



***All Saints Football***

*Unity, Discipline, Maximum Effort*



***All Saints***  
***Football Program***

2010 Parent/Player Handbook



# *All Saints Football*

*Unity, Discipline, Maximum Effort*



Dear Parents:

***Welcome to the All Saints Football Program.*** On the pages that follow you will find much information. We want you to read through this document carefully and ask questions if anything is unclear. We also request that you share it with your child. Please return the acknowledgement page at the end of this document once you and your child have read through the material.

As you can tell from our Vision and Mission we have high expectations for our program.

### ***Our Vision***

*We want to be recognized as the premier travel program in Naperville for youth football players and their families. We will develop a family focus within the structure of the team, where everyone will be an encouraging force in building our program. The quest will be positive in nature, with high expectations for players, parents, and coaches.*

### ***Our Mission***

*We will use football as a vehicle to teach our players about the values of honesty, loyalty, commitment, work ethic, sportsmanship, pride, integrity, and discipline while preparing them for the demands and expectations they will encounter when competing at the high school level. These core values are the backbone of a successful football team and are qualities that serve as the basis for success in all of life's endeavors. We believe that young people should be challenged to live these ideals. This process will develop better football players, better athletes, better students, and most importantly, better individuals.*

We take these statements seriously and believe that our mutual experience will be positive if we communicate openly and honestly. We are looking forward to the season and getting to know each of you and your children in a meaningful way. This will be a great experience for all of us and we are always available to you to answer questions and resolve issues.

Sincerely,

Marc Jackson – Head Coach Junior Varsity

Frank Ribaldo –Head Coach Varsity

## **Program Calendars**

We understand that your commitment to our program requires a considerable amount of your time and can best be facilitated through advanced planning. Towards this end we will communicate with you regularly about upcoming events. Resources will include:

- ***Off-Season Program Calendar*** – there are events that will take place prior to the official start of the season. These events will be communicated to you via email. These events will also be published on our web site for easy reference ([www.ascafootball.com/upcomingevents.html](http://www.ascafootball.com/upcomingevents.html)). We encourage parents to check the site frequently prior to the start of the season to stay abreast of all confirmed and tentative dates and events from March through the beginning of August.
- ***In Season Calendars*** – these calendars will be published in late June and will include all confirmed and tentative dates from the beginning of August through the end of the season. It is important to note that Junior Varsity and Varsity have different calendars. So if you have a player at both levels you will need to check both to have a complete set of dates.

Our objective is to provide you with as much information as early as possible to help you manage your busy schedules. If you have any questions or concerns as you review the calendars please feel free to contact either Head Coach at the email or phone number included in the Communication section.

## **Communication**

As noted in our welcome letter we believe open and honest communication is extremely important to the effective functioning of our football program. Towards that end we have several methods by which we will keep everyone up to date.

### ***Our Website***

All team news, facts, and important information will be available on our team website - [www.ascafootball.com](http://www.ascafootball.com). We encourage you to visit the site frequently as it will be updated regularly.

### ***Email***

Given the number of players and families involved in the program it is not practical to contact people by telephone except in an emergency situation. Email is the primary method of communication used by the coaches. The email address we use is [info@ascafootball.com](mailto:info@ascafootball.com) and it is VERY important that you designate the above email address as a “Safe Sender” in your email account. Otherwise it may go to “junk” or “spam” folders.

### ***Telephone/In-Person***

During the course of the season it may be necessary for you to discuss a specific matter with the Head Coach. In order to facilitate this communication we ask that you utilize the following process:

- Phone calls are always okay. If we cannot speak right then we will arrange with you for a mutually convenient time to talk. Our cell phone numbers are listed below.
- In person meetings are also welcome but we ask that you call and arrange these meetings in advance. While we want to be accessible to parents it is very difficult to conduct an important discussion prior to or following a practice or game. The coaches, including the Head Coaches, have many responsibilities at these times and the ability to have a private conversation is extremely limited. We are pleased to make time to talk, but give us some advance notice so we may be prepared and

available. If either Head Coach needs to discuss a specific matter with you regarding your child we will extend you the same courtesy.

