

# 2011 GUIDELINES

## Kent *Jr. Football & Cheer*



# 2011 BOARD OF DIRECTORS AND HEAD COACHES

## Board Members

President	Steve Delvo
1 <sup>st</sup> Vice President	Jesse Boyovich
2 <sup>nd</sup> Vice President	David Lawson
League Representative	Bryan Brittain
Treasurer	Kendra Moore
Secretary	Jill Harper
Athletic Director	Lenny Gomez
Cheer Director	Michelle James
Equipment Manager	open
Concessions Coordinator	SueAnn Lawson
Registrar	Michele Rodriguez
Merchandise Coordinator	Tracy Ogdon
Volunteer Coordinator	open

## Head Coaches

Eighty-Niners	Mike Karnes
Sweet Peas	Norm Carroll
Bantams	Jesse Boyovich
Midgets	Rick Nelson
Pee Wees	Lenny Gomez
Cheer	Teri Pritchard

Our Association is made up of a board of directors and coaching staff consisting of volunteers, following a set of association and league bylaws. These bylaws are available for parents to read, see our president, Steve Delvo for a copy. The board and coaches are dedicated to seeing that the program is a positive, safe activity for our children and is self-sustaining financially. Everyone in this organization is a volunteer. No one claims to be an expert or professional at these jobs -- we are people who believe this program has something positive to offer children in the Kent and Covington area. We have offered to help the organization run as smoothly as possible and we are dedicated to using our efforts to make a positive contribution to our community.

We understand there can be frustrations with the program and the people who run it and those things may not always run as smoothly as planned. We value your suggestions and ideas that are intended to improve the program, but please take care in how you offer them. Volunteers are people with feelings just like you, so present your suggestions in the manner that you would like them offered to you. The members of the Board and Coaching Staffs have given many hours of their time during the off-season to help put this year's program together. This dedication will continue throughout the season and play-offs. Working together, this team and you can make this season of Knights Football & Cheer an awesome and fun experience. All of the board members and coaches can be contacted via email on our website.

**KNIGHTS INFORMATION CENTER**

ADDRESS: KENT KNIGHTS YOUTH SPORTS ASSOCIATION  
DBA KENT KNIGHTS JR FOOTBALL & CHEER  
P.O. BOX 9082  
Covington, WA 98042

E-MAIL: [info@kentknights.com](mailto:info@kentknights.com)

WEBSITE: [www.kentknights.com](http://www.kentknights.com)

## IMPORTANT 2011 DATES

Equipment Handout (Football)  
@Kent Meridian H.S. July 23  
9:00am-12:30pm

First Practice (Football & Cheer)  
@ Kent Meridian H.S. Monday, August 1  
6:00pm - 8:00 pm

*The first three practices are non-contact; bring your helmet & mouth guards.*

Equipment Handout #2 (Football)  
@ Kent Meridian H.S. Practices Field August 4  
during practice

Equipment Handout #3 (Football)  
@ Kent Meridian H.S. Practices Field August 8  
during practice

Team Pictures August 24<sup>th</sup>- 89ers, Sweet Peas  
and Bantams  
August 25<sup>th</sup>- Cheer, Midgets &  
Pee Wees

Pep Rally August 26

Official Weigh-In (Football)  
@Kent Meridian H.S. August 19

### GAME SCHEDULE

August 27/28	BYE
Saturday September 10	Kent vs Sumner
Sunday September 18	Kent @Enumclaw
Saturday September 24	Kent @SWAC
Sunday October 2	Kent vs Federal Way
Sunday October 9	Kent vs Benson
Sunday October 16	Kent @Puyallup
Sunday October 23	Kent @Auburn
Saturday October 29	Kent vs Maple Valley
November 5 and 6	Playoffs
November 12	Championship

## **OBJECTIVES OF THE KENT KNIGHTS**

1. To inspire young boys and girls to practice the ideals of health, citizenship, scholarship, and character.
2. To give interested young boys and girls opportunities to participate in an organized and controlled program of tackle football and cheerleading.
3. To bring area youths together by means of common interest in sportsmanship, fair play and fellowship.
4. To impart within the activities, elements of safety, sanity, and intelligent supervision.
5. To keep the welfare of each boy and girl first, foremost, and entirely free of adult ambition and personal glory.

