

**BRICK MEMORIAL
FOOTBALL AND
CHEER
ASSOCIATION**



2016 HANDBOOK

www.brickmustangs.org

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AFFILIATION

Brick Memorial Football and Cheer Association (BMFCA) is a member of the New Jersey American Youth Football, Jersey Shore Conference, Inc. (1901 Route 71, Suite 3D, Wall, NJ 07701). BMFCA is affiliated with American Youth Football, Inc. (International Headquarters Miami, Florida). BMFCA is obligated to uphold and enforce their rules as they apply to other American Youth Football and Cheer entities across the nation.

Parents and participants of BMFCA shall make every attempt to resolve any and all problems directly with BMFCA officials and shall only be afforded the right to appeal to BMFCA affiliated when local administration attempts prove to be futile.

BOARD OF DIRECTORS

President	Ted DiGuilmi	td208@aol.com
1 st Vice President	Ed Kenmure	banced@ucmcorp.net
2 nd Vice President	Margaret Covert	fivejetsfans@yahoo.com
Treasurer	Tracy Platt	tra23@comcast.net
Secretary	Sherri Barrett	web4mustangs@yahoo.com
League Representative	Dave Betten	davbetten@gmail.com
Sergeant-at-Arms	Gerry Spanola	gspanola@architragroup.net
Football Commissioner	Michael Spanola	michael,spanola@utiliquet.com
Cheer Commissioner	Tina Certo	tcertopop@aol.com

BRICK MEMORIAL FOOTBALL AND CHEER ASSOCIATION
P.O. BOX 532
BRICK, NJ 08723

Email: web4mustangs@yahoo.com

Website: www.brickmustangs.org

Website:

Our website is www.brickmustangs.org. We have been using the website as an information resource. All important information will be posted and parents should check the site daily for any updates, especially once the season begins.

If you would like to be on the e-mailing list for reminders and important information, please send an email to web4mustangs@yahoo.com and indicate your child's name, division and list for cheer or football.

Our website contains group pictures of the teams and events from the year. If you do not want your child's picture listed on the website, please email the Web Designer at web4mustangs@yahoo.com describing the picture with your child you would like taken off the site and it will be done upon receipt of your email.

Information regarding any awards banquets, fundraising, equipment hand-ins, cancelled practices due to inclement weather and any other events will be posted as the information becomes available. It will be the responsibility of the parent/guardian to check our website on a daily basis for any information or alerts in regards to the above.

Bi-laws will be available for viewing at all General Membership Meetings. If you would like your own copy a request for a copy must be submitted to Ted DiGuilmi, President at web4mustangs@yahoo.com

FIELD/FACILITY INFORMATION

No animals are permitted on the Vet's Complex. Although we cannot enforce this, we are asking for your cooperation by abiding by this law. If you do bring a pet to the field we ask that you please pick up after your pet.

Parking in the school driveways are by BMFCA permit only.

No parents are permitted on the fields, except on Chain or Monitor, during or between games without a field pass or Board Member permission. No parents are permitted in the any facility where practice is being held without permission from the Cheer Commissioner except for Board Members.

Only one person per team is permitted on the roof of the booth for videotaping during their team's game. This person must be approved by the Head Coach.

No children are permitted in the booth at Vet's Complex or the concession stand without permission.

TURF FIELD RESTRICTIONS

THE FOLLOWING ITEMS ARE PROHIBITED ON OR NEAR THE
TURF FOOTBALL FIELD:

GUM, CIGARETTES, SUNFLOWER OR OTHER SEEDS,
CANDY OR FOOD OF ANY KIND, SODA, JUICES OR COFFEE.

THE ONLY THING PERMITTED ON THE FIELD IS WATER!

NO METAL CLEATS!

REQUIREMENTS OF REGISTRATION

If need be, sometime in March or April, the BMFCA will hold a “closed” registration. This registration gives all the previous year’s participants an opportunity to claim a position on a team or squad. All participants are taken on a “first come” basis. Letters announcing the date, time and location of this closed registration will be sent out and posted on the website prior to the registration. Once the “closed” registration date is completed, there will be no reserved positions available. 2016 will be open Registration.

