

# ***IMPACT YOUTH FOOTBALL'S PARENTAL PACKET***



## ***CLEVELAND BEARCATS***

**7U Division** (Ages 6-7)

**9U Division** (Ages 8-9)

**11U Division** (Ages 10-11)

**12U Division** (Ages: 12)

**14U Division** (Ages 13-14)

**Impact Board Members:**

Allen Westbrooks Sr., James L. Smith Jr., Nancy Lynne

**Impact Association Members:**

Arianna Hamilton, Rashonda Rhinehart, Elizabeth Rogers, Cieria Ramon, Renee Gannon



*Dear Parents,*

*The coaching staff of the Impact Youth, Cleveland Bearcats Football organization would like to welcome you as we enter our 2022 football season. We would like to begin this communication with a message of thanks to all our parents who dedicate their time and efforts in making sure that their child is involved with our youth football program. With your participation in assisting our coaching staff in our mission to create a healthy environment that will enable your child's growth in the community, this program will continue to prosper, and groom dedicated young student athletes for generations to come.*

*As we enter this season of football, there is a short list of things that are required of our players before they take the practice field and the field of play. The following items are needed for player certification:*

- *Signed Liability Release Form*
- *Signed Image Release Form*
- *Cleveland Muni COVID 19 Waiver*
- *4<sup>th</sup> Period Report Card*
- *Completed Physical Form*
- *Signed and Completed Flag/Tackle Contracts (2)*
- *State Identification Card*
- *Signed Parental Agreement*
- *Signed Equipment Release Form*

## TEAM RULES

Tackle Football can be a physically and mentally challenging sport; requiring discipline, mental focus, a great work ethic, dedication, and teamwork. Where every individual; coaches, parents, and players must exercise the below mentioned character traits in efforts to have a successful season. There are (6) six main character traits that our student athletes must adhere to throughout the season:

- 1) **Initiative** → “Be a self-starter”
- 2) **Mission Minded** → Focus on the big picture”
- 3) **Poise** → “Being in control and ready to go”
- 4) **Attentiveness** → “Being quick to respond”
- 5) **Courage** → “Putting your heart into it”
- 6) **Trust** → “Can be counted on when it counts”

Other team rules are as follows:

- Respect Your Teammates- We believe in the servant leadership mentality. Add value to others while showing respect to each individual’s beliefs and moral standards.
- Respect Yourself- Take pride in your work at home, in school and on the football field.
- Respect Authority- No profanity, or any form of disrespect to anyone; coach, parent, administrator or teammate. If there is any form of disrespect, there will be strict disciplinary actions taken. This is not expected to be a problem, as our organization is comprised of student athletes that model great character.
- Respect Other Players- Remember your teammates are working with you, not against you. Any unnecessary aggression or violence towards another player will result in strict disciplinary actions. Our opponents are also expected to be treated with respect, as we (our student athletes) fight our battles within the context of the game.
- Educational Standards- We are coaching, mentoring and developing quality student athletes. Subpar grades and attitudes in school, and not completing homework are not permitted and may result in strict disciplinary action. If a player cannot commit to their academic assignments, then it is our belief that they cannot commit to properly executing their athletic assignments.
- Weekly Eligibility Cards- are mandatory to play in weekly games. Progress reports must be turned in by the end of our weekly walk through practice, in efforts to take the field on game day. NO EXCEPTIONS!!!
- Ready to Work- Come every day prepared to work; learn to practice and play football the correct way.
- Equipment and Personal Responsibility- Take care of your equipment. Let the coaches know if

your equipment needs repair prior to taking the practice field. Safety is our #1 priority. Please see the *Impact Youth Football Equipment Needs and Provisions* section (page 7) for details. Any equipment missing may result in that player's non-participation for that day. All Gator equipment will require a signature of acceptance. If anything is lost or not returned upon request, the signee is financially responsible for the replacement of that equipment.