### **General Guidelines**

There are a multitude of topics that coaches and parents may need to discuss relative to a specific child – health, injuries, school work, schedule conflicts, etc. We are open and available to discussing most any topic with you or your player. There is one group of topics that we do have some “special” rules to guide our discussions – roster assignment, position assignment, and playing time. Our guidelines are as follows:

1. Prior to the start of the season the Head Coaches will be discussing with players and their parents the expected roster and position assignments for that player. Refer to the section on Positions, Roster Assignments and Playing Time for more details on how we make such decisions.
2. During the season players are welcome to discuss their roster assignment or playing time with a coach if they are unclear as to why they are slotted where they are slotted. Players are encouraged to talk to coaches about how they can improve and earn more playing time.
3. Parents are welcome to discuss with coaches how their player can improve and earn more playing time. Coaches will not however engage in discussions that require us to compare your player to any other player on the roster. No coach is permitted to discuss any player with anyone but that player’s parents.

Players usually understand why they have been slotted where they are slotted but will allow their parents to “go fight their battle”. We prefer to teach our young men to have this discussion directly with a coach. We ask you to encourage your player to actively manage their relationship with the coaches.

### **Contact Information – Head Coaches**

Marc Jackson: (630) 235-2471

Frank Ribaud: (630) 853-5397

Email for both Head Coaches: [info@ascafootball.com](mailto:info@ascafootball.com)

## Weight Restrictions & Rules

The CGSC League observes strict weight limits in order to ensure the safety of the players. The weight limits which are set by the league are as follows:

<b>Junior Varsity</b>	<b>Varsity</b>
No Limits $\leq$ 105 pounds	No Limits $\leq$ 140 pounds
Must Play Line $>$ 105 pounds	Must Play Line $>$ 140 pounds
Cannot Play $>$ 130 pounds	Cannot Play $>$ 185 pounds

There is a mandatory weigh-in required by the CGSC prior to the season (date TBD). If a player cannot make the mandatory weigh-in date there is a make-up date provided for emergency situations (e.g. death in family, serious illness). However, if a player must weigh-in at the make-up time they will be ineligible to play in our first game. If a player does not attend either weigh-in they will be removed from our official league roster.

At the weigh-in players must wear a tee shirt and shorts. They can take off sneakers and socks. If your child is within 5 pounds of any of the weight limits noted above they should wear as light (not color!) clothing as possible; they should eat light in advance of the weigh-in; and they should not eat right before the weigh-in.

If we make the playoffs there will be another weigh-in at that time, so we will be asking parents to monitor player weights during the season so we know in advance if we may have an issue at playoff time. There are no weight gain allowances during the season.

**It is important to emphasize that the weight limits and weigh-in procedures are mandated by the CGSC, not the All Saints Football Program. If a player does not make a specific weight bracket or the maximum weight allowance at the official weigh-in the result is out of the control of the coaches. The weigh-in procedures are fair, the scales used are certified, and the coaches will be there with the players. Once the weigh-in is complete there are no “do over” chances at a later date. We are bound by the results and there is no appeal process available.**

One other important CGSC rule to note is that no player on our roster is permitted to play with another team. This includes middle school teams and other in-house leagues. We would be pleased to discuss this rule with you if you require additional information.

## **Positions, Roster Assignments & Playing Time**

Our program has grown dramatically since its inception in 2006. We expect continued growth and have established several guiding principles in managing our rosters:

- If a player is willing to put in the effort required to play football and is willing to follow the Player Code of Conduct there will **ALWAYS** be a place in our program for them to play and learn the game. **Players will not be cut from our program – period!**
- Going into training camp every player has a chance to play any position (within the weight restrictions outlined in the previous section). During the July and August training camps players will be thoroughly evaluated by the coaching team. Roster and position assignments are made by the coaching team at each level and are always done with the best interests of the team as the primary consideration. Our guidelines include the following:
  - Attitude and Work Ethic
  - Individual Skills
  - Team Needs
  - Safety Considerations

Players and parents are always concerned about “playing time” in games, particularly in a program without “minimum play” rules. To ensure that all players get significant game experience we have roster designations at each level and mechanisms to manage playing time for each player.

- Roster Designations – as noted above we have roster designations at each level. They are as follows:
  - *Blue Roster* - Players who earn a starting position and are expected to get significant playing time in league games will be assigned to the Blue Roster. We strive to have as many players as possible in full-time starting positions.
  - *Gold Roster* - Players that may get some, but less significant playing time in league games (less than 10-20 plays) will be assigned to the Gold Roster. These players may receive some playing time in league games but will be provided significant opportunities for competitive playing time in Gold Games

(see below). In addition, all 4<sup>th</sup> and 5<sup>th</sup> graders (at the JV level) and 7<sup>th</sup> graders (at the Varsity level) are expected to participate in Gold Games.