During the months following, if required an additional date will be established for an “open registration”. This registration will be open to all children in the Brick Memorial High School sending district. All children are taken on a “first come” basis and there are no pre-qualification standards in order to participate excepting those, which require each child to meet certain age and weight (football only) requirements.

The following must be completed or handed in by equipment handout for any participant to start practice:

1. New Jersey American Youth Football, Jersey Shore Conference registration log must be signed by a parent or guardian.
2. Registration card must be completely filled out on both sides and signed by a parent or guardian.
3. Original birth certificate and a copy to be certified for all participants.
4. Recent headshot picture of participant.
5. The American Youth Football Physical form must be completed and dated no earlier than January 1st of the current year, stating okay to play “tackle football or cheerleading” and handed in at equipment handouts.
6. Two copies of previous school year’s final report card.
7. All equipment, uniform and any money due BMFCA from the previous year satisfied.
8. 2016 American Youth Football Parental Consent Form
9. BMFCA Registration Form
10. Any additional required paperwork

MEDICAL APPROVAL: Each participant must be approved for participation by a licensed physician, no earlier than January 1st of the current year. It is required that every participant receive a medical examination and approval to participate prior to being allowed to take part in any of the programs offered by this organization. As an added service to you, BMFCA will make an attempt to locate a local physician to provide this medical examination at a nominal fee. If the organization is successful in our search for a physician, examinations will be scheduled some time in June or July and you will be notified in advance either by mailing, email, or through the BMFCA website. If you miss the physical examinations, you must obtain your own, however, the only acceptable medical form is the American Youth Football Physical form and must include a Doctor’s signature and official office stamp.

THE ULTIMATE RESPONSIBILITY FOR HAVING YOUR CHILD EXAMINED AND APPROVED IS THAT OF THE PARENT OR GUARDIAN AND NOT OF BMFCA.

THE FOLLOWING ITEMS ARE REQUIRED AT REGISTRATION

REGISTRATION FEES: The first half of the registration fee due on April 9, 2016 is One Hundred Fifty dollars (\$150) per child for Mitey Mite Division through Midget Divisions (plus \$30.00 for football player's Jersey). The registration fee is Fifty (\$50) dollars for all participants in the Flag Football and Flag Cheer programs.

Balance of \$150.00 Registration fee for Mitey Mite Division and up and Balance of \$50.00 Registration fee for Flag will be due at Equipment Handouts in July. Family discounts for the 3rd and 4th child will be given at this time.

PARENTAL PERMISSION: A parent or guardian must accompany each child to the registration and must fill out the registration card on both sides and sign. There will be other items of importance that will be distributed and it may be necessary to speak with you as well. Any children that attend the registration unaccompanied by a parent or guardian will not be registered.

PROOF OF AGE: You must bring the original birth certificate and a copy to be certified by BMFCA.

FOOTBALL DIVISIONS / WEIGHTS / AGES

WEIGHT: Football participants will be weighed at registration, first so that BMFCA can place them on a team's preliminary roster and second to ascertain eligibility to participate. The participant's weight is a vital part of football eligibility and they must meet both minimum and maximum requirements in order to begin practice and they must maintain the weight requirements during the season.

DIVISIONS WITH AGES AND MAXIMUM WEIGHTS;

Midget:	Age:	12, 13, 14, 8 th grade cannot turn 15 before 8/1/16
	Maximum Weight:	unlimited
Jr. Midget:	Age:	10, 11, 12 & 13* years old
	Maximum Weight:	159 lbs. + 6lbs. for Equipment
	Older /Lighter:	*13 years old / 139 lbs. / maximum weight
Pee Wee:	Age:	9, 10, 11 & 12* years old
	Maximum Weight:	139 lbs. + 5lbs. for Equipment
	Older /Lighter:	*12 years old / 119 lbs. / maximum weight
Jr. Pee Wee:	Age:	8, 9, 10 & 11* years old
	Maximum Weight:	124 lbs. + 5lbs. for Equipment
	Older /Lighter:	*11 years old / 104 lbs. maximum weight
Cadet:	Age:	8, 9, & 10* years old
	Maximum Weight:	114 lbs. + 5lbs. for Equipment
	Older/Lighter:	* 10 years old/ 94 lbs. maximum weight
Mitey-Mite:	Age:	7 year olds
	Maximum Weight:	105 lbs. + 5lbs. for Equipment
	Age:	8 & 9 years old
	Maximum Weight:	105 lbs. + 5lbs. for Equipment
Flag:	Age:	5 & 6 years old
		No weight limit

