

Grande Prairie Broncos Football

Parent/Player

Handbook



Grande Prairie Broncos Football Directory

Visit our website for the current Board Members & Coaches

[Board Members](#)

[Coaches](#)

Contact Information

Broncos Clubhouse: St. Josephs High School Football Field located at:
10520-68th Avenue Grande Prairie, AB

Website: www.gpbroncos.com

Email: gpabroncos@gmail.com

Club Philosophy

Our goal is to provide a quality football program that teaches the fundamentals of the game while emphasizing fitness, cooperation, self-discipline, and camaraderie. Our program compliments and enriches skill development for young athletes. Our coaches concentrate on player/team development, and an appreciation of the game of football including the necessities of good sportsmanship.

Why GP Broncos Stand Out as a Bantam Team.....

1. Our coaching and training staff is COMMITTED to providing the BEST coaching and safest practice/playing environment that a bantam player can receive at this level. Safety is our #1 concern which is why our team has a spring camp each year. We want to be certain that football is a good "fit" for your child.
2. The BRONCOS place a high importance on conditioning as part of the game of football. We do not operate a "boot camp" environment. Our team saves time in its practice schedule for conditioning as a well conditioned body is much more resistant to injury. We also condition our players for another very important reason- our players want conditioning as part of their practice schedule! Conditioning helps us to get better!

3. Our equipment is properly maintained and replaced regularly with a program in place that ensures only safe, clean and properly fitting equipment is given to our players. All of our equipment is cleaned each year. The helmets which are worn by our players are among the safest on the market at the present time. All helmets are sent away for re-certification every 5 years.
4. Our players respect each other as equals and display a winning attitude. It is the attitude of a BRONCO that makes us the envy of other teams and is why we are successful. It is the attitude that you acquire while with us that enables the player and the team to be winners. Winning football games therefore becomes the by-product of the PLAYERS' commitment to excellence. Our parents display that winning attitude as well and it is very common to see many parents at the practice field during the season encouraging their child and the team.
5. Our team does not practice a "win at all cost attitude". All our players see the field during the season but we cannot "guarantee" equal playing time. We have come a long way from a team that barely used to get enough players out to field a team, to a team that has won numerous League Championships as well as numerous Provincial Championships. We did not achieve these feats without a "team first, family first" environment. Our practice attendance has been over 90% in the last three years. By making practices fun, a Bronco is happy to come to practice.
6. You will make new friends while with us and many will be friends for life. Why do we know this? The Broncos are a family and everyone fits in. Many of the team fund raising functions are fun events that do not seem like work. Our fundraising is creative and healthy and is designed to be a strong team building experience.
7. The BRONCOS take great pride in developing our athletes to be good football players so don't let anyone tell you that you are not good enough to come out with us! Just as no returning player is guaranteed a position on the team, no new player is guaranteed a position either. Positions have to be earned and that is why we create competition at each position. We do this so each player puts in their 100% and push each other to become the best football player at their position.

Player Code of Conduct

1. I will play by the rules of football and, in the spirit of the game, be a true team player.
2. I will control my temper – fighting or “mouthing off” can spoil the activity for everyone.
There is a NO BULLYING tolerance with the Broncos
3. I will respect my opponents.
4. I will remember that winning isn’t everything – that having fun, improving skills and making friends and doing my best are also important.
5. I will remember that coaches and officials are there to help me. I will accept their decision and show them respect.
6. I will come fully equipped for practices and games, including bringing a water bottle.
It is up to YOU the player to remove drink bottles from ALL practice / playing fields
7. I will commit myself to attending practices and arriving on time for games and practices. I am aware that my absence will affect my playtime.

Parent Code of Conduct

1. I will not force my child to participate in football.
2. I will encourage my child to play by the rules and to resolve conflict without resorting to hostility or violence.
3. I will make my child feel like a winner every time by offering praise for competing fairly and at their best.
4. I will remember that children learn by example. I will applaud good plays and performances by my child’s team and their opponents.
5. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
6. I will respect and show appreciation for the volunteers who give their time to football for my child.
7. I will ensure that my child is supervised by an adult at all games. I will not assume the coach is his/her supervisor unless I have spoken with the coach beforehand.

Parents and players agree to abide by the rules, regulations and decisions as set forward by the Grande Prairie Broncos Football Team and understand that if they do not comply; their child may be suspended

from playing for one game. Parents must also understand that repeat offences may result in my child being removed from the team.

