

Football Survival Guide

Communication

We primarily communicate through the TeamSnap app, 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 update it in our TeamSnap account
- We attempt to keep you up to date with information, calendars, announcements and practice information posted on the website as well as through email to you and communicated through TeamSnap
- The calendar is on the TeamSnap application
- 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 dri-fit shirt will help to wick away the moisture

What are good things to have?

- Short sleeved or sleeveless dri-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 to Wear?

- **Practice 1, 2 & 3**
 - Helmet, mouthpiece, chinstrap
 - Cleats
 - Shorts and practice jersey with a t-shirt (practice set) underneath
- **Practice 4 & 5**
 - Helmet, mouthpiece, chinstrap
 - Cleats
 - Shorts and practice jersey with a t-shirt (practice set) underneath
 - Shoulder pads (dri-fit shirts are best to wear under shoulder pads)
- **Practice 6-the end of the season will be full pads**
 - Helmet, mouthpiece, chinstrap
 - Cleats
 - Practice jersey (this will be the jersey that is primarily mesh)
 - 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)

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

- **Tykes** – Tuesday (6pm-7:30pm), Thursday (6pm-7:30pm), and Saturday (8am – 9:30am)
- **7U** – Tuesday (6pm-8pm), Thursday (6pm-8pm), and Saturday (8am – 10am)
- **8U** – Tuesday (6pm-8pm), Thursday (6pm-8pm), and Saturday (8am – 10am)
- **9U** - Tuesday (6pm-8pm), Wednesday (6pm-8pm), Thursday(6pm-8pm), and Saturday (8am – 10am)
- **10U** - Tuesday (6pm-8pm), Wednesday (6pm-8pm), Thursday(6pm-8pm), and Saturday (8am – 10am)
- **11U** - Tuesday (6pm-8pm), Wednesday (6pm-8pm), Thursday(6pm-8pm), and Saturday (8am – 10am)

Saturday practices will be eliminated once games start

Practice Location

- All teams will be assigned a practice area, which will be identified and communicated to each team prior to the start of practices
- 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 must 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

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 include all 7 pads
- Mouthpieces are required
- Players must weigh in prior to the start of every game
 - Weigh in start promptly 1 hour prior to start time
 - Please arrive at least **15 minutes prior to weigh in** time to allow the coach time to get the team organized
 - Any player that is not present at the time of weigh in **will not be eligible to play until half time per league rules**
 - Players must have their jersey and helmet at weigh in time
 - Those weighing in over the accepted weight limit for their age division must display a stripe on their helmet for that game

- “Stripers” are limited to the 5 lineman positions
- Stripes can be added or removed depending on weight at weigh in time
- An increase will be added to the weight limit for that age division per league rules

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.
 - 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.

Club Participation

The Little Tiger Football Club is a volunteer organization, that requires participation from all club members. This include volunteering to serve on the Little Tigers Football Club Board or one of the volunteer communities. In addition, the Little Tigers Football Club participates in two primary parades (Homecoming and Halloween). Participation in all club activities (parades and fund raisers) is highly encouraged. Remember, this is YOUR football club, your help is needed in order to retain a high-quality organization.

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.

Check the website for updates: littletigersfootball.com

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