***Ages as of July 31 of the current year @ midnight.**

- Any participant who is 6 lbs. or more over their division's maximum weight on the first day of practice **MUST BE MOVED UP TO THE NEXT DIVISION.**
- Any participant who is up to 6 lbs. over their division's maximum weight on the first day of practice but not old enough to move to the next division will be allowed to stay

at that division, to try to make weight for certification, as long as they do not weigh more than 6 lbs. over that division's maximum weight.

- Any participant who is 7 lbs. or more over their division's maximum weight on the first day of practice and is not old enough to move up to the next division will not be allowed to participate in the Brick Memorial Football and Cheer Association.

CHEER DIVISION

Midgets (Division 18):	15, 16, 17, 18 years old
Jr. Midgets (Division 14):	11, 12, 13, 14 years old
Pee Wee (Division 12):	10, 11, 12 years old
Jr. Pee Wee (Division 10):	8, 9, 10 years old
Mitey-Mites: (Division 8):	6, 7, 8 years old
Flag:	5-6 years old
Challenger/Buddy Division*:	Mixed Ages

*We currently do not offer a challenger team. If someone would like to participate in the Buddy program, we will make all efforts to find that child a place to participate.

- All cheer / dance participants team assignments are also based upon age.
- All teams will be filled on a "first come" basis based on master roster order.
- There is the possibility of multiple teams at each level. If two teams are required at any of these levels the following will occur:

At all football games and dress scrimmages the squads will combine and cheer for four quarters, each will perform their hello cheer and halftime routines.

Cheer above the Mitey Mite level is considered competitive; all children who do not wish to compete will not participate in gym practices, competitions or other competitive team events. Every attempt will be made to include these children in any event that is not tied to competition; however, once September begins, all competitive teams are in the gym.

If there are girls that do not wish to compete, they will be rostered to a non competitive team; and each competitive team will compete in their respective cheer division at the Jersey Shore and any subsequent competitions.

- All participants at each level, regardless of Cheer status, will be treated the same with the exception of those items mentioned above.

* Ages as of July 31 of the current year.

ROSTER SIZE

Each team or squad has a maximum of thirty-six (36) available positions per division. Participants that played the previous playing season shall have first preference in filling these positions, however, the participants must exercise this right of preference at the “closed” registration referred to earlier in the handbook.

In the event that we have excess children desiring to participate on any one division, BMFCA will make all efforts to fill a second team (football only) in that division. If this is not possible and the participant still has a desire to play, BMFCA may be able to make arrangements for the participant’s placement in the Jersey Shore American Youth Football “player pool”.

SCHOLASTIC ELIGIBILITY

A strong commitment to each child’s academic achievement has been the cornerstone of American Youth Football since its inception, and BMFCA is committed to keeping it that way! BMFCA requires that every participant provide proof of scholastic fitness in order to participate in the American Youth programs. By Equipment Handouts in July annually, each participant is required to submit two copies of his or her report card for the previously completed school year. **NO PARTICIPANT MAY BE CUT FOR POOR OR FAILING GRADES, BUT THEY WILL NOT BE ALLOWED TO START PRACTICE ON JULY 27th IF THEY FAIL TO PRODUCE A REPORT CARD!** If you cannot locate the report card, you must contact school officials for either a copy or a form must be completed and signed by the parent and the school in order for the participant to start practice on July 27th or the first official day of practice.

Current 5th graders through 8th graders with an overall average of 98.0% or better are automatically eligible to receive an award for their academic achievement from the “All-American Scholars”. Some will be able to complete even further in the “National All-American Scholars” competition depending on their grades and extra curricular school activities.

Team or squads may be eligible as well to compete in the overall, combined, team or squad average is 98.0 or better and there is 100% participation. This is another avenue of competition with American Youth Football teams across the country and we can have the opportunity to gain recognition for our organization, community and schools.

No participant is “guaranteed” a position on any of the Scholar Programs. All eligibility is based on the selection of the Jersey Shore and Big East Region Scholastic Committees.