POINTS OF UNDERSTANDING

PARENT / COACHES:

1. **PLAYING TIME AND POSITIONS** - Not every child is created equally ... different abilities, both physically and mentally. As coaches we try our utmost to be very objective and place kids into positions that will not affect them negatively ... both physically and mentally. Every one's "READY" time is different ... please respect the experience of coaches and allow them to make that call. The worst thing that we can do is to "play through our children". Coaches need your support to make this work.
2. **IMPORTANCE OF PRACTICES** - FOOTBALL is a GAME that best exemplifies "practice makes perfect". One cannot stress the importance of practice enough. It is one of the only sports in the world where if you don't know where you are supposed to be or what you should be doing or where your team-mates are supposed to be and what they should be doing at any given time in any given play ... then you are lost and so are your team-mates and team. Football is a physical game of CHESS. Physical fitness and mental toughness are acquired through practice.
3. **SCHOOL vs. FOOTBALL (Sport is a Privilege)** - Please feel free to use the coach to help your child achieve academic excellence. "John, I hear that you have had some problems with homework ... you know I can't let you come to practice until your homework is done ... and no practice means no play time. So John what can we do to help you ... your team-mates need you and you are no good to your team if you are not there. School is first and you need to apply yourself, do the job, before you can come out to play.
4. **OTHER SPORTS (Finish what you Start)** - As coaches we are quite cognizant that kids play other sports, we therefore have only one rule ... FINISH WHAT YOU START ... Simply put, a playoff soccer game is by far more important than our practice but a hockey practice is not as important as our Game. So please use your best judgment and communicate with the coaches.
5. **PARENTAL CONDUCT** - Please be exemplary to your children ... we teach all the players that one leads through example ... if you have any issues, thoughts or just want to talk, please choose your arena wisely ... there is always a time and place ... not in front of your children at game time or during practice ... call or see the Parent Liaison or the at any other time, he/she will make themselves available to you.
6. **INJURY** - Football is a full contact sport. While our coaches do everything in their power to ensure the safety of each and every player, unfortunately injury is always a possibility. One injury in particular that both parents and players need to understand the risk is concussions. It is expected that the attached brochure on concussions is reviewed in detail by both player and parents.

Above all, HAVE FUN, ENJOY AND SUPPORT YOUR KIDS BY BEING THERE!!!

EQUIPMENT

Equipment is issued to each player at the beginning of the season and it is expected that this equipment will be returned at the end of the season in good repair and clean condition. Equipment is one of the clubs biggest expenses every year and in order to keep these expenses reasonable, thus a reflection in your registration fees and amount required to fundraise, this equipment MUST be returned. To provide the club some protection, it is required that a postdated bond cheque be collected at registration in the amount of \$500.00. Should your players equipment not be returned or is unreasonable condition, your bond cheque will not be returned to you and will be cashed. Any additional costs for replacement over and above the amount of the bond cheque will be immediately billed to the parent/guardian of the player.

Equipment provided by the club and their costs are outlined as follows:

Helmet:	\$325
Shoulder Pads:	\$225
Game Jerseys:	\$150
Game Pants:	\$150
Practice Jersey:	\$40
Chin Guard:	\$15
Belt:	\$10
Socks:	\$20 (Player keeps at end of season)
Mouth Guard:	\$5 (Player keeps at end of season)

Equipment that must be provided by each player is as follows:

Girdle – These are available for purchase from the club at the price of \$50
Knee Pads – These are available for purchase from the club at the price of \$30
Cleats
Catching Gloves
Body Armor (Warm layer for playing in the cold weather)

ANSWERS TO COMMONLY ASKED QUESTIONS

IF I AM SICK OR CANNOT ATTEND A PRACTICE OR A GAME, WHO DO I CALL?

Please call or message your coach whose contact info will be distributed at the start of the season or found at the beginning of the handbook.

IF THE WEATHER IS BAD OR RAINING DO WE STILL PRACTICE OR PLAY GAMES?

Practice and or Games are only cancelled in the event that lightening is present. It is recommended the website and/or your email be checked immediately prior to practice regarding any possible cancellations. It is impossible to phone the entire team when a cancellation is necessary.

WHEN ARE PRACTICES HELD?

Practices will be held on Mondays, Wednesday and possibly Thursdays from 6:30-8:30 pm. This time & days is subject to change after we are into our season. The coaches will advise your player of any changes and check the website and your email regularly for regarding any changes or possible cancellations. Practice will be held at St. Joe's field until further notice.

WHEN ARE GAMES HELD?

Games are held on Wednesdays and Saturdays. Our team does not always play every Wednesday and Saturday, so check the website frequently for the schedule and game locations.

WILL TRANSPORTATION BE PROVIDED FOR OUT-OF-TOWN GAMES?