## **THE TEN COMMANDMENTS FOR PARENTS**

1. Win or lose, your child is important, loved, appreciated and you are not disappointed in them.
2. Be honest about your child's athletic capability, attitude, sportsmanship and skill level.
3. Be helpful, but do not over coach your child.
4. Teach your child to continuously work on improving skills, attitudes and to always try their best.
5. Explain to your child that courage does not mean an absence of fear, but rather means doing something in spite of fear or discomfort.
6. Do not compete with the coach.
7. Do not compare the skill, courage, attitude and knowledge of other players with your child.
8. Get to know your child's coach. He/She has tremendous potential for influencing your child.
9. Always remember that children tend to exaggerate criticism and praise. Be careful not to over react with tales that are brought home.
10. Try not to live your athletic life through your child

## **IMPORTANT INFORMATION**

### **BIRTH CERTIFICATES**

All children participating in Knights Football & Cheer must have a birth certificate on file with SPSJF. Your child will not be allowed to be on the field if we do not have a copy. You can obtain a copy of your child's birth certificate at the Health Department of the County where your child was born.

### **REFUNDS**

A full refund will be given if requested before the first practice. Once your child walks onto the playing field (to play football or to cheer) we are paying insurance on them so we must retain a \$25.00 fee for insurance costs. There are **NO REFUNDS** after August 28 .

### **INSURANCE**

The insurance that SPSJF provides for our players is a secondary insurance. If your child is injured and receives medical attention, it must go through your insurance carrier first. There is a deductible for the insurance provided by SPSJF. If your child is injured during a SPSJF activity notify your coach first. For additional insurance information and necessary forms, please see the President or another board member.

### **NEWSLETTERS**

Weekly newsletters will be available each Thursday. The newsletter will be emailed using addresses provided on your registration form or you may pick up a paper copy each Thursday from the team parents.

### **Washington state concussion law**

The Washington State Concussion Law went into effect in 2009. If you are interested in learning more about this law, please visit [www.wiaa.com](http://www.wiaa.com). Click on the Concussion Management Guidelines on the right side of the page. You can read this page and watch a video. All coaches and team moms have attended a training class/online training.

## **PRACTICES (Football and Cheer)**

- Practices are held Monday through Friday for the month of August, 6:00pm to 8:00pm starting Monday August 1<sup>st</sup> at Kent Meridian High School High,
- No practice Friday, September 2<sup>nd</sup> and beginning September 6th, practices will be held Tuesday through Thursday from 6:00pm to 8:00pm (unless otherwise noted by your coach).

Practices are held rain or shine. Please dress your child appropriately.

Be prompt and ensure your children are picked up at 8:00pm. We will do our best to get the cheerleaders moved to an indoor facility. More information will be provided .

- Please address coaches with your questions after practices.
- We recommend that you attend practices and games as player injuries do occur. If you are not able to do so, please ensure that the emergency number provided on the registration form is current.

## **PRACTICE & GAME FIELDS & OTHER SCHOOL PROPERTY**

- There is absolutely no weapons, tobacco, alcohol or drug use anywhere on school property including French Field. The use of profanity by both adults and children will not be tolerated.
- Please pick up all garbage and help keep the fields clean.
- No pets are allowed on school property.
- Please keep the area by the fence going onto the grass clear for medical units if there is a need to take care of an injury.
- Please park in designated areas anyone parking in the fire lanes will be towed. Please be sure to lock your vehicles and secure all valuables. Kent Knights are not responsible for any theft or vandalism.
- Kent Knights has to apply for field and facility usage each year, our acceptance for usage is based on the School District's past experiences with us, so it is important that we follow all their rules and not abuse the privilege.
- We pay by the hour to play at French Field. To keep our fees lower, it is important that we clean up the Stadium after each use and follow all Stadium rules.

## GAME DAYS

All dates, times and directions to games will be confirmed in weekly newsletters and on our Facebook page. Players need to arrive 1 ½ hours prior to game time unless otherwise noted by the coach. Players must weigh-in at half time of the previous game. Check the website regularly for updates ([www.kentknights.com](http://www.kentknights.com))

## PARENTS AND FANS

Please support all the teams from the stands. Parents and fans are not allowed on the field or sidelines at any of the games. It is important to the players to have their parents at practices and games, providing support and encouragement. Give all the players, cheerleaders, coaches, and referees positive encouragement and support. Avoid negative comments, profanity and other inappropriate remarks. Save criticisms and complaints for an appropriate, private time between you and that person. If your complaint cannot be resolved, please take the matter to a Board Member.

## WEIGHT LIMITS

Your age is determined by how old you are on July 31.