RETURNED CHECKS

If for any reason your check is dishonored and returned by your bank, you will be informed by the BMFCA Treasurer. You will be charged an additional twenty-five (\$25) dollars to cover bank handling charges and administrative costs, and from that point on cash or money order will be only the accepted forms of payment. If this matter is not cleared up by June 1st, your child will be removed from the roster list, and once payment is received, they will be placed at the end of a waiting list, if applicable.

REFUNDS

Due to organizational expenses there will be **NO** refunds after August 1st, except for the following reasons:

1. **MEDICAL EXCUSE:** This will require a note from your **DOCTOR**.
2. The participant moves out of the Brick Memorial High School sending district.
3. The participant does not make weight at the official league certification weigh in.

Refunds are limited to your first registration fees only. Any and all second registration fees will not be refunded due to organizational expenses.

INSURANCE

BMFCA carries group “Accident Insurance Coverage” for medical and hospital expenses with a minimal or no deductible amount for each accident, depending on the actual coverage’s approved for purchase through the Jersey Shore American Youth Football League, Inc.

The insurance coverage by BMFCA is a “Secondary Coverage”, which means that when there is an accident their primary insurance coverage will come from the parents or guardian’s insurance carrier. All claims should go through the primary carrier first, any amount that is not paid by the primary carrier would then be submitted to the organization’s carrier.

To assist you in this matter our League Representative is responsible for coordinating all insurance claims. The participant’s parent or guardian must file a preliminary report with the League Representative within ten (10) days of the accident. Failure to do so can result in either a delay or denial of coverage from our provider and a release of responsibility for any obligation that we might have with assisting you with your claim.

PRACTICES

Practices begin on or about July 25th, annually. During the months of July and August practices will be held (4) days a week, for Football and Cheer Teams. Practice starts at 6:00pm and is schedule to end no later than 8:30pm. This allows for 10 hours of practice per week. If a rainout occurs, the make up practice will be held that Friday.

When school starts the Football, and Cheer Team practices can stay at four (4) days, but we may choose to go to three (3) days per week. Those in the Cheer Team programs will have practices dedicated to the preparation for competition. These practices will be more than likely held inside at a local school or other facility. Each participant will be notified as to the days, times and locations of the practices.

Competition practices vary depending on schedule and availability of the practice gym.

SCRIMMAGES / GAMES

Football participants begin scrimmages on or about August 15th. Games will begin around Labor Day weekend. Some of the scrimmages/games will be at the BMFCA home field, while others will be away at the other team's field. When the scrimmages/games are away it will be necessary for the parents or guardians to make sure that their child is at the away scrimmage/game site on time. Please have all Football and Cheer Teams participants to all scrimmages one half hour before the start of the scrimmage unless the Head Coach gives a specific time to be at the scrimmage. Please have all Football participants to all games at half time of the previous game forty-five (45) minutes before the start of your games, all Cheer Team participants must have thirty (30) minutes of warm-up to participate in the games. Further information with regard to all scrimmage and game schedules will be on the BMFCA website and a schedule will be sent home with your child.

All Football and Cheer Team participants must wear their complete game uniforms to all games and competitions.

ATTENDANCE POLICIES

Football and Cheer Team programs are team sports and it is of the utmost importance that each participant of a team or squad is present during all practices and games. A participant who misses practice or games, or who is late, not only misses out on what was taught but also disrupts the pace and unity of the team or squad. This could have a negative affect on the team or squad during the season or competition. Missing practice is also unfair to the other participants who are at every practice. With this in mind, the coaches will develop an attendance policy for each team or squad.

The attendance policy will allow certain flexibility, however, if a pattern of absences develops whereby a participant is missing only certain days of the week or whatever pattern may develop, if it is determined that said pattern could be a detriment to the team and/or squad, a participant may be suspended from that team and/or squad pending a hearing with the parent or guardian by the coaches and the Board of Directors.

Competitive Cheer Team participants will be allowed only three (3) absences once competition practice begins. Competition practices are defined as those that take place at a location with a matted surface once practices have begun. If a child is injured or ill, a doctor's note will be required to be excused from practice. We require a doctor's note to stop practicing and to

return to practice for all injuries. The injured child should be at all practices unless the injury makes it unable for the child to sit and observe practice.

