prevent long-term problems. A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death. This more serious condition is called second Impact syndrome.¹¹¹⁵ Keep athletes with known or suspected concussion from play until they have been evaluated and given permission to return to play by a health care professional with experience in evaluating for concussion. Remind your athletes: "It's better to miss one game than the whole season."

ACTION PLAN

WHAT SHOULD A COACH DO WHEN A CONCUSSION IS SUSPECTED?

1. Remove the athlete from play. Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.

2. Ensure that the athlete is evaluated right away by an appropriate health care professional. Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- o Cause of the injury and force of the hit or blow to the head
- o Any loss of consciousness (passed out/knocked out) and if so, for how long
- o Any memory loss immediately following the injury
- o Any seizures immediately following the injury
- o Number of previous concussions (if any)

3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

4. Allow the athlete to return to play only with permission from a health care professional with experience in evaluating for concussion. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems. Prevent common long-term problems and the rare second Impact syndrome by delaying the athlete's return to the activity until the player receives appropriate medical evaluation and approval for return to play.

If you think your athlete has sustained a concussion... Take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials free-of-charge, visit:

www.cdc.gov/ConcussioninYouthSports

For more detailed Information on concussion and traumatic brain injury, visit:

<http://www.cdc.gov/nclpc/tbl/TBI.htm>

REFERENCES

1. Powell JW. Cerebral concussion: causes, effects, and risks in sports. *Journal of Athletic Training* 2001; 36(3):307-311.
2. Langlois JA, Rutland-Brown W, Wald M. The epidemiology and Impact of traumatic brain Injury: a brief overview. *Journal of Head Trauma Rehabilitation* 2006; 21(5):375-378.
3. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade for "ding" concussions in high school Athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
4. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the IOM Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academy Press; 2002.
5. Centers for Disease Control and Prevention (CDC). Sports-related recurrent brain Injuries- United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-227. Available at: www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm.

U.S DEPARTMENT OF HEALTH AND HUMAN SERVICE'S CENTERS FOR DISEASE CONTROL AND PREVENTION

The Big Foot Wolves

Board of Directors

Jim Haeni
Mark Worland
Dave Freymiller
Bill Petkoff
Bill Melson

Officers

Dave Freymiller - President
Jason Soberg – Vice President
Mark Worland - Treasurer
Becky Melson - Secretary