TEAMS	AGE GROUPS	WEIGHT LIMITS
Eighty-Niners	7 year olds	No minimum - 95 lbs.
	8 year olds	No minimum - 85 lbs.
	9 year olds	No minimum - 75 lbs.
Sweet Peas	8 year olds	86 lbs. - 115 lbs.
	9 year olds	76 lbs. - 105 lbs.
	10 year olds	No minimum - 95 lbs.
	11 year olds	No minimum - 75 lbs.
Bantams	9 year olds	106 lbs. - 125 lbs.
	10 year olds	96 lbs. - 115 lbs.
	11 year olds	76 lbs. - 105 lbs.
	12 year olds	No minimum - 90 lbs.
Midgets	10 year olds	116 lbs. - 145 lbs.
	11 year olds	106 lbs. - 135 lbs.
	12 year olds	91 lbs. - 125 lbs.
	13 year olds	No minimum -110 lbs.
Pee Wees	11 year olds	136 lbs. - 170 lbs.
	12 year olds	126 lbs. - 160 lbs.

	13 year olds	111 lbs. - 150 lbs.
	14 year olds	No minimum - 140 lbs.
Cheerleaders	7 to 15 years old	No weight limits

### **FOOTBALL EQUIPMENT**

- Each football player will receive a pair of pants, helmet, shoulder pads, one mouth guard, a pair of socks and a game jersey. (jersey will be handed out weekly at games and collected right after each game)
- Mouth guards wear out, please replace your child's mouth guard when it starts showing wear. Mouth guards are for sale for \$1.00 each at practices and games.
- For practice, a player can wear his own personal jersey or x-large T-shirt (needs to fit over shoulder pads).
- Molded rubber cleats are advised for grass fields and practice but are not worn on astro turf fields. Wear regular tennis/basketball type shoes or "turf" shoes on AstroTurf.
- Pants should be washed in cold water, mild detergent and hung to dry. NO BLEACH.
- Players are to wear just their helmets (w/mouth guard) to the first 3 practices. These are "no contact" practices.
- All equipment is to be used for Kent Knight games and practices only.
- Do not make any alterations to any equipment. If you need help with any of your equipment, please contact the Equipment Manager.
- No stickers or other objects are to be applied to any equipment unless otherwise specified.
- Kent Knights is not responsible for lost, stolen or damaged personal equipment.

### **CHEERLEADING**

The Cheer Director will distribute cheerleading uniforms and equipment with instructions. There is a cheer competition at the end of the season that all girls are expected to compete in. If your child cannot compete we will need a written reason as to why they can't. Once the weather changes we will try our best to find indoor facilities for cheer. It may be necessary to stagger the start of practice a little from the football start time to accommodate families that have both cheer and football players since there might be a small distance to travel to the indoor practice facility.

## **ATTENDANCE**

Attendance at practice and games is critical to your child's success with the Knights. Our coaches will track attendance and will rely on each player to attend practice and games when scheduled. If your child will not be able to attend, please contact your team parent. Practices will always be held on their regularly scheduled day, regardless of weather. The ONLY time we will suspend practice is in the case of thunderstorms and lightening. Be prepared to return for your player if thunder and lightening develop after you have dropped him or her off.

## **VOLUNTEERS NEEDED!**

The Kent Knights is strictly a non-profit organization. We have no paid positions or large corporate sponsors. In order to run a successful organization, we need volunteers. Volunteering is a great way to get to know other parents in the organization and make it possible for everyone to be able to watch their child play. The following is a list of some of the volunteer needs. If you have other skills which you think may be valuable please let a Board Member or Coach know.

**CONCESSIONS** - Volunteers are needed to work in the concession stand at home games. During home games we need 8 - 10 adults per team to help out with cooking and serving. Help is also needed to help clean up after the games.

**TEAM PARENTS** - Each team needs a parent to help the coaches with attendance, weigh ins, sending emails and handing out information. Team Parents are also needed to help the Concessions Coordinator to schedule volunteers for shifts in the concession area at home games.

**GAME CHAINS AND DOWN MARKERS** - Three volunteers are needed to work the chains and down markers for each home game.

**SPOTTERS, TIME CLOCK & SCOREBOARD** - Two or three volunteers are needed to help the announcer spot at each game and run the clock and scoreboard.

**BOARD OF DIRECTORS POSITIONS**- We are always looking for help on the Board, see our President, Steve Delvo if you are interested in helping.

