



PARENT/ATHLETE HANDBOOK

1ST EDITION

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BELLEVUE STEELER PHILOSOPHY

The basic organizational goal of the Bellevue Steelers Football program is to give future athletes of tomorrow a head start today. Every effort is made to build teams with equal talent levels to compete against other programs while maintaining the idea of community and the Steelers Football family. We realize that not all of our athletes will continue on to play varsity football, but if they can have a good experience the bonds they make will last a lifetime.

As was previously stated, efforts are made to produce equal teams. In other programs that are seeing participation levels decrease, Bellevue Steelers football numbers remain strong. We are proud of Bellevue Steelers Football's success and the number of football players and cheerleaders that stay in the sport.

ATHLETICS

Bellevue Steelers Football considers athletics to be an integral part of each player's physical, mental, social and emotional development. We believe that promoting sportsmanship at all levels instills pride, reinforces a sound value structure and enhances the individual's self-image, as well as the image of Bellevue Steelers Football and the community.

GOALS & OBJECTIVES

- Develop a sound football program based upon skill development in a comprehensive manner.
- Concentrate on the development of skills and fundamentals of the athletes.
- Develop athletes who have high moral and ethical values, standards and behavior.
- Develop athletes who demonstrate good sportsmanship. We believe that the basic rules of good sportsmanship consist of the following:
 - Show respect for opponents at all times
 - Show respect for officials and their decisions
 - Know, understand and follow the rules of the contest
 - Maintain self-control at all times
 - Recognize and appreciate skill in performance regardless of affiliation
- Promote good sportsmanship by all spectators as defined above. We believe that being a spectator is a "privilege" and not a "right". It is a privilege to watch an educational process where teams demonstrate what they have learned in the athletic classroom. Spectators will be held accountable for good sportsmanship.
- Develop a competitive, winning attitude
- Encourage individual commitment to personal and team goals
- Emphasize the importance of academic achievement
- Encourage athletes to participate in a variety of sports at their own level of ability.

- Encourage parent and community participation in the total sports program
- Select coaches in a manner to ensure acquiring the best-qualified candidate to work with our athletes
- Maintain an organized and continuing staff development program for coaches
- Develop and maintain quality facilities and equipment
- Develop qualities of leadership among the participants in the football program

BILL OF RIGHTS FOR THE ATHLETE

“Participation in athletics is a privilege involving both responsibilities and rights. The athlete has the responsibility to play fair, to give his/her best, to keep in training, to conduct oneself with credit to the sport and the program. In turn, the athlete has the right to optimal protection against injury as this may be assured through sound technical instruction, proper regulation and conditions of play, and adequate health supervision.”

INHERENT RISK OF INJURY

It is the belief of the Bellevue Steelers Football program that keeping parents and athletes well-informed encourages an environment that greatly reduces the potential for catastrophic injury. We advise you to warn your athlete that there is risk of injury in virtually every athletic endeavor. The coaching staff will work to reduce the risk of injury by maintaining professional standards. As a condition of participation, the athlete and his/her parents must sign the Parent/Player Consent Form along with the Emergency Medical Information Form. Participation in athletics may result in injury, paralysis or even death and choosing to participate acknowledges these risks.

Although a physical is not required to participate in the Bellevue Steelers Football program, we do ask that if your athlete has a medical condition that requires special attention, you notify the head coach. Appropriate measures will be taken in the event of an incident, and you will be called if necessary. Decisions regarding medical treatment are left to qualified physicians. Parents and coaches must be willing to fully share all information regarding the athlete’s health, including injuries, illnesses and other symptoms – no matter how minimal.

MEASURES TO MINIMIZE INJURY

- Workouts will be scheduled during afternoon and evening hours when the weather may be hot. Athletes will acclimate to hot weather activity by carefully graduated practice schedules.
- Adequate body fluid levels are critical. Water intake is to be encouraged before practice. Fluid loss/intake during practice is monitored.
- Parents can assist coaches in watching for signs of trouble, particularly the determined athlete in any sport who may not want to report discomfort.