- Punctuality, Tardiness and Absences- Football is a team sport; we rely on everyone to be present and ready to perform. 5:30 p.m. practice start time means that you are on the field, in full gear ready to go. **"Being early is on time"... "Being on time is late"... "Being late is uncalled for"**. *Practices will end on time at 7:30 p.m. WE MUST EXIT THE FACILITIES BY 7:50 p.m.*
- Sportsmanship and Fair Play- Play within the rules of the game. Players who draw flags for unsportsmanlike conduct; clipping (push in the back), late hits, or other serious illegal and unsafe violations may be removed from the field of play.
- Electronic Devices- Devices are not permitted on the practice field or game field. This includes cell phones, jewelry, and any object that is not football related.
- Team Roster Limit- Roster limit for Flag 5v5 is a 10-player max. Roster limit for 7v7 Passing Division is a 14-player max. Rosters for tackle are ideally a 25 player max roster.
- Parental Etiquette During Games- Please keep in mind that our coaching staff has your every child's best interests at heart. Please show respect for the decisions that our coaching staff makes in the field of play. Our primary focus is teaching our Youth Football Student Athletes to compete athletically at the highest level while never compromising their welfare and safety.
- Concussions- The Cleveland Muny Football League has an existing rule that if a Student-Athlete has sustained two verified concussions from any sport related incident within a given season, they will no longer be able to participate on the field of play. Please review the concussion section (page 6) in the Ohio High School Athletic Association and NCAA level of competition guide for more details.
- Game Day- Game days are on Saturday or Sunday. This means that our **mandatory** walk-through practices and skills training will be held on either Friday or Saturday, depending upon the division in which your child plays. These practices will be held for one hour and a half (times are TBD). **Unexcused absences from weekday or walk-through practices will result in decreased playing time.**
- All completed health examination, contracts, pay to play fees and paperwork are due by **Monday April 18, 2022 for Flag Football, and Monday July 25, 2022 for Tackle Football.** Failure to comply will result in the player's temporary suspension of all on field activities until the player is in compliance with our organization and Cleveland Muny League rules.



**Mission Statement: Impact Youth Cleveland Bearcats Football**

*Our primary focus is teaching our Youth Football Student Athletes to compete athletically at the highest level while never compromising their welfare and safety. We strive to teach them to be lifetime learners and achievers in the classroom and on the football field. Develop them spiritually into young student athletes of character and goodwill. Help them to grow internally and intellectually through character development and leadership training. Give them the necessary tools to be outstanding citizens and develop a fun yet safe family environment amongst our team and within our community.*

## **Parental Rules and Guidelines**

**\*\*\*\*\* *Parents Are Key Players in Our Team's Success* \*\*\*\*\***

Parents are not permitted on the practice field unless permitted by the coaches. Once the Student-Athlete steps on the practice field or game field, they are the responsibility of the coaching staff, and the parents must allow and trust the coaches to coach effectively.

During games, please refrain from yelling or taunting the officials. The team will be penalized for any unsportsmanlike conduct, and the officials can remove anyone from the venue who causes a disturbance. Remember, this is youth football and we want our players to have a FUN experience!!!

### **Social Media**

**Facebook:** [@changingtheworld.org](https://www.facebook.com/changingtheworld.org)  
**Instagram:** [@impact\\_youth\\_football\\_Ohio](https://www.instagram.com/impact_youth_football_Ohio)  
**Twitter:** [@impactyouthinc](https://twitter.com/impactyouthinc)

### **Website**

[www.impactyouthinc.org](http://www.impactyouthinc.org)

### **President's Contact Information**

Shawn P. Austin Sr: (216) 387-0187  
[impactyouth.inc@gmail.com](mailto:impactyouth.inc@gmail.com)

# Ohio Department of Health Concussion Information Sheet

## For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

### What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

### Signs and Symptoms of a Concussion

Athletes do not have to be "knocked out" to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child's health at risk!

#### Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can't recall events before or after hit or fall.*

#### Symptoms Reported by Athlete

- ◆ *Any headache or "pressure" in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not "feel right."*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

### Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

### Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

### The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

### Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.



[www.healthyohioprogram.org/concussion](http://www.healthyohioprogram.org/concussion)

## Impact Youth Football Equipment Needs and Provisions

Impact Youth, Cleveland Bearcats' Football program provides the following upon paid registration:

- Helmet
- Shoulder Pads
- Game Jerseys
- Game pants
- Bearcat Pack
  - 26" Duffel Bag (Red, Black, or Grey)
  - Two Pair of Game Socks (Black/White)
  - Impact Dri-Fit T-shirt
  - Personalized Practice Jersey
  - Two Mouthguards

Parents will need to provide the following for their child:

- Chinstrap for helmet (*\$15 padded*)
- 7 Piece Pads (Youth)
  - Hip Pads/ Butt Pads
  - Thigh Pads
  - Knee Pads
- Football Practice Pants- Black
- Cup (**Optional but highly recommended**)
- Molded Cleats

### Equipment Prohibited by Local Youth Football Leagues

- Helmet visors (unless prescribed with provided documentation)
- Jewelry and wristbands
- Screw on metal cleats
- Dew rags/ Bandanas