*NOTE: As the season progresses players improve through coaching and practice, so players can move from the Gold to the Blue roster and vice versa during the season based on the same criteria used to establish original roster assignments.*

Gold Games are designed to ensure that every player in our program receives the opportunity to learn and improve not only in practice but in competitive game situations as well. We will have a schedule of 6-8 non-league games for each level. Opponents will include other travel teams from around the Chicago area that also have large rosters and their own Gold Teams. Our JV will also compete in Gold games against St. Raphael in-house teams.

**These games are not scrimmages. They are real games coached by the same coaching staff, played on regulation fields, with referees.**

We are committed to getting all players into game situations as a reward for their hard work and effort as a member of our football program. If you have any questions about the above information do not hesitate to speak with either of the Head Coaches. As training camps progress the Head Coaches will be communicating with you about the expected roster assignment for your child.

## Attendance

A special area of concern for the coaching staff is that of attendance. As a football team that prides itself on discipline, prompt attendance is a critical aspect of our program. Towards that end we ask that parents and players understand the guidelines and expectations around attendance:

- Coaches will take attendance at all practices and games. Coaches will note absences and late arrivals and this data will be considered when developing playing time goals for each player.
- Attendance is mandatory, not optional, at all practices and all games unless previously discussed with the Head Coach.
- Conflicts must be communicated to the Head Coach as soon as possible prior to the practice or game.
- If a last minute and unavoidable circumstance arises where your child will be late or absent for a game or practice the head coach must be notified by phone.
- The following reasons are acceptable for missing or being late to a practice or game:
  - Religious Education Commitment
  - Family Commitment
  - Illness
  - Family Emergency
  - School Work Conflict (if brought on by circumstances outside the control of the player)
- If a player is planning on participating in other sports during the season and it will impact attendance at our practices or games the player should understand that this will impact his role and playing time with our team.
- Punctuality is also very important. Our expectations about punctuality and arrival times are outlined in the Practice and Game Day sections of this handbook.

The coaches reserve the right to reduce the playing time for a player for tardiness and absenteeism. This can also affect roster assignments.

## **Inclement Weather Policy**

During the course of a 12 week season that starts in the Summer and ends in the Fall we will face our share of inclement weather. Our policy is simple and straightforward – unless there is severe weather (lightning, tornado warnings, or heavy rain) we will be practicing or playing games as scheduled.

During August it is not unusual to encounter extremely warm weather. The coaching staff is well aware of the dangers involved when the temperature and humidity are high and we will make adjustments to our plan accordingly. Adjustments include reducing the amount of high intensity activity, having extra water and ice on hand, having players remove shoulder pads and helmets, and working to the extent possible in shaded areas. There are still many activities we can and will conduct in extremely warm weather and players are expected to attend practices unless notified otherwise.

In short, we have practiced and played games in the rain, sleet, wind, and heat in the past and will continue to do so in the future. When in doubt please feel free to contact either Head Coach at the phone numbers included in the Communication section.

### ***Special Notes***

- If the weather looks threatening at the beginning of practice, we strongly encourage you to stay in the practice area. Should the weather become unsafe, we will cancel practice immediately.
- When it is obvious in advance of a practice or game that conditions will warrant cancellation we will contact you as soon as possible. We will do this via email or by phone. For this reason it is critical that we have on record accurate contact information. Prior to the start of the season we will ask that you confirm all email addresses and phone numbers (cell and home) that we have in our database. We thank you in advance for your help in this area.

## Practice

Practice is a critical part of our success as a football team. The coaching staff will come to each practice with a detailed schedule of activities. Practice is the time when we establish the discipline and teamwork we need.

Practice times will change during the season as light becomes an issue. The scheduled times are:

- August – 6:00PM to 8PM
- September – 5:30PM to 7:30PM
- October/November – 5:30PM to 7:00PM

During the first week of practice we are required to have 3 days without pads before we begin full contact practice. On August 2, 3, and 4 (Monday, Tuesday, and Wednesday) players should bring the following equipment:

- Helmet and mouthpiece (we can and will be in helmets from day 1).
- Cleats
- Practice jersey
- Protective cup
- 24 ounce water bottle

On August 6 (Friday) we will be in full equipment and will begin full contact practice. All of the above equipment plus shoulder pads and any other protective equipment should be brought to practice. This will be the protocol for the remainder of the season.

Players should arrive 10-15 minutes prior to the “official” start of practice. Coaches will be at the field and will have a “Pre-Practice” schedule in order to keep everyone active. If a player is not in the pre-practice area fully dressed, and ready to go 5 minutes before the “official” start time for practice they will be marked as late.