Buses are rented for the longer trips and are paid for by the club through the fundraising unless otherwise stated. Examples: Edmonton
Shorter trips are the parents' responsibility to provide transportation. Example Peace River, Sexsmith, High Prairie

WHAT IF I DECIDE TO QUIT FOOTBALL DO I GET A REFUND?

Refer to the refund section of this handbook. There are exceptions considered only in cases of injury.

ARE MOUTH GUARDS PROVIDED?

Yes the club provides a basic mouth guard, but other ones can be purchased or your dentist can make one for you.

WHAT IF I AS A PLAYER HAVE SOME ON-FIELD ISSUES, WHO DO I TALK TO?

Please direct all issues to your coach. If your parents have issues, they need to communicate with the current Broncos Board

WHO LOOKS AFTER ME IF I AM INJURED?

Each team has their own trainer, who has their First Aid training, sport taping practice, and will assess and assist you.

ARE PLAYER ALLOWED TO WEAR A VISOR?

Players are allowed to only wear a clear visor as per Football Canada. Color or tinted visors are illegal unless medical certification from an OPTHALMOLOGIST is presented.

Noteworthy Club Dates and Events

As we are still in the early planning stages of the season, some of the important dates to remember have not yet been finalized. Please check the website and your email regularly to keep track of important dates that would include:

- Team Photo Day
- Annual Fundraising Events
- Equipment Issue/Return
- Annual Year End Awards

Registration Information

Full payment of all fees and completion of all registration forms must be received by the registrar before your player will be issued equipment or allowed on the field. This is a liability issue NO EXCEPTIONS!

Broncos registrations will be done online - GrandePrairieBroncos.rampregistrations.com

Adopt a Bronco

Our team has a program designed to allow for companies to sponsor a player's registration fees in exchange for acknowledgement on our website. The commitment level for companies is \$300. This covers the \$250 registration fee and the remaining \$50 is considered a donation to the team. Should this be of interest to you, please present the attached letter to the company you may be approaching regarding consideration of the Adopt a Bronco program.

Other Financial Obligations

Equipment:

As stated earlier, some additional equipment must be provided by the player and the bond cheque must be given to the team for use of club equipment.

Fundraising:

The operation of our team relies heavily on the fundraising completed by the entire team family. Our Fundraising coordinator works tirelessly to prepare events that will ensure equal and fair obligations for each team member. **THIS IS MANDATORY**, it is simply unfair to have some families fundraise & others not.

Volunteer Commitments

Volunteerism is a vital component of the football community. Assistance is required in many forms, from working line sticks at games, to canteen/BBQ help as well as fulfillment of time requirements for fundraising opportunities we may be afforded in the form of Bingos, Cars for Christmas Lottery etc. We even have many spots for assistance required at our own Fundraising event. Our Volunteer Co-coordinator will be keeping track of all volunteer commitments we will require and assign the duties accordingly. Please check the website regularly under the volunteer section to determine where best you can be of service and contact our Volunteer Co-coordinator, Tamara Hardy, directly (email listed on directory page).

Merchandise

We will have a variety of team merchandise that will be available for purchase through our online merchandise store. A variety of products will be available at different price points so everyone can show some team spirit!! Please check the website for up to date information on the products that will be available cut off dates for ordering.

Refund Policy

In order to withdraw from Broncos Football you must do the following:

Notify the Board of Directors in writing via email addresses listed on our website

NO other method for withdrawal will be accepted.

Only the the Board of Directors can accept a withdrawal from the team, not a parent committee member.

At the time of withdrawal you must make arrangements to return all equipment. The withdrawal date will be recorded as the date of equipment return. Upon return of the equipment, you will receive the completed equipment return form to be presented to the treasurer for refund processing.

The refund will not be processed until all equipment is returned and proper documentation has been given to the treasurer.

A refund, less the \$40 Football Alberta Insurance fee and purchased equipment will be given if notification of withdrawal is received in writing and equipment has been returned no later than:

FINAL date for withdrawal for the Regular Season is before the start of the second game of the Regular Season.

After these dates NO refunds will be given.

The refund cheque will be made payable to the person whose name appears on the original payment.

CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

SYMPTOMS MAY INCLUDE ONE OR MORE OF THE FOLLOWING:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Repeating the same question/comment

SIGNS OBSERVED BY TEAMATES, PARENTS AND COACHES INCLUDE:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any changes in typical behavior or personality
- Loses consciousness

WHAT CAN HAPPEN IF MY CHILD KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescents or teenage athletes will often under report symptoms of injuries and concussion is no different. As a result, education of administrators, coaches, parents and students is the key for student-athletes' safety.

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION:

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

You should inform your child's coach if you think that your child may have a concussion. **Remember, it's better to miss one game than miss the whole season andwhen in doubt, sit them out!**