

PARENT HANDBOOK

Inner City Youth Football League

Notes from the desk of Coach Alonzo Watford (CAW)



WE CAN'T STRESS
ENOUGH...
VOLUNTEER
The children
NEED YOU!!

**The heart of a
volunteer is not
measured in size,
but by the depth of
the commitment to
make a difference in
the lives of others.**

If you think something
needs to be changed, get
involved so that you can
be part of it!

MISSION STATEMENT:

CAW is committed to providing children from low income families from inner city Indianapolis an opportunity to participate in the positive developmental influences of team sports. By building teamwork, character, confidence, self-awareness, discipline and perseverance, children will learn to become stronger people capable of being an asset to the community.

DESCRIPTION OF LEAGUE:

CAW is a non-profit all volunteer organization that helps low income families afford to have their children participate in a quality sports program. These children often lack a positive male role model and can always benefit from time spent constructively learning many life lessons provided by team sports. CAW is best known for its' quality football program for ages seven through eighth grade. Fees are kept low by being an all volunteer league and through community donations.

LEAGUE MOTO/SLOGAN:

Building Character through Team Sports

HISTORY OF LEAGUE:

CAW was started in 2006 in memory of Coach Alonzo Watford, Sr., coach and athletic director of Crispus Attucks High School and Player at Butler University. In the early 1900's Crispus Attucks was a school for all African Americans. Today its' field is named after Coach Alonzo Watford, Sr. because of his legacy and commitment to the African American Community.

The league was started by Coach Watford's grandson and great grandson to continue the tradition of giving back to the community by supporting low income, inner city families. In four short years the league has grown to around 400 young boys participating in youth football. Fees are kept low by having all volunteers and community donations. In 2019 total costs to a family to participate in the league is only \$50.00 or \$75.00 (\$50 with equipment or \$75 without equipment)

In 2009 CAW filed to become a 501(C)3 allowing donations to be tax deductible. A formal board of directors set up to oversee the development of the league and to raise money to perpetuate the leagues' ability to provide quality sports, uniforms, and to address the long term needs of the league to have a quality facilities to play at.

PARENT EXPECTATIONS

Respect the Rules...

- This is what the kids will be learning during the football season
- If you don't agree with an officials call, **KEEP IT TO YOURSELF** until it can be addressed at an appropriate time*.
- If there is a team rule that bothers you, please address it with the coach at an appropriate time*.
- If you think there is a serious problem take it up with the coach or a league official at an appropriate time*.
- If you must make a comment, try to keep it polite, upbeat, and humorous.

During practice or games, it can be very disruptive to players, coaches and officials when parents yell out **perceived** bad calls etc. Please keep these comments to yourself until they can be addressed at an appropriate time. Do feel free to cheer on all the children in a positive manner, they deserve it! With all this said, we are not saying that you cannot have a fan's opinion or try to stick up for your child. However, please realize that if you yell at an official in an unsportsmanlike way, children will be watching, listening, learning. **This type of behavior could possibly result in you being removed from the practice or game.**

HAVE FUN...

Youth sports should be a positive experience for everyone: children, coaches, officials, league directors, and parents.

- Winning is nice, but losing is inevitable.
- Being a star is fun, but being part of a team is just as important.
- Take the opportunity to enjoy your child's childhood teach them important life lessons!

WORK WITH YOUR CHILD

There really is nothing more satisfying than going out a few evenings a week to play with your children. This offers quality time and helps your child to improve his or her skills. Someday, your child will look back on the summer/fall evenings spent playing pass with mom and dad and remember the impact it made on them.

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult. By establishing and understanding of each position, we are better able to accept the actions of each other and provide greater benefit to the children. As parents, when your child becomes involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach or team mom of your child's team.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach.
- Expectations the coach has for your child as well as all the players on the team.
- Locations and times of all practices and games.
- Parental requirements/volunteer opportunities (i.e. concession stand duty, fundraisers, equipment, etc).
- Procedures for injured children during practice or games.
- Discipline that results when your child refuses to participate.

COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts well in advance.
- Specific concerns in regard to a coach's philosophy and/or expectations.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

As your child becomes involved in the C.A.W program, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child would wish. At these times, discussion with the coach is encouraged.

- The treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

It is very difficult to accept that your child may not be playing the position that you had hoped. C.A.W Coaches are volunteers who make judgments based on what they believe to be best for all children involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other

things, such as these listed below should and must be left to the discretion of the coach.

- The position your child is playing
- Team strategy
- Play calling
- Other children on the team

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THESE ARE THE PROCEDURES TO FOLLOW:

1. Call him on the phone after practice or a game
2. If this attempt fails to resolve the matter, please call your child's league director
3. **PLEASE DO NOT** attempt to confront a coach on sensitive issues before or after a practice or games. These can be emotional times for both the parent and coach. Meetings of this nature usually do not promote resolution. However, general questions or concerns can be addressed at this time.

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call and set up an appointment with the Commissioner, Asst. Commissioner, Player Personnel Director and Coach to discuss the situation.
2. At this meeting, the appropriate next step can be determined.

Research indicates a child involved in extra-curricular activities has a greater chance of success during adulthood. Many character traits required to be a successful participant in these types of activities are exactly those that will promote a successful life after high school. We hope the information provided within this handbook makes your experience with Coach Alonzo Watford Inner City Youth Football League less stressful and more enjoyable.

IN CASE OF INJURY:

Report all injuries to the league Commissioner as soon as possible.

PARENTS SURVIVAL GUIDE

Making the Season an enjoyable Success... You can make the season enjoyable for everyone involved and your child's experience a greater success by doing the following things:

- Let your child know that you support their participation in sports. Get involved - volunteer your time in the league, practice with your son or daughter, attend games, and show that you care.
 - Provide your child with proper equipment and encourage its correct use.
 - Monitor their participation so that you know how your child is developing.
 - Do not interfere with the coach unless he or she has clearly made a mistake. (Make arrangements to speak to them privately before or after the practice or game has ended).
 - Keep your coach informed if your child is injured or ill.
 - Make certain your child is sleeping and eating properly.
 - Help the coach when asked to do so. You may be needed to raise money, drive players to games, keep score, or even be an assistant coach.
 - Keep control of yourself by the example of how you want your child to behave in and out of competition.
 - Have your child at practice and games on time.
 - Do not use profanity.
 - Do not smoke at practice or game facilities.
 - Let the coaches do the coaching during games and practices.
 - Do not yell at officials or league members.
 - Please remain in the areas designated for parents and fans during games and practices.
- "REMEMBER WORKING TOGETHER WORKS!"