



Medford Parks and Recreation Department 2016 NFL Flag Football League Parent Meeting Agenda

Chuck Hanson – Recreation Program Coordinator
chuck.hanson@cityofmedford.org
541-774-2481

1. Introduction

- Welcome to NFL flag football

2. About Medford Parks and Recreation NFL Flag Football League

- A 7 vs. 7 RECREATIONAL league
 - No tackling or blocking allowed
 - No power running plays
 - Scores and standings are not kept
 - Coaches are generally volunteer parents
- Flag football is a different type of football than Pop Warner
 - Emphasis on fundamentals/basic skills and equitable playing time
 - Very similar to a passing league – more finesse
 - NFL Flag is not off-season training for Pop Warner teams

3. Code of Conduct for Parents

- Create a laid-back, fun, accepting atmosphere for kids and parents.
- Applaud good plays by both teams
- Do not hassle game officials
- Do not keep score
- Keep things in perspective – kids/coaches will make mistakes and learn from them

4. Season Timeline/Significant Dates

- Wed., March 16, 6 p.m. – Volunteer coach orientation
- Wed., March 23, 6 p.m. – Volunteer coach training
- Sat., March 26 – Rosters finalized, website updated
- Week of March 28 – Team meetings at Santo Community Center
- Fri., April 1, 6 p.m. – Football clinic #1 at USCCP
- Week of April 4 – Team Practices begin
- Fri., April 8, 6 p.m. – Football clinic #2 at USCCP w/ mouthpiece fittings.
- Fri., April 15 – Game 1
- Fri., April 22 – Game 2 and Picture Day
- Fri., May 27 – No games (Memorial Day weekend)
- Fri., June 3 – Last game (Game 7)

5. Games and Practices

- Practices will be held at City park sites (primarily Fichtner-Mainwaring Park)
 - Teams practice once per week for up to 90 minutes
 - **MPRD will contact you via email and rosters/team info will be posted by March 26 at www.sportsmedford.com** under “Youth Sports” – “Football.”
- What to expect at first team meeting (week of March 28 at Santo Center)
 - Meet your coach and team
 - Team roster
 - Game schedule
 - Rules of play
 - Jerseys and flags
- Preseason skill development clinics
 - Friday, April 1 and April 8, 6-7:30 p.m., USCCP stadium field (Field 10)
 - FREE for all NFL Flag Football registrants
 - Fundamental skills
 - FREE protective mouthpiece fitting by Bennion Orthodontics on April 8.
- Games are Friday evenings, starting April 15
 - All games at U.S. Cellular Community Park multi-sport complex (Fields 10-13)
 - Games last about an hour
 - No games May 27 (holiday weekend)
 - Games are played rain or shine!
- Photo Day is April 22, weather-permitting
 - LifeTouch handles all photography services (772-4455)
 - No purchase is required; proceeds fund MPRD youth scholarships
 - Be on time and patient on Photo Day
- Prohibited items at U.S. Cellular Community Park
 - No sunflower seeds
 - No food on the turf
 - No metal cleats
 - No smoking
- **Where to find league information:** www.sportsmedford.com – under “youth sports” click on “football”

6. Team Formulation

- Participants are randomly assigned to teams
- All teams are co-ed
- Teams are balanced in terms of age and gender
- Approximately 10 players per team
- Coaches kids will automatically be assigned to their parents’ team
- Siblings in the same age group are automatically placed on the same team
 - Make sure we know if siblings have different last names
- Special requests are burdensome and only considered on a case-by-case basis. However, we try to accommodate special needs related to transportation/carpooling or family issues. Conflicts with Little League or other activities are not a valid special request

7. **Equipment**

- Each child is issued a jersey and flag belts.
- Bennion Orthodontics will provide mouthpieces. Fittings at April 8 Skill Clinic.
- Molded cleats are allowed but are not recommended
- Flat-soled athletic shoes **ARE** recommended
- Metal spikes and screw-on spikes are **NOT** allowed
- Protective headgear for flag football is optional. Available online from Gamebreaker Helmets, Barnett Sports and Amazon.
- MPRD provides game and practice footballs
- MPRD is not responsible for items left behind, lost or stolen

8. **Expectations of Volunteer Coaches**

- Have been background-checked by the City
- Thoroughly review and understand Coach Handbook
- Organize practices
- Maintain a fun and safe playing environment
- Ensure players wear the proper safety equipment
- Distribute information, schedules and equipment
- Arrive at least 15 minutes before games to meet the team.
- Recruit an assistant to help during practice and along the sidelines during games and with team organization.
- Maintain a positive attitude and healthy environment
- Have fun!

9. **Volunteer Coaches Wanted!**

- Volunteer coaches are essential for this program to be offered at a low price
- If interested, please stay after the meeting
 - Criminal background check form
 - Fill out City volunteer form
 - Attend Coaches' Meetings – Wed., March 16 and March 23, 6 p.m., Santo.

“Creating Healthy Lives, Happy People and a Strong Community”

- www.sportsmedford.com -