



Parent Guidelines and Quick Reference

ATTENTION: Throughout the season, please watch for frequent emails, texts or Facebook posts for important updates or urgent messages.

Practice Schedule: 6:00pm to 8:00pm Monday through Friday at Good Hope Middle School unless otherwise noted or you are notified of severe weather. Always assume, even in rain, that practice will be held. You will be notified if practice is cancelled. When school starts, schedule will convert to 6:00pm to 8:00pm Tuesday through Thursday.

Please Be Early: Always be early for practice and games. When a player comes on time, but has to put their gear on, or comes late, the coaches need to make special accommodations that take time from other players. If you come a few minutes early, this will help the team get started on time, with gear in hand.

Parent Availability: Please make sure to be available and have your phone close when your player is at practice or a game. You need to be reachable if a practice or game is unexpectedly cancelled, or your child has an emergency! If you are notified of a cancellation, please come immediately to pick up your player. Everyone wants to get home and no one should have to wait with players for parents that are late.

Hydration and Nutrition: Keep your players WELL hydrated throughout the day, not just before practice!! Feed your players early or a light snack before practice. DO NOT stop for fast food on the way to practice, or everyone may get to see what he ate when it comes back up! Many players prefer to have a light snack before practice and then eat a bigger meal when they get home. We found that chocolate milk after practice is a BIG hit!

Zero Tolerance: At any game or practice, anyone being disruptive, using foul language, or abusing an official, a coach, or a player, will be asked to leave immediately. League rules dictate that the team responsible for the disruptive fan will be required to forfeit the game. The full Zero Tolerance policy is available on the CVMFA.org website.

Set a Good Example: Kids learn from the action of their parents, guardians, and other adults. It is your responsibility, as a parent, to use how you act, what you say, and what you do to improve the community.

Sportsmanship: Football is a game and it is meant to be fun for the players and the fans. When it is no longer fun, our kids will lose their desire to play or participate. Please try to keep your actions and comments in perspective, and accept that winning isn't, and shouldn't be, the top priority. Please help us provide an atmosphere that inspires sportsmanlike conduct in both win AND lose situations.

Volunteering: CVMFA, and associations like ours, run solely on unpaid volunteers, donations, and a lot of hard work. If we don't have volunteers, we cannot operate. Please take the time to volunteer and get involved so we can provide a solid foundation for our kids. Remember, without you, we won't have the means or support system for the future of CVMFA!

New this year, parents have the opportunity to earn registration credits for off-the-field volunteering!!! For every 6 additional hours over the requirement, you earn \$50 credit toward your paid registration. You may continue to volunteer to earn enough credit to cover your entire registration! A check for all credits earned throughout the season will be given upon the return of your players equipment at a scheduled equipment return.

Please contact Volunteers@CVMFA.org for more information about volunteer opportunities. We have many spots that need to be filled and we could use your help.

Working with Coaches: Please understand that the coaches are trying to coach, and being approached by parents is often very disruptive. All coaches are volunteers and they are using their own time to train and coach your child. To help allow the coaches to focus more on their coaching techniques and planning for practices and games, please use the following process for any issues or concerns you may have with coaching staff or methods:

1. Use the 24-hour rule. Never approach anyone when you are upset or frustrated about a situation. Wait until the next day/evening to address the issue. Most of the time, it's just the heat of the moment and by the next day, it may no longer be an issue.
2. Let your child fight their own battle. If your child isn't getting playing time or attention, it is his or her responsibility to address it with the coach. In addition to football skills, we want to help our players to also build character and confidence.
3. Allow the coaches to coach. While you may not always agree with coaching tactics, the coaches know what they are doing. They know how to evaluate the players to put them in the position they are best suited for and will be of the most benefit to the team, or is safest for your child. Trust the judgement of our coaches and don't second guess them, specifically in front of the players or your child! Remember, this is a team sport, so players may be moved around, and they might not always get to play the position they wanted to play. We often find that players start to enjoy learning different skillsets, as it builds confidence. Again, if your child wants to play a different position, he needs to personally address it with the coach and accept the coach's response, even if they don't like the answer.
4. Finally, approach the General Manager or Assistant General Manager, not the coach, with your concern. The GM or Assistant GM will evaluate the situation and coordinate a meeting with you and the coach, if necessary.

PLEASE NOTE: We want to again remind you that everyone at the CVMFA are unpaid volunteers. We ask that you please take this into consideration and be respectful when working with our staff, other volunteers, and the organization as a whole, so that we may all have a better experience.