**IMPORTANT NOTE:** We make every effort to end practice on time in consideration of your busy schedules. We respectfully ask that you pick up your player at the designated end time for practice. If you are delayed please call us as soon as possible. We will not leave any player unattended at practice and, in fact require at least 2 coaches to remain behind. Your help in this area is greatly appreciated.

## **Game Day**

All JV games are played on Sunday at 12:30PM unless otherwise indicated by the coaching staff. Varsity games start 15 minutes after the completion of the JV game. Gold game schedules will not follow this pattern and we will provide these schedules with the Detailed In-Season Calendar in June.

JV players should arrive 60 minutes prior to the kick-off time for their game. Varsity players should arrive no later than 1:00PM.

Players should bring all their protective equipment to the game as well as the following:

- Game jersey (issued by the team)
- Game pants (issued by the team)
- 24 ounce water bottle

We also ask that parents bring an extra mouth guard and chin strap to each game. The coaches will have extras of the above as well.

We ask that parents give as much advanced notice if you know a player will be late or will miss a game. This is critically important for games as advanced notice will allow the coaches to reorganize lineups and assignments in an orderly fashion.

### Equipment & Equipment Care

All Saints travel football is part of St. Raphael Football Inc. Owing to this fact your child will still receive a standard equipment issue for the season. Below is a summary of the equipment needed for the season and who is responsible for providing that equipment.

<b>Equipment</b>	<b>Who Is Responsible</b>
Football Helmet (NOCSAE Approved)	It is your responsibility to provide a white football helmet. You will need to bring the helmet with you to the Player Check-In.
Mouth Guard	It is your responsibility to provide a mouth guard. <b>The mouth guard MUST be colored (not clear) and must have a tether to attach to the facemask of the helmet.</b>
Shoulder Pads	St. Raphael/All Saints will provide shoulder pads that must be returned at the end of the season. Shoulder pads are issued at the Player Check-In.
Football Jersey - Game	St. Raphael/All Saints will provide a game jersey that must be returned at the end of the season. Jerseys are issued prior to the start of the season.
Football Pants - Game	St. Raphael/All Saints will provide game football pants that must be returned at the end of the season. Game pants are issued prior to the start of the season.
Football Jersey – Practice	It is your responsibility to purchase a jersey that can be used in practices and scrimmages. Varsity players are required to wear a navy blue practice jersey; JV players are required to wear yellow.
Football Pants – Practice	It is your responsibility to provide football pants that can be used in practice.
Football Pants Pad Set	It is your responsibility to provide the padding for the football pants.

Well maintained equipment will protect a player. During the course of the season we ask our players to take care of their equipment. The following maintenance program is suggested:

- Helmet
  - Inspect & tighten facemask screws weekly.
  - Inspect & tighten chinstrap screws weekly.
  - Inspect chinstrap buckles weekly.
  - Wipe down your helmet weekly (inside & out) with a damp cloth.
- Shoulder Pads
  - Inspect all straps, strings, & clips weekly.
  - Tape all your straps after proper clip adjustment has been received.
  - Wash the molded plastic with a damp cloth.
- Pants, Girdle, Belt, & Practice Jersey
  - Wash them regularly to keep them from stinking, staining and housing bacteria.
- Hip Pads, Thigh Pads, Knee Pads & Tail Pads
  - Wipe these down with a damp cloth.

**Players are responsible for making sure their equipment is ready for practices and games. Coaches are more than willing to help for equipment issues that occur during the course of a practice or game but we ask our players to take ownership of equipment care and maintenance.**

## **Community Service**

As a Catholic School Program we believe it is important to teach our players about more than just football. Lessons about charity, humility, and helping those less fortunate than ourselves can be taught through a program of community service.

During the course of the season we will conduct several community service events. We expect each of our players to participate in at least 2 of these events.

The plan for 2010 is being developed and we welcome volunteers who have ideas about how we can give back to the community. We will have a page on the website dedicated to our community service efforts and ask everyone to think of ways they can help and set a great example for our players.

## Coach Code of Conduct

Coaches in this program have an awesome responsibility to our players and their families. We believe we have a unique opportunity to impact the lives of our players. To successfully discharge our responsibilities we follow the guidelines below.

- *We Are Teachers* – It isn't what the coaches know that wins football games; it's what the players know and can do. We will:
  - Provide a safe environment to play and learn the game of football.
  - Create an environment of learning free from fear of making mistakes.
  - Teach our players the rules and fundamentals of the game.
  - Set goals for the team and for individual players and work with each of our players based on their individual strengths and weaknesses.
  - Prepare for every practice and every game so that we give our players the best chance possible to learn and compete successfully.
  
