



Welcome

We would like to welcome all players and parents, returning and new, to Football Nanaimo. We are hopeful that this will be an exciting and rewarding football season. Our goal is to develop well-rounded young men and women who learn not only the fundamentals of football, but also the importance of 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 and physical fitness. Our program stresses learning lessons of value far beyond the playing days, such as self-discipline, teamwork, concentration, friendship, leadership, and sportsmanship. The coaching staff of Football Nanaimo will do their very best to ensure that each player is utilized to his/her 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, drill, and team rules are there to ensure your child is physically fit for football. Each child is unique and will develop the skill required at his/her own pace. They will exercise their bodies and minds in an effort to develop the skills needed to enjoy the game of football.

Equipment Required

Each player is required to supply the following in order to play football.

- A practice jersey (new or used oversized T-shirt will do).
- Football Nanaimo may have practice jerseys available at a reasonable price.
- Football cleats are required as they provide the proper foot and ankle support.
- **(Metal-tipped cleats are not permitted in our League.)**

Players will be issued the following equipment:

- Helmet with facemask and chin straps.
- A mouth guard that attaches to the helmet
- Shoulder pads
- Hip, thigh, and kneepads.
- A game jersey, 1 pair of game pants, belt, (on occasion separate practice pants).

This equipment remains the property of Football Nanaimo, and must be returned to Football Nanaimo, clean and in good condition, at the end of the season. A deposit must be given for all gear and will be returned to you when the gear is handed in at the end of the season.

The Team Staff will notify you as to when the gear will be issued.

General Information

Team Rules

- If you don't practice, you don't play. All excused absences must be coordinated with the Team Manager and your coaches.
- What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions.
- 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, so we treat them with respect.
- Take care of your equipment and keep it clean. Let the coaches know if your equipment needs repair. This is the key to safety.
- Players that arrive at a practice or game without all of the equipment required will not participate in any contact. Mouth guards and helmets must be worn at all times when on the field.
- Come to practice prepared to work and play.
- Learn the rules of the game, especially the safety rules.
- Arrive on time for practices and games. **A 6:00 pm practice means you are on the field and in position at 6:00 pm, so you must be a few minutes early.** Players are also required to be at the field at least one hour before game time on game days. Exact times determined by the coaching staff.

Regular season starts on the Labor Day weekend and ends in early November. The playoffs start immediately afterwards with the Provincial Final being played in early December.

Practice's start in June/July and continue until the season ends. Most teams practice three times a week, Senior Teams in the evenings on Tuesdays and Thursdays and on Saturdays. Junior Bantam Teams practice evenings on Mondays, Wednesdays and Fridays. Days and times are subject to change and you will be informed once the practice schedules have been finalized.

Every practice is different, new skills are learned, problem areas are corrected, and new plays are taught. You will be at a disadvantage by not making practice on time and regularly.

Game days are generally on Sundays, for the Senior Teams and Saturdays, for the Junior Bantam Teams. For our Senior Teams we try to maintain a ratio of 5 home games and 5 away games, but this is not always possible. Away games can be played either on or off Vancouver Island. The Team Managers with the approval of the Head Coach will arrange transportation. Junior Bantam teams will have their games on home field, (May Bennett Park) and an effort will be made for each team to have the experience of one away game.

Transportation for the Senior Teams

- Parents/Player are responsible for arranging transportation to and from practices, and all home field games.
- Junior Bantam and Pee Wee parents are responsible to provide transportation for all home and away games.
- The Bantam Redmen and Midget Redmen, Football Nanaimo is responsible for transportation of players, coaches, team managers and equipment to away games. Buses and ferry costs are primarily covered by Football Nanaimo.
 - Currently with one exception; parents/players are responsible to arrange transportation to Cowichan games, in Duncan.
- If the away game is on the Island, the parents/player are responsible to arrange transportation to and from May Bennett Park.
- When the game is on the Mainland, the parents/player are responsible to arrange transportation to and from either Departure Bay Ferry Terminal or Duke Point Ferry Terminal.
- Away games usually take the major part or the entire day. These are long days and we highly recommend that the players bring water or a sport drink and a nutritious meal/snack or money to purchase food.

Coaching

Football Nanaimo is very proud of all our Coaching Staff; they donate their time and talent to teach our youth how to play the great game of football.

They will:

- Get the players in shape
- Work on individual skills for each position.
- Work on team execution of plays.
- Motivate, communicate, and lead by positive example.
- Perform the “behind the scenes work” that will give the players the maximum chance of success.
- Teach the players the skills they need to play football safely.

Coaches must have the freedom to develop three things in their athletes: pride, poise, and self-confidence. They use the following steps to coach the game of football.

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

If you have any concerns with Football Nanaimo's coaching staff, that you are unable to resolve with their Head Coach, please contact any member of the Executive. All concerns will be responded to at the monthly Board of Directors meeting.

Football Nanaimo always welcomes qualified coaches. If you would like to volunteer your time as a coach please contact any member of the Executive.

Parent Information

Parents are as important to the success of the team as the players. 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 trauma please make sure the coaches are made aware of the problem as soon as possible. Parents and coaches must communicate with mutual respect. **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 or coached at a higher level than the current coaches of the 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 player performing a set function that his teammates can rely on. A player who abandons his teammates to do something his parents coached him to do is letting down his team, his coaches, and himself. At best he may open up the door for the opponent to win the game, at worst he may cause himself or a teammate to be injured.

Field Duty Days

During the regular season the parents of each team are required to perform field duties for their team. This could include field lining and setup, concession duty, the chain gang, game commissioner and field equipment take down and storage. We encourage parent to volunteer their valuable time be involved in their child's activity.

- Football Nanaimo has a refundable \$100 volunteer fee
- Volunteer fee is reimbursed at the end of the season if you have contributed approximately 5 hours of your time helping out your child's team throughout the entire season.
- The team manager will contact you to signup for a duty.
- It is in your best interest to volunteer for a particular duty and time to best accommodate your busy season as well.

Other Duties

Other positions that each team is required to supply:

- Team Manager and Team Trainer (to apply basic first aid). These positions are required to work directly with the coaching staff and as such the Head Coach will have the final say on who ever fills these positions.
- Announcer

- Spotter
- 50/50 sales (this requires 2 people)
- Someone to film the entire game.
- Someone to take pictures throughout the season.

If you feel you can help out please do not hesitate to talk to any member of the Football Nanaimo Executive.

Fundraising

Football Nanaimo has many forms of fundraising throughout the season. Our Volunteers and imagination only limit it. Each of our Senior Teams is required to fundraise to cover the cost of the Team Yearbook and other appropriate items. Our Junior Bantam Coordinator arranges a Tag Day for our Junior Bantam Teams each season.

- All money from all fundraising activities must be forwarded to Football Nanaimo's Treasurer through the Team staff.
- Fundraising expenses will be paid through Football Nanaimo accounts and are required to be accompanied with appropriate receipts.
- The Team Manager's are required to coordinate their planned fundraising through the Fundraising Coordinator. This prevents the possibility of two fundraising activities conflicting with each other.

Refund Policy

Full refunds will be given up to and including our Exhibition game in August and thereafter the refund rate will be 50% up to the Roster Freeze, at the end of September. **No refunds will be given after the Roster Freeze.**

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 or team 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. Coaches will use these sparingly.