

Cedar Bluffs Jr. Wildcats Youth Sports
Parent Handbook 2022-2023



Welcome to the Cedar Bluffs Jr. Wildcats Youth Sports Program!!!

Participation in youth sports plays a valuable role in the development of children. Aspects of teamwork, dedication, discipline, physical fitness, self-esteem, and fair play all contribute to the overall growth and maturation of young people. These reasons are why youth sports are paid for by the Cedar Bluffs Education Foundation in collaboration with the Cedar Bluffs Public Schools. We feel it is important to offer these opportunities to all children who attend Cedar Bluffs regardless of their ability to pay.

This handbook is presented to serve as a reference for you, as a parent or coach, so you will understand the philosophies of this organization regarding youth sports and allow you to do your part to make each program a success. If everyone works together, has a high level of commitment and does their best to enrich the lives of children who attend Cedar Bluffs Schools, we can accomplish remarkable things.

I look forward to your involvement with Cedar Bluffs Jr. Wildcats Youth Sports Programs.

Sincerely,

Jeff Beckman
Youth Sports Director

Contact Information

Jeff Beckman, Director
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Philosophy of Cedar Bluffs Youth Sports

The philosophy is to develop all Cedar Bluffs student athletes athletically and mentally through challenging practices and competitive competitions based on their current skill set.

Parent Expectations

- Cedar Bluffs Youth Sports is not a **babysitting service**. Please talk to your kids about if they want to play. Let them know about attending practices and games and that coaches will expect them to listen and give their best effort. If your child wants to not listen, disrupt practice with inappropriate behavior and or be disrespectful to coaches and or teammates they will be told they cannot participate for that season. Please let them know that coaches will hold them accountable if not listening or giving effort at practice and games. Athletes at practice need to behave as if they are in a classroom. If your child struggles with behavior, please ask yourself if they are ready to join a team before signing them up.
- Make sure your athlete is on time for practice, games and dressed ready to go. They need to have appropriate closed toed tennis shoes, athletic clothing and equipment if not provided by the program.
 - Unacceptable clothing – any denim, boots, sandals, dress shoes, tops with buttons or zippers.
 - Acceptable clothing – tennis shoes, cotton/dri-fit shorts or loose-fitting athletic pants or spandex shorts/leggings. T-shirts or long sleeve t-shirts with no buttons.
- Be on-time to pick up your child. Please respect that the coach, may have other responsibilities after practice. If you are going to be late, please leave a message with the coach if you are going to be late.
- If your child starts the season, they need to finish the season. Commitment is a big part of education and life. Kids need to finish what they start.
- If your child will miss practice or a game, **you need to let a coach know ASAP by phone or app**. No excuses for not communicating. This is a must, coaches plan practice and games for the number of kids attending.
- Kids who are not part of the team and at practice must be supervised by an adult. Unsupervised kids are distracting to athletes who are practicing and not the job of the coach to supervise other kids. If kids are unsupervised and are a distraction, they will be told to leave. Please make other arrangements. Parents are welcome to stay for practice but must remain quiet and purely watch. If your child is distracted with you there you will no longer be able to attend practice.
- Please take care of equipment and uniforms given out for use. Please wash your child's uniforms weekly!

Coaching Volunteers

We will need parents to volunteer to coach or we won't have teams that can play. So please volunteer to coach or help coach.

Coaching Responsibilities

- Plan and organize practices.
- Plan for games and how you want to sub.
- Communicate with parents, athletes, and director.
- Ask for help from other parents or director when needed.
- Responsible for any equipment and collecting uniforms at the end of the year.
- Holding athletes to a high standard of behavior and effort at practice.

Cedar Bluffs Jr. Wildcats Code of Conduct

Cedar Bluffs Jr. Wildcats program demands all participants to exhibit good sportsmanship, including fair play, ethical behavior, integrity, generosity, and genuine concern for others. Regardless of their role in a sport or activity, all participants are expected to be aware of their influence on the behavior of others, and to exhibit good sportsmanship.