- *We Are Motivators* – We cannot make a player do anything they do not want to do; we can however create an environment that encourages them to do what they need to do. We will:
  - Get to know all our players as individual people and let them know we care about them.
  - Create a disciplined environment based on respect and mutual trust.
  - Communicate to our players in a positive manner and treat each player as we want our own children to be treated – with dignity and respect.
  - Make football fun and help our players develop a passion for the game.
  - Provide leadership and direct our players in competition.
  - Never let a player go home upset or discouraged without talking to them.
  - Do everything possible to develop and maintain a positive team attitude.
  
- *We Are Role Models* – We earn the respect of our players by the examples we provide. We will:

- Control our emotions but not our enthusiasm for what we are doing. Screaming and foul language will not be tolerated.
- Help our players become better athletes and to value physical fitness.
- Encourage sportsmanship at all times and to accept both victory and defeat with class and humility.
- Actively demonstrate the values and behavior we expect from our players and help them to embrace these values.
- *We Are Students of The Game* – A good coach, like a good teacher, is constantly striving to learn and improve. We will:
  - Know the entire offensive, defensive, and special team schemes.
  - Have a thorough knowledge of all fundamental techniques we teach.
  - Attend coaching clinics, do independent research, and work hard to improve our coaching skills.
  - Earn a Youth Football Coaching Certification through the American Sports Education Program.
  - Develop and maintain relationships with local high school coaches in order to better understand how we can prepare our players to be successful when they leave our program and move on to their high school football careers.

In summary, as a parent you should see the coaches in our program demonstrate every day that they:

- Love the kids and the game of football
- Teach with passion and enthusiasm
- Are prepared and organized
- Demonstrate the values we preach and teach
- Work hard and have fun

## **Player Code of Conduct**

We believe that the highest reward for what we ask of our players is not what they might get from it, but rather what they will become because of it. Players are expected to represent our program and themselves positively on and off the field by following the Player Code of Conduct:

1. Do well in school. We support your parents 100% in this area.
2. Attend all practices, games, meetings, and events – and be on time!
3. Show respect to everyone – teammates, coaches, referees, and opponents.
4. Never cheat or engage in dangerous play.
5. Always be prepared on the practice field or during a game. This includes making sure your equipment is ready and maintained.
6. Hustle at all times - there is no walking on the football field during practice or games.
7. Understand that coaches make decisions based on what is best for the team, not individual players.
8. Take your position seriously and do your best at all times.
9. Participate in community service activities with the team or on your own.
10. Accept responsibility for your actions - “Be Accountable and Be Your Word”.

Violation of these rules will result in reduced playing time. If the problem becomes chronic it can result in suspension or dismissal from the team. The Head Coach reserves the right to handle each case on an individual basis and only the Head Coach can dismiss a player from the team.

## **Parent Code of Conduct**

Parents can have a significant impact on a player's youth sports experience. In order to get the most out of this program we ask that parents help by following the Parent Code of Conduct:

1. Insist on positive behavior and a high level of performance in the classroom.
2. Get players to all practices and games on time and with all their equipment.
3. Be positive with your athlete and allow them to perform and progress at a level consistent with their ability. Let them know you are proud they are part of the team.
4. Help your child to adhere to the Player Code of Conduct.
5. Support and respect the coaching staff, all players on our team, other parents, our opponents and the referees.
6. Maintain "sideline" behavior of the highest standards.
7. Promote having fun and being a team player.
8. Encourage persistence in your child and the ability to accept their role on the team.
9. Help the coaching staff by volunteering when they need your assistance.
10. Use common sense principles and ethics to guide all decisions and behaviors.

**Acknowledgement of Receipt and Understanding**

It is the intent of the All Saints Football Program to make your experience with us highly rewarding. This Parent/Player handbook has been given to you in order to answer many of your questions and detail the expectations and obligations of all the members of our football family. Thank you for being part of our program.

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I have received and read the All Saints Football 2010 Parent/Player Handbook. I understand the contents and agree with the expectations and obligations for all participants including coaches, players and parents.

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Print Player Name(s)

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Player Signature(s)

Date Signed

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Print Parent Name(s)

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Parent Signature(s)

Date Signed

**When signed please return to:**

**Frank Ribaldo  
2156 Primrose Lane  
Naperville, Illinois 60565**