- Athletes will be provided with recommendations for off-season conditioning programs, including information on nutrition and motivation.
- Athletes will not be required to perform beyond current level of progress with regard to physical conditioning, performance techniques and/or level of competition.
- An athlete will not be allowed to return to physical activity after a serious illness or injury without written permission of the athlete's physician. The coach can override the physician's permission to allow participation if the coach does not believe the athlete is ready.
- Use of alcohol or drugs, including steroids is harmful to the health of the athlete and use of any may lead to suspension from athletic activities. All athletes must attend a presentation regarding the code of conduct and league expectations which will be completed in the second week of practice.

PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of others and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach and the Bellevue Steelers Football program. As your children immerse themselves in football and then middle school, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the program
- Expectations for your child as well as all of the players on the squad
- Locations and times of all practices and contests
- Team requirements (special equipment, pictures, etc)
- Procedure should your child be injured during participation
- Disciplinary action that results in limitation of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concern in regard to a coach's philosophy

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The treatment of your child, both mentally & physically
- Ways to help your child improve (specific weaknesses and strengths of the athlete)
- Concerns about your child's behavior

It is very difficult to accept that your child is not playing as much as you may hope. Coaches are volunteers. They make judgment decisions based on what they believe to be best for all players involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- Playing time
- Team strategy
- Play-calling
- Other athletes

There are situations that may require a conference between the coach and the parent, and these are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

1. Call to set up an appointment
2. If the coach cannot be reached, call the Athletic Director
3. Do not attempt to confront a coach before, during or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Please allow a 24 hour cooling down period to gather your thoughts to promote a healthy discussion.

If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with Bellevue Steelers football Athletic Director. At this meeting, the appropriate next steps will be determined.

TEAM SELECTION

Bellevue Steelers football coaches have developed team selection procedures. The process has evolved with the driving force of establishing teams of equal talent levels. This is not an easy undertaking, but one that solves the fundamental goal of the program. Each athlete who signs up for Bellevue Steelers Football is given a fair opportunity to demonstrate his/her skills and attitude. Decisions by the coaches and Bellevue Steelers Football are final as to team rosters. Teams are established to give your athlete every opportunity to develop his/her skill level. A player placement is completed in a non-biased fashion to once again pair players together to form equal teams from the player pool. Teams will be named single, double and triple for scheduling designations.

FEES AND EXPENSES

Bellevue Steelers Football has a \$150 participation fee for each player and \$160 for each cheerleader. If the board decides to extend registration, there will be a late fee assessed that will cover the additional charges from the vendors.

LEAVING/QUITTING A TEAM

Occasionally an athlete considers leaving a team or not finishing the season. Obviously, this is an important decision and one that should not be finalized while under emotional stress. Feelings of this nature should first be discussed privately with the coach. Athletes are strongly advised to also see the President of Bellevue Steelers Football about such a matter before making a final decision. Reimbursement for the participant will be determined on an individual basis.

UNIFORMS AND EQUIPMENT

Equipment is the property of Bellevue Steelers Football and must be treated with care. Report any loss, theft or damage to your coach immediately. Do not use any equipment or protective gear that is no longer safe or functional. Lost, stolen or intentionally damaged uniforms and/or equipment must be replaced at cost. Athletes will be held financially responsible for all equipment issued to them. NOTE: Carelessness becomes expensive. Equipment will be repaired or replaced at parent's expense at over-the-counter cost. We will notify you concerning the amount owed. At the end of each season, all uniform components and equipment must be returned in good condition and on the date specified by the coach. If a student leaves a team prior to the end of the season, he/she must return all issued equipment within 48 hours.

You will be provided with a list of necessary items at the beginning of the season. Dick's Sporting Goods will have a "discount day" that will enable you to purchase what your player needs. List of equipment to be issued by the Bellevue Steelers Football program is as follows:

TRANSPORTATION

Bellevue Steelers Football will not provide transportation for away games or scrimmages. A list of opponent fields is available on the Bellevue Steelers Football website. Coaches will inform parents as to any changes in location.

POSTPONEMENTS AND CANCELLATIONS

Whenever games or practices are cancelled because of inclement weather, a notification will be posted via social media and/or email. If a practice is cancelled after it begins, a Bellevue Steelers Football representative will remain with the players until they are picked up. We ask that players be picked up as quickly as possible after notification is received.