All players, parents, coaches, and spectators must respect decisions made by officials; to be role models by supporting teams in a positive manner; and to respect all players, coaches, officials, and spectators.

Unacceptable behavior includes booing or heckling an official's decision; criticizing officials in any way; displaying temper in response to an official's call; yelling or making statements that antagonize opponents or other spectators; blaming loss of a game on officials, coaches, or players; the use of profanity or displays of anger.

Any inappropriate conduct by players, parents, or spectators should be brought to the attention of the coach, and or the director of youth sports. Absolutely no alcoholic beverage or smoking of any kind should be consumed on the grounds during youth sports games and practices.

Under no circumstances should a parent or spectator enter the field of play to confront an official, coach, player, or a parent. All game-related interaction with the officials, players, spectators, or opposing team should be conducted by the head coach or one of the assistant coaches in a calm non-threatening demeanor to deescalate the situation.

If, during a game, a player, coach, or spectator is ejected from the game by a sport official or league official for unsportsmanlike conduct, that player, coach, or spectator will serve an automatic one-week suspension for that team. This means the ejected coach, player or spectator needs to stay away and have no interactions with any Jr. Wildcat's Youth Sports team. The ejected person will need to meet with Jeff Beckman and or Cedar Bluffs Administration to determine a plan for behavior and decide if the suspension needs to be longer than one week.

A second game ejection of the same player, coach, or spectator, during the same school year sports season, will result in an automatic three-week suspension and a meeting with Jeff Beckman, school administration and others who may be involved. Suspension may be longer than 3 weeks.

A third game ejection of the same player, coach, or spectator within the same school year, will immediately remove the player, coach, or spectator from participation in Cedar Bluffs Jr. Wildcats sports programs for 6 months starting from the time of notification from the director of youth sports of the suspension.

Cedar Bluffs Jr. Wildcats director and school administration reserves the right to immediately remove any coach, player, or spectator from participation regardless of the number of ejections if actions are physical in nature or verbally threatening. We also reserve the right to enforce a lifetime band in extreme situations.

Objectives

- Offer programs that are safe and enjoyable in an atmosphere that promotes skill development first and winning second.
- To teach kids skills of the sport and what it looks like to be committed to a team.
- To place kids on teams with like skills to enhance skill development.
- To demand from our parents to respect our coaches by being supportive of their coaching strategies and philosophies.

Registration & Commitment

Before you sign your child up for a sport, please ask the child if they truly want to participate. Ask yourself as a parent is my child able to behave and follow instructions. For young athletes the parents also must be dedicated to get your child to games and practices or arrange for a ride if you have a conflict. Please talk to them about commitment and if you want to play you need to finish and not quit partway through the season. Talk to them about having to go to practice, paying attention to what coaches are asking of them and giving their best effort. **Youth sports is a family commitment, not a when I want to commitment!**

- Please note that when you sign up the Cedar Bluffs Education Foundation pays for your child's registration fee. So, if you sign your child up then quit, please understand we have now over paid, and that money is not refundable.
- By quitting this may also leave your current team short on players for the rest of the season. We form teams based on the number of kids who signed up.
- If your child misses' practices and or games without communication, playing time may be reduced.
- If your child misses practice time because they don't pay attention, behavior is not appropriate and or they don't give effort coaches don't have to play them at all. Playing time is earned not given.

Deadlines

Every sports league has deadlines for us to let them know how many teams we have and in what division. It is vital that you get your child signed up on, or preferably before the deadline. **If you sign up after the deadline and roster is full your child will not be able to participate.**

How Team Composition is Decided

- If combining grades, skill level of athletes will be looked at, so we pair them with like ability to get the most out of practice and games when it comes to everyone's development. If we don't have a coach, then kids won't get to play.
- Please remember that kids develop at different rates when it comes to size and strength. Kids who are the best athletes when younger may not always be the best athlete when older as they may have grown at a quicker rate and are bigger and stronger at a young age, so they are able to perform more of the skills.
- Coaches will evaluate players and split them onto teams if needed using 4 criteria
 - Cognitive Ability (Ability to Read the Game)
 - Technical Ability (Ability to Execute Actions of the Sport)
 - Physical Ability (Speed, Agility & Size)
 - Maturity (Ability to Stay Focused and Listen to directions)