CANCELLED PRACTICES, SCRIMMAGES AND GAMES

From time to time it may become necessary to cancel a practice, scrimmage and game due to inclement weather or some other reason. This does not happen often but, when it does, it's a tough job to try and call all the participants in the program to tell them that a practice, scrimmage or game has been cancelled. Each team will have someone assigned with who you and your child should be familiar with and in most cases you will have their phone number. Either the team parent or coach on will contact you regarding cancellations of practices, scrimmages and games. The information will also be posted on the website. An e-mail will be sent out to all and will be backed up by a web-site posting.

TRANSPORTATION TO PRACTICES, SCRIMMAGES AND GAMES

In an effort to encourage parental participation and support of your children, BMFCA **does not provide transportation** to and/or from practices, scrimmages and games. It is the responsibility of each parent or guardian to make sure that their children get to all the activities and that they are **"on time"**. BMFCA feels that children perform better when their parents take an active interest in them by being in the stands cheering them on and supporting them in all areas of the program.

If for some reason you cannot attend one or two practices, you might want to ask a neighbor or fellow team member to assist you by provide a ride for your child. Remember that as a member of a team and/or squad your child's fellow team or squad members will be depending on your child to be at all practices, scrimmages and games.

OBLIGATION TO GAMES AND ACTIVITIES

BMFCA is obligated to each and every game assigned to the organization during the regular and post seasons. This includes but is not limited to games, play-offs, championship games, bowl games and spirit team competitions. The season officially starts on or about July 25th but may not end, depending on how well the team or squad does, until after the National Championships and National Cheer Team competitions in December. Remember that as a participant in BMFCA program, each participant is obligated to each and every game as well.

DISBURSEMENT AND COLLECTION OF UNIFORMS,
EQUIPMENT AND OTHER BMFCA PROPERTY

Uniforms and equipment will be issued to each participant at a time and location to be announced by BMFCA. It is important that each participant be there so they are fitted properly. The following items are on loan from BMFCA and remain the property of the same:

FOOTBALL

Game pants with belt and pads
Game Jersey
Game socks
Practice Pants with belt and pads
Practice Jersey
Helmet with inner pads, face guard & chin strap
Shoulder pads
Rib Pads

Participant must provide: Athletic supporter with a cup (mandatory)
Additional socks if wanted
Shoes, with rubber, non-detachable cleats

CHEER TEAMS

Cheer Competition uniform including but not limited to skirt, vest and unifit.

Participant must provide: Any accessories that does not come with the prescribed uniform, including but not limited to sneakers, socks, body suit, dance props, hair accessories and any personalized wear.

EVERY PARTICIPANT IS RESPONSIBLE FOR THE UNIFORM AND EQUIPMENT THEY ARE LOANED FROM BMFCA. YOU MUST KEEP THEM CLEAN AND INTACT. YOU MAY NOT UNDER ANY CIRCUMSTANCES ALTER OR REMOVE ANY ITEM IF IT SHOULD NOT FIT PROPERLY OR BE IN DISREPAIR. IF THERE ARE ANY PROBLEMS AT ALL WITH A UNIFORM OR EQUIPMENT, CONTACT THE TEAM OR SQUAD'S HEAD COACH. REMEMBER YOU ARE RESPONSIBLE TO REPLACE ANY DAMAGED, LOST OR STOLEN UNIFORM OR EQUIPMENT.

VOLUNTEER AND UNIFORM CONTRACT

The Volunteer / Uniform contract is necessary due to the lack of volunteer participation with the program and the failure of participants to return their uniforms and equipment on a timely basis. Each participant's parent or guardian will be required to give in a bond check. One (1) **Two Hundred Dollar (\$200) for Mitey Mite and up and \$100 for Flag** deposit bond check that will not be cashed and returned to you upon return of your child's CLEAN uniform (DO NOT DRY CLEAN) and equipment at the designated date and drop off site. Please be aware that in addition to forfeiting your Two Hundred Dollar bond check, you will be charged the complete cost of replacement for any pieces missing or damaged beyond normal wear and tear. If you return the uniform late, you will be charged \$100.00.

