



*Woodridge*  
**PARK DISTRICT**

**Indoor Youth  
Flag Football League**  
***Parent Packet***

Athletic Supervisor:

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# Welcome to the 2024 Indoor Youth Flag Football League!

We are excited to get the season underway! But before we do, make sure to read through this packet as it contains all the information for the upcoming season. If you still have questions after reading through this packet, or if you have questions/concerns throughout the season, do not hesitate to contact me. Keith Blomberg – 630.353.3400 – [kblomberg@woodridgeparks.org](mailto:kblomberg@woodridgeparks.org)

## **Sport Parent Code of Conduct**

The Woodridge Park District (WPD), believes in holding all of its members (coaches, participants, parents, guardians, etc.) accountable to a strict code of conduct/behavior policy when playing, watching, or coaching any activity. This is a key principle to making sports, especially youth sports, a safe, fun, and positive environment.

- I pledge to conduct myself in a manner that will reflect positively on the WPD to show respect for all involved in the game including coaches, players, opponents, opposing fans and officials.
- I pledge to encourage in a positive manner the efforts of players and will refrain from yelling out instruction to my child or his/her teammates for I understand that this is the coach's responsibility and such instructions may conflict with their teachings. I understand that games are chaotic times for players to deal with fast-paced action and need the flexibility without ridicule to learn how to respectfully respond to game situations, opponents, teammates and coaches.
- I understand that mistakes are inevitable part of any game and that players need to learn from their own mistakes and I pledge to encourage their pursuit in advancing their skills and knowledge of the game and to not criticize their mistakes.
- I pledge to refrain from using alcohol and illegal substances during any practice or game whether on WPD property or elsewhere.
- I pledge to educate myself on the rules of the sport, so that I have a better understanding of the game and calls made by the official(s).
- I pledge to not use inappropriate language, profanity, obscene gestures, offensive remarks of a sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- I pledge to refrain from confronting opponents, opponents' fans, coaches, or officials in a manner that would escalate any situation to a verbal or physical confrontation and I understand that it is in everyone's best interest to remain silent.
- I understand that it is a best practice to take a timeout (24 hours) prior to dealing with a coach about any player issues I have. I will not confront the coach in public, rather I will talk to the coach while calm and rational and will do so in a private manner. Public confrontation is embarrassing to the player and entire program and may result in myself being suspended from watching my child/player and/or result in my child/player being suspended from play for the team.

## **Signed Parent's Promise**

At the beginning of the season, your coach will ask you to sign a form to confirm that you have read the Sport Parent Code of Conduct. ***Failure to comply with this code of conduct, will result in disciplinary actions being taken to resolve the issue. Actions may include but are not limited to verbal and/or written warnings, ejections and/or suspensions. Incidents will be handled how staff deems appropriate based on the severity of the incident.***

## **Team Information**

**Coaches have until Thursday, October 24 to contact their team.** If you do not receive any contact from your coach, email Keith Blomberg at [kblomberg@woodridgeparks.org](mailto:kblomberg@woodridgeparks.org) on Friday, October 25 and I will have the information for you.

When you are contacted by your coach, they will go over the following information:

- Name(s) and contact information of coaching staff
- Team Number & Name
- Practice Schedule
- Confirm your contact information
- Any allergies or medical conditions of your player that the coach should be aware of
- Time and date of the Parent Meeting

## **Practice Information**

- **Practices will start the week of October 28 and go through November 21**
  - Due to space restrictions on the turf at the ARC, teams will have 45-minute practices for 4 weeks.

## **Game Day Information**

- **Games will be held on Sundays, starting November 3 and ending December 15. No games on Dec 1.**
  - This includes a 6-game season with no playoffs.
- The game schedule will be posted on the Woodridge Park District, Team Sideline website.
  - Here are 3 differed ways to access the game schedule:
    - <https://www.teamsideline.com/sites/woodridgeparks/schedules>
    - Go to the Woodridge Park District website and click on the tab under the advertisement banner labeled "League Schedules & Stats". Then, click the "Schedules" tab at the top of the page.
    - Click on the "Team Sideline" link at the bottom of my email signature
- If there is a cancellation due to inclement weather, games will be rescheduled to either an earlier timeslot, an alternative day or at the end of the season.
- Games will be held at the Woodridge Park District, Athletic Recreation Center (ARC).
  - Located at 8201 S. Janes Avenue, Woodridge, IL 60517.
- Only water is allowed inside the turf!
  - If your team participates in a post-game snack, they **MUST** be handed out in hallway and not in the turf!
- Patrons must watch the game from the turf. No patrons are allowed to watch the game from our suspended track.

## **Player Equipment**

- Mouth guards are not required; however, it is strongly encouraged for all players to wear.
- Players must wear their NFL Flag Jersey and Flag Belt to every game. These items will be given to you by your team coach. The "Home" Team will wear their dark side of the jersey and the "Away" team will wear the lighter-colored side of the jersey.
- Players should wear shorts or pants that do not have pockets.
- Players can either wear gym shoes or cleats. However, cleats with exposed metal are NOT allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- Due to safety precautions, have your player remove any jewelry and hard billed hats before their game. This includes wristbands, necklaces, and earrings. Winter beanies are allowed.

## **Weather Cancellations**

- In the case of severe weather, cancellations will be posted on the Woodridge Park District Rainout Line.
  - <https://www.woodridgeparks.org/rainout-line/>
  - This can also be accessed by clicking the “Rainout line” link at the bottom of my email signature.
- You can manage your text and/or email subscriptions by selecting the activity, facility categories, and establishing the length of time you want to receive notifications.
- If you receive a cancellation notification, please relay the message to your team to ensure everyone is notified.

## **Volunteer Coaches Make It Happen!**

We are extremely grateful for the volunteer coaches in our leagues! These programs do not have the success without them. Throughout the season, they may ask for help at practice or on game day. If you can, please step up and volunteer to help the team. The league rules can be found on the Team Sideline website under the “Downloads” tab.

## **Helpful Resources**

Whether this is your first time being a sports parent or you have been doing this for a long time, you can always learn how to do better. Below is a list of different resources to help you as a sport parent throughout the season.

- [Guidelines For Parental Involvement In Youth Sports](#)
- [10 Tips For Sports Parents](#)
- [8 Sideline Behavior Tips For Parents On Gameday](#)
- [Silence On The Sidelines Lets Kids Learn And Coaches Coach](#)
- [Parents Need To Stop Trophy-Chasing And Let Their Kids Learn](#)
- [Why Kids Staying In Sports Is Important](#)
- [My Kid Acts Disinterested In Sports But Says She Loves It](#)
- [Maintaining Support For A Coach During A Losing Season](#)
- [WHY AND HOW PARENTS CAN SUPPORT REFEREES IN YOUTH SPORT](#)