GUIDELINES CONCERNING OFFICIALS

1. Athletes are not to argue with officials about calls
2. Making foolish, obscene or unsportsmanlike gestures when a call is made will not be tolerated.
3. Treat officials with respect and dignity.

HAZING/BULLYING

Hazing and/or bullying are forbidden. Hazing and/or bullying shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Hazing and/or bullying can include exaggerated or excessive teasing in some instances. That fact that a hazing/bullying victim may seem willing or may even agree to participate in some form of personal embarrassment or physical/mental danger does not change or lighten the responsibility of the one who is doing the hazing/bullying. It may even be that the person who does the hazing, bullying or teasing may say or feel that they “didn’t mean to harm anyone”. Hazing and/or bullying is still wrong.

RESPONSIBILITIES OF SPORTSMANSHIP

THE PLAYER

- Treats opponents with respect
- Plays hard, yet plays within the rules
- Exercises self-control at all times, setting the example for others to follow
- Respects officials and accepts their decisions without gesture or argument
- Wins without boasting, loses without excuses and never quits
- Always remembers that it is a privilege to represent the Bellevue Steelers Football program and the Bellevue community.

THE COACH

- Treats players and opponents with respect
- Inspires in the athletes a love for the game and the desire to compete fairly
- Is the type of person he/she wants the athletes to be
- Disciplines those on the team who display unsportsmanlike behavior
- Respects the judgment and interpretation of the rules by the officials
- Knows he/she is a teacher, and understands the athletic arena is a classroom

THE SPECTATOR

- Attempts to understand and be informed of the playing rules
- Appreciates a good play no matter who makes it
- Cooperates with and responds enthusiastically to cheerleaders
- Shows compassion for an injured player; applauds positive performances; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior
- Respects the judgment and strategy of the coach and does not criticize players or coaches for the loss of a game
- Respects property of others and authority of those who administer the competition
- Censures those whose behavior is unbecoming

PARENT/SPECTATOR RESPONSIBILITIES

Attending an athletic event means that the spectator has assumed a responsibility for proper representation of Bellevue Steelers Football and the Bellevue community in general, just as the athlete does. These rules apply to all spectators; students and parents alike and are in effect at both home and away games.

SPECIFIC SPECTATOR BEHAVIOR

- No possession or consumption of alcoholic beverages
- No possession or use of drugs
- No smoking or use of smokeless tobacco
- No radios
- No noisemakers of any kind
- Cheers should be positive in nature
- Whenever possible, all spectators should remain in the stands

ATHLETE EXPECTATIONS

Athletes should understand fully that by joining Bellevue Steelers Football, they are accepting the pleasures and benefits of participation as well as the responsibility and commitment to that team. Expectations may vary from coach to coach but Bellevue Steelers Football has general expectations for all athletes at all levels. These expectations include, but are not limited to:

- Attendance at all practices and games
- Punctuality and preparedness for all practices and games
- Maintaining a high priority on academic achievement
- Desire to improve skills and knowledge of the sport
- Willingness to work hard and be attentive in practices
- Represent one's self, team, Bellevue Steelers Football and family in a dignified and sportsmanlike manner
- Review and follow training rules
- Take responsibility for all equipment and uniforms

BOARD OF DIRECTORS

The Bellevue Steelers Football program is run by a volunteer board of directors. The Bellevue Steelers Football Program Board of Directors establishes policies and procedures for the Program in the interest of serving the community and youth in the area. It is aligned with the rules and regulations of the TNYFL, and also has an affiliation with USA Football.

President: Rod Keith – keithrskeith@aol.com

Vice President: Clarence Wilson – simpleec@comcast.net

Athletic Director: David Bonner – dbonn@comcast.net

Coach Liaison: DeJuan Richardson – drichardson323@gmail.com

Cheer Director: Rachel Fox – rachel.fox@yahoo.com

Co-Secretary: Melinda McDowell – skyesgreys@outlook.com and Tina O'Guin – mrsoguin@icloud.com

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For general questions, you can send an email to bellevuesteelers77@gmail.com

