

Football Survival Guide

We primarily communicate through email and our website (www.littletigersfootball.com).

- There are simply too many participants for phone calls. If you are not receiving email or if your email has changed, contact littletigersfootball@gmail.com.
- We attempt to keep the website up to date and information, calendars, announcements and practice information's posted on the website as well as through email to you.
- The calendar is on the website.
- Please check the website and your emails often (daily after noon is preferred) for important announcements.

What do I really need??

- ✓ Cleats.
- ✓ Mouth guard with a strap. Please make sure it is boiled and molded to your player's mouth prior to the first practice. If they are too big- trim them with scissors.
- ✓ Shirt to be worn under shoulder pads. Having a dry-fit shirt will help to wick away the moisture.

What are good things to have??

- Short sleeved or sleeveless dry fit shirt to wear under your shoulder pads while the weather is warm.
- Long sleeved shirt to wear under your shoulder pads once the weather gets cold. This needs to keep them warm but not be so bulky that they can't move.
- An integrated girdle. This will have the tail pads and thigh pads built in. You will still need to put the kneepads in your pants. This is helpful in not having to switch pads after every practice and game.
- A cheap pair of stretchy knit gloves once the weather gets cold. Hands will get cold standing by the end of the season. Buy them out of the dollar bin in case they are misplaced or left at the field. These, however, should not be worn on the field. Only receiver gloves will be allowed during play.

What should I bring to practice?

PARENTS ARE NOT ALLOWED ON THE PRACTICE FIELD. IF YOU WANT TO BE ON THE FIELD, YOU NEED TO FILL OUT A COACHES APPLICATION FORM AVAILABLE FROM THE ATHLETIC DIRECTOR.

What to Wear?

Practice 1 & 2 helmet and mouthpiece, cleats, shorts and practice jersey with a t-shirt (practice set) underneath

Practice 3 & 4 same as practice 1 & 2 but you will add shoulder pads (dry-fit shirts are best to wear under shoulder pads)

Practice 5-the end of the season will be full pads

- *Cleats-Practice 1-4 also*
- *Helmet, mouthpiece, chinstrap-Practice 1-4 also*
- *Practice jersey (this will be the jersey that is primarily mesh)-Practice 1-4 also*
- *Shoulder pads-Practice 3 & 4 also*
- *Practice pants with 7 leg pads (these may be individual pads or a girdle)*
- *2 hip pads, threaded through the belt (these are the odd shaped pad)*
- *1 tail pad (skinny pad)*

- 2 thigh pads (wider oval shaped pad)
- 2 knee pads (smaller oval shaped pad-narrow side up), these must be added into practice pads even if your player wears an integrated girdle.
- Socks (may be any white, orange or black (pink during October) and may be a knee sock or short sock
- Having your own water is helpful, but should be kept with the player not the parent. Once the weather gets cold, the boys need to be careful to not get wet when using the water horse. A water bottle with a bent straw or able to be squirted works best because then they do not have to remove their helmet.

Practice Schedule

The field closest to the Little Tigers Building is field one; the east field (the one farthest from the building and next to the soccer fields) is field two.

Prior to team splits, your player should report to the far side of field one by the sign with their appropriate age group. After team splits, your team will be assigned a field location as posted on the website www.littletigersfootball.com.

Players will also be picked up from the same location they report to. You will need to go to that location to pick up your child, they will not be allowed to leave the field and go to you.

Please always have your player ready (pads and helmet on) fifteen (15) minutes prior to the start of practice. Warm-ups start promptly at practice time and the coaching staff needs to start that-not strap up equipment.

It is helpful for Tykes parents to remain at practice because they are young and unsure. It takes away from coaching time if they have to also run players to the restroom or help at drink break.

ANY PARENT NOT STAYING AT PRACTICE MUST SIGN THEIR CHILD INTO PRACTICE IN OR NEAR THE EQUIPMENT ROOM

August

Practice will be Tuesday, Wednesday, Thursday from 6-8PM (6-7:30PM for Tykes)

Saturday from 8-10AM (8-9:30AM for Tykes)

Some teams will stop Wednesday night practices after school begins, but that is the coach's decision.

September, October, November

Practice will be Tuesday and Thursday from 6-8PM (6-7:30PM for Tykes) once games begin.

Playoff teams

Practice will be Tuesday and Thursday from 6-8 PM until the team is eliminated.

Tykes are not eligible for playoffs.

Additional practices / Alternate days.

Some teams may change their practice date or time if there is a school conflict, prediction of poor weather or other factors determined by your coaching staff. Your coach or team manager will relay that to you for that week.

Games

PARENTS ARE NOT ALLOWED ON THE FIELD AT ANYTIME; THIS INCLUDES BEING IN THE END ZONE AT HALF TIME.

- White jerseys are worn for away games.
- Black jerseys are worn for home games.
- Black game pants must have all 7 pads.
- Mouthpiece must be worn.
- Players must weigh in prior to EACH game. Weigh in starts promptly at **1 HOUR PRIOR** to game time.

A coach may request that the opposing team begin their weigh in process as soon as 60 Minutes before the scheduled start time. Any player that is not present at the time of the weigh in request **WILL NOT BE ELIGIBLE TO PLAY UNTIL HALF TIME PER LEAGUE RULES.** There are no exceptions to the rule. Players must have their jersey and helmet at weigh in time. Those weighing over the accepted weight limit for their age division must display a stripe on their helmet for that game. Players with a stripe are limited to the 5 lineman positions. A player's stripe may be added or removed from game to game depending on weight. An increase will be added to the weight limit for that age division per league rules.