Volunteers:

BMFCA is run and organized by volunteers. We are a large organization with many areas in need of volunteers. Every 4th Tuesday of the month throughout the year with the exception of the month of December, we hold General Membership meetings so that the parents and coaches are aware of the latest events going on in the organization. All parents and coaches are welcome to attend but we ask that you do not bring the children. Some areas where you can help with volunteering are:

- Holding down marker or chains at home games
- Team parent
- Fundraising help and committees
- Awards ceremony committees
- Selling 50/50 raffle tickets at all home games and events

MANDATORY PLAY OR PARTICIPATION RULE

American Youth Football's Mandatory Play or Participation Rule has been very instrumental and important in the overall success and "staying power" in the arena of "youth sports". Besides the emphasis that is placed on each participant's academic achievement, the Mandatory Play or Participation Rule assures that each and every participant plays and participates with their team and/or squad during all games and competitions. This rule mandates that every football player participate in a minimum number of plays during every game.

Football Mandatory Play Rule

Midget/ Jr. Midget / Pee Wee / Jr. Pee Wee /Cadet Divisions:

Eligible Players at Game Time

Minimum Number of Plays

16-25 Players	10 Plays
26-30 Players	8 Plays
31-35 Players	6 Plays

Mitey-Mite Division:

16-25 Players	12 Plays
26-30 Players	10 Plays
31-35 Players	8 Plays

National American Youth Football Rules state that only Certified Association Member and Board of Directors of the Brick Memorial Football and Cheer Association can be on the practice or game fields and gym at any time. For the safety of all the participants, please refrain from going on the field/gym during practice or games for any reason unless you are granted permission from the Head Coach or Commissioner.

Brick Township Law states that there is to be No Smoking on school grounds at any time. The Brick Memorial Football and Cheer practice and game fields are on Brick Township property, therefore, there is to be No Smoking at any practices or games, no consumption of alcoholic beverages will be permitted.

GUIDELINES FOR SUPPORTIVE PARENTS

Few youth sports programs are successful without the support of parents. Below are a few guidelines, which coaches can share with concerned parents as they strive to be supportive of their young athletes without being pushy.

1. Supportive parents focus on mastering sport skills and strategies rather than competitive ranking. Sport mastery focuses on performance, which can be controlled by the athlete while competitive ranking focuses primarily on winning and losing, an outcome, which is frequently outside the athlete's control. An overemphasis on competitive rank and an underemphasis on sport mastery is a primary cause of the dramatic dropout rate from competitive sports by 12 to 18 year olds.
2. Supportive parents decrease the pressure to win. Supportive parents realize that sport creates its own pressure to succeed. Additional pressure from the parent is likely to be counterproductive, particularly in the long run. Supportive parents avoid making the outcome of a game bigger than life. As a game or a competition becomes blown out of proportion, a youngster's self-esteem can become tied to winning or losing. A child should not feel less valuable or less loved when a match is lost.
3. Supportive parents believe that sport's primary value is the opportunity for self-development. The probability of achieving lasting fame and glory via sport is low. Many outstanding athletes never achieve professional status but their sports experiences have allowed them to develop life-long values and self-respect.
4. Supportive parents understand the risks. Competition places the athlete on center stage. Anytime you attempt to succeed publicly, you risk falling where others can judge you. In the long run, competing is a willingness to chance failure. Giving your best is what athletics is all about.
5. Supportive parents communicate their true concerns directly with the coach. A positive working relationship is based upon clearly communicated, mutual goals among parents, coaches and athletes. While a parent cannot control the behavior of a coach, they can communicate with the coach on a regular basis about the overall development of their child.
6. Supportive parents understand and respect the differences between parental roles and coaching roles. Both parents and coaches need to understand their different roles in supporting the young athlete. While parents are ultimately responsible for their child's development, once they have chosen a coach, they must leave the coaching to the coach. Even though supportive parents often play sports with their child, they avoid coaching "over the shoulder" of the coach and/or publicly questioning coaching decisions.
7. Supportive parents control negative emotions and think positively. Few athletes wish to perform poorly. A negative reaction to poor performance only adds to an athlete's pressures. Supportive parents realize that even the athlete who "chokes" is trying to succeed. In fact, part of the problem with many athletes is that they are trying too hard to succeed. Criticizing such athletes does little to enhance their performances.
8. Supportive parents avoid the use of fear. The use of punishment and withdrawal of love can pressure kids to perform better. Unfortunately, such strategies tend to trade short-term performance gains for long-term emotional risks to the youngster's health and well-being. Supportive parents recognize that a love for sport is rarely fostered by fear of the consequences of failure.
9. Supportive parents avoid criticizing. Nagging parents often confuse support with constantly reminding the children that they need to practice more, condition more, concentrate more, etc. Overly involved parents frequently lose their objectivity. They are unable to provide critical emotional support, which children often need before and during highly competitive contests.
10. Supportive parents recognize and understand expressions of insecurity. Youngsters who express high anxiety, more often than not, have parents who are insensitive to their symptoms. When children are nervous, uncertain, or feeling pressure, insensitive parents may trivialize the child's fears or see such concerns as signs of weakness. Supportive parents realize that such expressions are normal and are a call for emotional support.
11. Supportive parents avoid the use of guilt, "We've done so much for you," or "The family's given so much for you, the least you could do is take advantage of what we've provided for you" are typical remarks of unsupportive parents. They use guilt to manipulate the child to perform the way the parents' desire.
12. Supportive parents show empathy for the young athlete. Empathy is an understanding of what the child is feeling and an awareness of the pressures and demands that the sport places on the athlete. Empathy is not sympathy of agreement necessarily but rather a true understanding that the task is difficult. A sympathetic response to an expression of doubt by the athlete might be "Perhaps you're right. Perhaps it is too difficult. Maybe you shouldn't compete today." A supportive parents as on the other hand, might express empathy "Yes, it will probably be a tough competition today. C'mon, let me help you get ready."