Game and Practice Schedules

- Practice Schedules
 - Schedules will be posted and updated on Team Snap.
 - Any cancellations will be communicated through the TeamSnap app.
 - Practices Days
 - Tackle Football – Tuesdays and Thursdays for an hour and half (5:30 to 7:00)
 - Flag Football – weekdays once or twice a week for an hour
 - Volleyball – weekdays twice a week for an hour
 - Basketball – weekdays twice a week for an hour
 - Wrestling – weekdays twice a week for an hour
 - Baseball/Softball – weekdays until season starts then as needed depending on games.
- Game Schedules
 - Schedules will be put on Team Snap as soon as we get them from the league, we are playing in. Many times, these schedules are not sent until the week before games start.
 - Paper schedules will also be given to athletes to take home.
 - Rescheduled games will get up dated on Team Snap as soon as we know of the change.
 - Game Days
 - Tackle Football – Sunday afternoons starting at 2:00PM at various towns.
 - Flag Football – Saturday mornings in Fremont or Wahoo
 - Volleyball – Saturday mornings in Fremont or Wahoo
 - Basketball – Saturday mornings in Fremont, Wahoo or Omaha
 - Wrestling – Sundays typically all day, you choose as a family which ones you want to attend.
 - Baseball/Softball – Fremont, Wahoo or Travel, weekdays one or two games a week.

Game and Practice Cancellations

- Cancellations will be sent out through Team Snap via e-mail and Team Snap text message. Decisions during school will be made by 2:30PM or before for practice based on current weather predictions.
- Game cancellations we are at the mercy of the league director.
- Weather Related Cancellations – Coaches have weather related guidelines to follow.
- **Please note that there is no perfect science to doing this as decisions must be made in advance to notify parents. We will look at all projected weather-related factors at the time practices are to be held to make decisions. We have no control over when leagues cancel games, we will let you know as soon as we receive the information.**

Athletes Free Time/Getting Better/Families Must Be Involved

How do you develop a young person love of sports, school and wanting to get better? The simple answer is, you, the **parent/family!**

- You are the single most influential person in your child's life. If you take interest with them at a young age whether it's sports, school or cars chances are they will grow up loving what they remember doing with Mom, Dad, older brother/sister, or grandparents. You must instill what hard work is and looks like. If you do nothing with your child, they will most likely struggle unless they are self-motivated and have natural coordination.
- To be competitive in sports athletes need to work on skills more than the 2 hours a practice they get and a game during the week. They need to work on individual skills on their own and with family members or friends. Simply playing catch, shooting hoops, dribbling in the driveway passing the volleyball as a family or with a family member all help with coordination and skill development. The more they practice the better they will be as they get older and stronger. If they will take a little instruction from you even better, but the main thing is to have fun and make it fun. This needs to start when they are young, meaning Kindergarten or earlier.
- If your athlete finds themselves falling behind with skills, then they need to make themselves better by practicing at home. The Jr. Wildcats program is a recreational program, but we want to be competitive and develop skills that build the foundation for being competitive in high school athletics. Depending on numbers, evaluations may take place to decide teams.

Injured Athlete

- If your athlete is injured during practice or a game your coach will talk with you and let you know what happened.
- If your athlete has swelling, you should:
 - **Rest.** Avoid activities that cause pain, swelling or discomfort.
 - **Ice.** Use an ice pack or ice slush bath immediately for 15 to 20 minutes and repeat every two to three hours while you're awake. If you have vascular disease, diabetes or decreased sensation, talk with your doctor before applying ice.
 - **Compression.** To help stop swelling, compress the ankle with an elastic bandage until the swelling stops. Don't hinder circulation by wrapping too tightly. Begin wrapping at the end farthest from your heart.
 - **Elevation.** To reduce swelling, elevate your injury above the level of your heart, especially at night. Gravity helps reduce swelling by draining excess fluid.
 - If the injury is such that they are unable to participate in practice or game, we would expect them to attend practice and games to support their teammates and to watch and learn what coaches are teaching.
 - A physician note clearing the athlete to participate in practice and games may be needed depending on the extent of the injury.
- **Concussion**
 - **Please see the enclosed fact sheet for parents of athletes with a concussion or possible concussion.**
 - **Your child will need to be medically cleared if they are deemed to have a concussion before participating in practice or games. If the doctor says they are fine to watch practice, we expect them to come to practice and watch and listen to what coaches are teaching.**