Calendar Of Events **(Summary Only-For more details check the website)**

May

- Registration
- Player must be present for signing their waiver and for uniform sizing!

July

- Equipment pick up
 - Player must be present for equipment sizing
- High School Football Camp

August

- Practice
 - Tuesday (6PM-8PM; 6-7:30 Tykes)
 - Wednesday (6PM-8PM; 6-7:30 Tykes)
 - Thursday (6PM-8PM; 6-7:30 Tykes)
 - Saturday (8AM-10AM) Practice (Some teams will chose to discontinue Wednesday night practice once school begins).
- Friday Night Lights
 - Typically the second or third Friday in August
 - Fun family pep rally
 - This is open to the entire family. Teams will be announced at this time.
- Orange and Black Scrimmage
 - Typically the third or fourth Friday in August
 - This will be the first opportunity to see your player in their full uniform and playing a game situation. This will take place on the High School field. There will be scrimmage matches between each Little Tigers age division, the middle schools, and all the high school teams.
- Team Pictures
 - These will be taken the last week of August, we will run the teams through at their scheduled time and then they will practice in their game uniform.

- Official Weigh In
 - Each football player must attend an official weigh in that is conducted by Tri County Football.
 - Typically this is on the third or fourth Saturday in August and takes place at the high school wrestling center after Saturday morning practice.
 - ANY PLAYER NOT ATTENDING THIS DAY MUST ATTEND THE MAKE UP SESSION (usually on a week night in Belleville). Failure to make an official weigh in makes the player ineligible to participate.

September

- Games begin
 - There will be 9 games (some teams may have a bye week).
 - Games will be played on Saturday or Sunday
 - We are a member of Tri-County Football League. www.tricountyfootball.net
 - This is a competitive league, but all kids will play at least 8 plays per game.
- Tiger Time Out
 - This is our main fundraiser of the year. It is a fun adults only event. This year we will have a Trivia Night with a Silent Auction.

October

- Little Tigers will participate in the Breast Cancer Awareness campaign. The football players and cheerleaders will be allowed to accessorize the uniform with “pink items” during this month. Details about such items will come out in September.
- Homecoming Parade-Little Tigers participates in the high school homecoming parade. This is usually on a Wednesday evening. Typically, all the boys, except tykes, will walk.
- Halloween Parade-Little Tigers participates in the Annual Edwardsville Halloween Parade.

November

- Games will conclude the first weekend of November.
- Teams that qualify will begin playoffs the second weekend in November. If a team wins the first weekend, they will progress to the Championship game (Superbowl) the third weekend in November.
- Uniform and equipment collection will begin as soon as the regular season games end. Normally these are scheduled during the practice time of the teams that make the playoffs.

December

- Each team will have their own end of the year banquet.
- Typically each team is assigned an hour time slot the first weekend of December. There will be a short slideshow of highlights from the season, the coaches will talk and the players will be awarded participation trophies.
- All participants that qualify will be awarded the Little Tigers Scholar Athlete award at this time. To qualify, the first quarter grades must be submitted to the team manager. Anyone with at least a 3.0 grade point average will receive this award. The boys in K, 1,2 just need to submit their grades since there is no way of calculating a GPA for them.

Code of Conduct

- **All participants and parents have signed a waiver stating the club’s expectations.**
 - Support your child and no coaching from the sideline.
 - Adhere to our code of conduct and set a good example for the kids.
 - No use of profanity, screaming at other teams or other unsportsmanlike conduct.
 - Fighting in the stands is not tolerated and will result in you being asked to leave and not attend future games.

- **Complaints/ Resolution of Issues**

- Concerns should first go through the head coach.
- If the problem remains unresolved the head coach and athletic director will attempt to reach a resolution.
- Any issue that continues to remain unresolved will be brought to the full Board of Directors.

Policies for Tiger Country

- There is no parking in the grass or next to the curb on Tiger Drive. This applies to all practices and games.
- Please use the parking lot on the west side of the High School or the spaces located on the east side of the High School.
- We are on District 7 property please abide by the following guidelines
 - Pick up your trash. It is our responsibility to lead the manner we receive them or better.
 - There is no use of tobacco products. This includes chewing tobacco, cigarettes and electronic cigarettes on District 7 property.
 - There is no use of drugs or alcohol on District 7 property.
 - No pets are allowed on District 7 property.

Additional Information

It is encouraged to take your player out to our high school football games. Little Tigers players wearing their jersey to home games will get in free. This does not apply to playoff games. All in attendance at playoff games will be charged the regular admission price per IHSA rules. Players are also encouraged to wear their jersey to school on Fridays. We ask that you emphasize to your player that anytime they are wearing their jersey they are representing Little Tigers Football and should conduct themselves accordingly. Players are to wear their home jersey if the High School is at home and their away jersey if the High School plays away. We will announce this at Thursday's practice.

Football is played in all weather condition excluding lightning and heavy rain/snow. You should prepare yourself and your player for the variety of playing conditions that they will encounter. August will be a sizzler, you will need to make sure to hydrate your child and October and November can be freezing, will need to make sure they are dressed for the elements.

Your team will be assigned a team manager. They should be able to help you with most questions throughout the season. Make sure that your contact information that they have is current. You will receive at least one email per week from them. This will contain information such as game time, game location, arrival time, and volunteers for the week. It is important to check your email for updates from the club and your team manager frequently.

We will have first aid at each practice located in or near the equipment room. Injuries and minor health issues will be referred to first aid.

The concession stand will be open during practices and games. Most practice nights there will be some type of grill item in addition to drinks, nachos and candy.

Check the website for updates.

littletigersfootball.com

Questions to the club can be addressed at
littletigersfootball@gmail.com