THIS IMPORTANT SAFETY ISSUE MUST BE READ BY ALL PARENTS/GUARDIANS AND ALL COACHES HIGH TEMPERATURE DAYS AND HEAT STRESS

Heat stress is an increase in human body temperature and metabolism caused by physical exertion and/or a heated environment which can lead to exhaustion, mental confusion, disorientation, dehydration, loss of consciousness, heart attack, stroke and other fatal illnesses. Heat stress results from internal, metabolic heat buildup (from playing in sporting events, for example) and external stress related to environmental factors, such as football equipment. As the core temperature rises, so does the risk of heat stress. Performing strenuous tasks in the heated environment of a practice session/game or in warm or humid weather can also increase the risks of heat stress. Simple preventative measures can be taken to avoid heat injuries, including drinking fluids frequently throughout the day to stay well-hydrated and wearing a single layer of porous cotton under uniform to keep the least amount of heat from becoming trapped near the body.

Becoming Acclimated – The rate at which people sweat is determined not only by genetics, but by hydration, state of acclimation and aerobic fitness. You can't sweat if your body doesn't have enough water. In order to maintain normal body function, players must replace fluid as soon as possible. Acclimation is a physiological adaptation that the human body makes with repeated exposures to heat stress during exercise. It increases our rate of sweat production and shortens the time it takes for the sweating response to start and conserves sodium. Regular and sustained aerobic exercise can help with acclimation. Players who maintain an adequate level of fitness will have reduced cardiovascular strain and lower core temperature for the same level of heat stress. Fit players also tend to have reduced levels of body fat – and aren't carrying extra non-functional weight. Therefore, less energy is required by a fit person to do the same job as a less-fit person. It is important for players to acclimate themselves to heat and know how to prepare for the summer weather. If sweat cannot evaporate, it doesn't matter how fit, how acclimated or how hydrated you are -- thermo-regulation will be compromised. In addition, it is essential that players are aware of the signs and symptoms of heat stress in order to detect it early and take the appropriate measures.

Heat Stress Symptoms – At first sign of symptoms, players should notify their coach in charge and immediately: institute work/rest cycles; keep cool and drink small amounts of the appropriate fluids; and use water spray bottles, fans and damp towels. Some predisposing factors to heat stress include sustained exertion in the heat by unacclimatized players; lack of physical fitness and/or obesity; dehydration; individual susceptibility; chronic cardiovascular disease; and failure to replace water lost in sweat. To prevent heat stress, follow these guidelines:

- Acclimatize for five days by graded work in heat exposure.
- Drinking ample water frequently throughout the day and during practice.
- Ensure adequate salt intake with meals and supplement salt intake at meals for un-acclimatized players. Players also need rehabilitation to ensure they can safely return to play. An effective rehabilitation program must include:
 - Rest: a “time-out” to help players stabilize vital signs.
 - Re-hydration: replacing lost fluids.
 - Restoration of core temperature through “active cooling”.
 - Medical monitoring and treatment if needed.

