



## **Manheim Athletic Association 2023 Football Family and Player Expectations**

### **WHO IS ELIDGIBLE**

- MAA football is open to students who live in the Manheim Central school district, ages 7-12 as of 6/1/23.

### **EXPECTATIONS OF PLAYERS**

- Players attend ALL practices and games.
- Players arrive 15 minutes early and properly dressed for the start of practice.
- If a player is going to be late or must miss a practice or game, the Head Coach MUST be notified prior to missing.
- Players are expected to respect themselves and their teammates; always exhibit good sportsmanship and always bring a positive attitude with them.
- You are here to have fun and learn the game we all love!

### **EXPECTATIONS OF PARENTS**

- This organization is made up entirely of volunteers. Parents are expected to volunteer for at least two events during the season. Examples of volunteer events are concession stand, lining the practice field, and chain gang. Signups will go out for volunteer opportunities.
- Our team is using TeamSnap for communication over the season. Parents are expected to use this app so important information is not missed. We will help you get set up with this as your player signs up.
- Parents need to submit paperwork before the start of August practice. MAA Forms including the Player Contract, Physical/Doctor's sign off for play, Code of Ethics, Copy of Birth Certificate, and Photo Release are required. More information and dates for submitting these will be sent to those who sign up.
- Parents are expected to make sure their player makes it to all practices and games.
- Parents are expected to set a good example and follow our code of conduct at practices and games.
- Questions, concerns, or complaints should be respectfully asked of the head coach at an appropriate time.

### **EQUIPMENT**

- MAA will provide a helmet, shoulder pads, rib pads, mouth guard, practice, and game pants with pads, as well as practice and game jerseys.
- Additional equipment needed: football cleats (not soccer), comfortable athletic socks, a girdle with pads, and a jock strap and cup. Several cleats and girdles were donated and will be available at our equipment handouts.
- Players should bring a full water bottle with them to practices and games.

## SUMMER PRACTICES

- Starting the 2nd Week of June, teams will be having voluntary practices at the practice field. Players will be learning their plays, no-contact drills, and having fun.
- Wear athletic clothing and bring a water bottle. Pads/equipment required.

## PRACTICES

### August 2023

- Week 1 is 3 days of heat acclimation. If a player misses a day, they must make up the acclimatization day missed to fulfill the five-acclimatization day requirement prior to starting full-pad practice.
- Pre-Season Practice Schedule - Monday - Friday 2-hour practice, August 7-18
- In-Season Practice Schedule - Tuesday - Thursday 2-hour practice, August 22 - 24 then every T-Th for the balance of the season.

## GAMES

- The 2023 game schedule is being finalized, but typically runs for 9 games held on Saturday or Sunday ending early November. There is the potential for B and C team to make the playoffs which would extend the season for a few additional weeks.

## COACHES

- All coaches and members of MAA are volunteers. They put in a lot of their personal time for the players and team. We ask that you respect them and their time. If you have concerns about your child, please reach out to your head coach.
- We are always looking for more coaches/volunteers. If you are interested, please reach out to us at [maayouthfootball@gmail.com](mailto:maayouthfootball@gmail.com)
- Coaches MUST go through a background check, as well as complete online training for Concussion and Heat Exhaustion Awareness. They are also expected to know and follow our player safety protocols.