## **PARENTS' CODE OF ETHICS**

Our children learn more from their parent's behavior than anyone else in their lives, so we ask that you interact with all participants in a positive way while you are attending any activity associated with Kent Knights. Consequently, we offer the following Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well being of my child ahead of any personal desire to win.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember that the game is for children and not for adults.
- I will ask my child to treat other players and coaches, fans and officials with respect regardless of race, sex, creed, or ability.
- I will promise to help my child enjoy the youth sports experience within my own personal limitations by assisting with coaching, being a respectful fan, or whatever I am capable of doing.

## **PLAYING TIME**

Our program is first and foremost a teaching organization. Our coaches are dedicated to doing their best to teach their players good work habits, self-discipline, teamwork, sportsmanship and commitment. Winning football games is a byproduct of doing these things right.

We are lucky to have a wonderful coaching staff , they all have a true love of the game of football and a love for the kids they coach. They have experience and a good feel for what will earn each player a spot in the game. Their goal in this program is to give every child the best coaching experience they are capable of and to be fair in their evaluations of each individual. One of the biggest issues that our organization deals with year in and year out is the question of playing time. As in any youth sports program, playing time relies on experienced coaches to make decisions about player strengths and weaknesses, we will rely solely on our head coach's judgment to determine how much time is an adequate amount for each player on his team. The playing time decisions of the head coach are final.

Our coaches will try as much as possible to allow each player to play to his or her full potential. This demands a strong commitment on the part of each player. Our coaches must rely on demonstrations of the player's abilities and capabilities during practice. The player needs to work hard at practice and have a positive attitude both on the field and off. Playing time is earned by attending practices, but just showing up for practice is not enough to guarantee playing time. It calls for a commitment to learning the game and improving those parts of his game that may be weak. It takes a commitment by the player to his teammates to do his best so they can do their best. Playing time is earned through an understanding of the plays being called and the demands of the position he is assigned. The Knights play in a competitive league, meaning that we are playing to win as does each of our opponents.

First year players are welcome in the Knights program. The 89ers, Sweet Peas and Bantams have a squad, usually made up of first year players that will often play a "fifth quarter," consisting of equal parts offense and defense during half-time. These teams provide a great opportunity for the less experienced players to receive instruction from their coaches on the field during a game situation. We encourage all parents to be as supportive to these teams as they are of the rest of the team during the other four quarters. On the other hand, first year players may face challenges in earning playing time on the regular squad. Unfortunately, it's difficult for most first year players to possess the skills of a more advanced player. A first year player has a lot to learn about football, both physically and mentally, and must remember that every player on the field was a first-year player at one time.

If your child is a first year player, he will be on a team that has players in their second or third, even up to their sixth or seventh year of organized football. He will most likely find the competition to be intense. That is not to say he will not play, just that his expectations should be realistic. If your child plays at a higher level, great! If not, he will still have a fantastic time learning football and making friends.

If you have concerns about the playing time that your child receives, please discuss it with your child first. There may be legitimate reasons for the decisions his coach makes that your child has not communicated with you. He may not want to play as much as you think he should, but may be afraid to tell you. He may be afraid of getting hurt. He may be fearful of failing in his position assignment. He may be anxious about doing as well as siblings, friends, or his father's high school "war stories." There are many things that may affect a player's performance that have nothing to do with his physical ability. Do your best to listen to your player's thoughts and feelings about his place on the team and be supportive. The best measure of your child's success is the fun and good feelings he associates with the game of football.

## **FINANCES**

We have tried to make the burden on parents as reasonable as possible, consequently, fundraising is a vital part of our program and we need the support of the entire membership to fulfill our fundraising needs. The following is a brief description of some of the fund-raisers. If you have any other ideas on possible fund-raisers, please contact a Board Member.

**CONCESSIONS** - Our concession stand is a big fund-raiser. Parents are encouraged to help out and to support it by buying our great items offered by our Concession staff!

**KENT KNIGHT APPAREL** - Show your spirit by wearing T-shirts, sweatshirts, hats, and jackets in the Knights colors and logo! There are a wide variety of items for sale at both practices and home games.

**DONATIONS** - Donations are always welcome and appreciated! Some ideas are items for concessions, basket raffles, gift certificates, and snacks for the players after the games. If you have an item, idea or know someone who would be willing to make a donation to the Knights, please contact a Board Member.

**NSF** – The Kent Knights relies on our parents to honor their commitments to the organization as we honor our commitments to players and parents. If there is a problem with payment, we ask that you be honest with us and we will work with you. We will, however, charge \$20 for all NSF checks

### **End of Year Party**

All players and cheerleaders will receive a trophy at the end of the year party. All teams have separate team parties. The Board will let each team know what date their party is.