Glossary of Terms:

Heat Index – Heat Index combines air temperature and relative humidity to determine an apparent temperature – or how hot it actually feels. High heat-index days can be health and life threatening, even to the non-exerciser.

Humidity – Humidity is the amount of moisture in the air. Humidity is of particular concern to those whose primary cooling mechanism is perspiration evaporating. It's the evaporation of that perspiration that causes some cooling effect, not the process of perspiring itself. In other words, in water-vapor-saturated air (high humidity), there is no evaporation of perspiration, and therefore, our principle cooling mechanism is not functioning for us.

Dew point – Dew point is the temperature at which a vapor begins to condense. Dew points are sometimes reported or used rather than relative humidity. Beware of dew points above 70. The table below can be used to estimate the heat index. The heat index is an accurate measure of how hot it really feels when the effects of humidity are added to high temperature. When the heat index is between 90° F and 104° F, sunstroke, heat cramps or heat exhaustion are possible with prolonged exposure and physical activity. When the index is between 105° F and 129° F, sunstroke, heat cramps or heat exhaustion are likely and heatstroke is possible. Heat indices of 130° or higher will result in heatstroke or sunstroke quickly.

Stress the signs and treatment of heat-related illness.

Be sure to include this basic information in your training on heat hazards and first-aid:

- **Heat stress** is a common reaction to high temperatures, especially when accompanied by strenuous activity. Symptoms include thirst, fatigue, dizziness, and even difficulty seeing. *What to do:* Take a break in a cool place and drink cool water or juice.
- **Heat cramps** are painful muscle spasms in arms, legs, or intestines that are caused by losing salt while sweating.

What to do: Cool down and drink water or juice. Also make sure the diet includes foods that will replace lost salt.

- **Heat exhaustion** can make a person feel weak and possibly dizzy and/or nauseous. Other symptoms include chills, clammy skin, and profuse sweating. *What to do:* Rest in a cool spot (preferably with feet slightly elevated) and drink plenty of fluids. If condition doesn't soon improve, seek medical attention. Take it easy for a few days following an incident, especially if excessive heat continues to be a work factor, and reduce the pace of activity.
- **Heatstroke** is the most serious type of heat-related sickness and is, in fact, life threatening. Emergency medical attention is required. A victim of a heatstroke stops sweating, causing the body to overheat. Symptoms include hot and flushed skin, poor coordination, and confusion, possibly followed by loss of consciousness. *What to do:* While waiting for the EMTs to arrive, move the person to a cool place, sponge with cold water, apply ice packs or cold drink cans, or immerse in cold water. Offer drinking water only if the person is conscious.

Heatstroke First Aid

Heatstroke is a life-threatening condition. Follow these first aid steps:

1. Call 911 or other emergency medical services.
2. Move the person into a cool place, out of direct sunlight.
3. Remove unnecessary clothing and place the person on his or her side to expose as much skin surface to the air as possible.
4. Cool the person's entire body by sponging or spraying cool (not cold) water and fan the person to lower the person's body temperature.
5. Apply ice packs to the groin, neck, and armpits, where large blood vessels lie close to the skin surface. Do not immerse the person in an ice bath.
6. If possible, check the rectal temperature frequently, and try to cool it to 102.3 °F (39.06 °C) or lower as soon as possible. The longer the body is at a high temperature, the more serious the illness and the more possible complications. Temperatures taken by mouth or in the ear are not accurate in this emergency situation.
7. If breathing stops, start CPR.
8. Do not give aspirin or acetaminophen to reduce a high body temperature that can occur with heatstroke. These medications may cause problems because of the body's response to heatstroke.
9. If the person is awake and alert enough to swallow, give the person fluids (32 fl oz to 64 fl oz over 1 to 2 hours) for hydration.