Athletes Corrective Action Plan (For misbehavior at practice and or games)

1. Verbal Warning – Coach will discuss undesirable conduct with player and parents and stress that this behavior disrupts practice and will not be tolerated and playing time might be reduced or not get to play at all that week.
2. Practice & Game Requirements – After Verbal warning and disruptive behavior continues then one of the parent's or legal guardians is required to attend all practice and games if the child wants to continue to play. This way any behavior issues the parent is there to handle and refocus their child. If a parent can't be at the practice or game the child is not allowed to attend. The child may not get to play the week because of behavior or missed practices.
3. Season Expulsion – If the participant continues to be disruptive or a bad teammate with parent present he or she will be expelled from the current season. The child and parents will then have to meet with the Program Director prior to the child's participation of another season to determine if the child can play within the guidelines of this program.
4. Game Playing Time – Playing time is earned with good behavior. Coaches may reduce playing time or not play your child because of:
 - Bad Body Language
 - Missing practice for any reason.
 - Being a bad teammate, making fun of or talking negative towards a teammate.
 - Not giving effort during practice or during the game.
 - Not wearing proper practice attire during the week.
 - Showing up late to practice or a game if the coach wants you there by a certain time to warm up.
 - Not communicating with coaches if the athlete will not be at practice or a game.
 - Talking back to or arguing with a coach, teammate, or an official/referee.
 - If the athlete misses all the practices that week, they are not to participate in any games over the weekend but expected to show up and support their team if they are healthy.
 - If only one practice is missed, they are eligible to participate but playing time may be reduced depending on if the missed practice was excused or unexcused and communicated with the coach.
 - A player suspended from school or in school suspension is not allowed to participate in youth sports until the suspension is complete. If the suspension continues into the next week the athlete is not allowed to play over the weekend. If the athlete misses practice due to a suspension, they will not play the first half or set if volleyball of the next game. If they miss all practices that week, they are not eligible to play the next game.
 - If a participant is absent all day from school or leaves school early, they are not allowed to participate in practice or game that evening.
 - Exceptions are for funerals or routine Dr. appointments such as dentist, follow up appointment for an injury and well checks/physicals.

These guidelines are not absolute in dealing with behavioral problems or absences. Severe situations could merit harsher sanctions against participant.

Youth Sports Parents

Now that your child has joined a youth sports team you want to create an environment around them and their teammates that is positive and not to embarrass you, your child, team or community.

Uniforms

- The uniforms checked out are for games only!!! Not practice, not to where to school or for personal use. They need to be returned after the season.
- Please wash uniforms after games or before the next game! These are given for your child use during their specific season. These cost money and will last longer if you take care of them.
- If you are going out to eat after a contest, bring an extra shirt to put on so the uniform does not get accidentally stained.

Important 'Do not do these' for Parents

1. Don't put yourself in the place of your son/daughter on the field/court. Your child is in the game, not you.
2. Don't talk about the "big game" all day. Chances are the game isn't as important to your child as it is to you. Keep the game in perspective.
3. Don't criticize your child or other children on the team or other team.
4. Don't yell instructions to your child; that is the coach's job. Besides, your child will be able to hear your voice over the crowd, which may make them more nervous. Encouraging words only for all athletes participating please. If you can't control yourself, you may be told not to attend games. Instructions should only be coming from the coach. One voice one consistent message. Thank you!
5. Don't start analyzing your child's performance right after the game. All your child wants is peace, quiet, something to eat and your support regardless of win or loss. The best thing you can say to your child after a game is, 'I love watching you compete and play.'
6. Never criticize the coach. Before you complain, decide whether you are ready to give up your valuable free time to step into the shoes of the coach. If not, don't complain.
7. Don't decide that your child is the best on the team and will get a scholarship to college for sports. Kids mature athletically at different paces. The best player at a young age may not be the best player in high school. Therefore, we want to develop athletically everyone on the team to their full potential.
8. Don't over praise your child for making a good play and don't dwell on a mistake they made. Mistakes are part of the learning process.
9. Don't forget to praise all the athletes after the game, win or lose.
10. Don't take sports so seriously. Just let the kids have fun competing.

Social Media

- Facebook/social media is not a viable way to communicate. We will not check Facebook to communicate on an individual basis. Due to the timeline nature of Facebook things get missed.
- The intent of Facebook is to be used as a promotional outlet for all school activities and clubs.
- Facebook/social media is not a place to ask questions and voice concerns that need to be addressed. Please contact the coach or youth sports director to discuss topics of interest positive or negative.

- If the director is made aware of complaints on any social media a phone call to discuss or a meeting may need to take place and consequences may be given. Think before you post.

Complaint Against a Coach Procedures

1. Discuss your concern with the coach in person and during an appropriate time and place.
 - a. Wait 24 hours before talking with the coach if you have a concern.
 - b. Never in front of your child or another child on the team.
 - c. Never right after a game or practice where other parents can hear the conversation.
 2. After talking to the coach first and you are still concerned about a situation, you now need to contact the director and depending on the situation a written documentation of the grievance including date of incident, name(s) involved, name(s) of any eyewitnesses, and a brief description of the incident may be needed.
 3. The program director will talk with any eyewitnesses involved and others who may have been around during the incident.
 4. Talk to the coach or those in question to get their side of the story.
 5. At that point the program director will determine if the coach was in violation of any code of conduct and ethical behavior that is expected from a leader of athletes and a person of authority.
- The program director with school administration has the authority to enforce the appropriate range of disciplinary actions. The program director will keep the grievance on file in case of other grievances against the same coach that start to show a pattern of behavior.

Consent, Release of Liability, and Indemnification

We, the undersigned parent/guardian, and student state that we are aware of the risks inherent in participating in youth sports including but not limited to knee, head, or neck injuries and concussions. In full awareness of these risks, each of us hereby requests to be allowed to participate in youth sports as part of the Cedar Bluffs Jr. Wildcats Youth Sports Program. In consideration of being allowed to participate in youth sports, the undersigned parent/guardian and student assume the risks and accept responsibility for any loss, damage, or personal injury that occurs during or in connection with participation in youth sports and hereby do assume the risk, and release and waive all liability therefor and further agree to indemnify and hold the Cedar Bluffs Public School District, Cedar Bluffs Education Foundation, its Board of Education, the members of the Board of Education, and the employees and agents of the Cedar Bluffs Public School District harmless from any such injury or damages which may be caused to the undersigned parent/guardian or student or others in connection with participation in youth sports. We, the undersigned parent/guardian, and student represent and warrant that we are entering into this Agreement freely and voluntarily and understand and acknowledge that the terms contained herein are and shall be binding on each of us.

Youth Sports Signature Page

Signing below means you have read, understand, and agree with the Consent and Release of Liability and Indemnification statement that is printed in Cedar Bluffs Jr. Wildcats Youth Sports Parent Handbook.

Signing below is stating that I have received a copy and or know that I can read the handbook on-line on the Cedar Bluffs School website under the Junior Wildcats Youth Sports tab and agree to follow all procedures and guidelines. I will also share this information with any family member who may be involved with my child at practice or games. You only need one handbook per household.

Parent/Guardian Signature _____ Date _____

Please Print Name _____

Your child will not participate in any games until this sheet is returned to Mr. Beckman at school.

Please Print the child's or children you are responsible for below.

1. _____ Grade _____

2. _____ Grade _____

3. _____ Grade _____

4. _____ Grade _____

5. _____ Grade _____

6. _____ Grade _____