



RESTON YOUTH ASSOCIATION

*2014
PARENT
HANDBOOK*

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Welcome to the 2014 RYA Parent Handbook! This handbook contains important and helpful information that will assist you while participating in programs RYA as to offer. Many facts and important RYA Football Program dates are included. Please keep it in a convenient location for reference before, during, and after the season.

Here is a list of our current 2014 Board Members:

RYA 2013 Board of Directors		
RYA President	Jay Cobbs	president@restonseahawks.org
RYA Vice President	Michael Napolitano	vp@restonseahawks.org marketing@restonseahawks.org
Secretary	Tess Rollins	secretary@restonseahawks.org
Treasurer	Michelle Russell	treasurer@restonseahawks.org
Board Member	Bill Ferzoco	registrar@restonseahawks.org
Board Member	Bernie Manns	equipment@restonseahawks.org
Board Member	Bruce Belt	
Board Member	Javin Livingston	
Board Member	Wes Williams	
Tackle Football Commissioner	Jeremy Lee	commish@restonseahawks.org
Assistant Tackle Football Commissioner	Ali Sedghi	ac@restonseahawks.org

Reston Youth Association

Reston Youth Association (RYA) is a not-for-profit 501(c) (3) all-volunteer organization. The mission of RYA is to provide an opportunity for children of Reston and the surrounding areas to participate in an organized youth football program. We aspire to build a successful youth organization by applying standards and activities that will create an environment of athletic enthusiasm and learning with a focus on achieving high academic standards. RYA’s board strongly believes it is our responsibility to be positive role models by giving back to our youth and continually striving to build a healthy positive community.

Parent Volunteers

Parent Volunteers are essential to the success of RYA. As you can imagine, there is much work put in by volunteers to put together the Flag and Tackle football seasons each year. Parents are encouraged to help across multiple areas. Some areas of need are coaching and assistant coaching, team organization, concessions, field setup, community service and fundraising.

RYA cannot be successful without your support.

RYA Online Registration

Online registration for our programs can be located at www.restonseahawks.org. RYA offers a discount for early registration of our flag and tackle program.

Scholarship Program

RYA supports reduced registration fees via the Fairfax County Neighborhood and Community Services (NCS) scholarship program. This scholarship program provides assistance to youths from low income families who are not currently being served by existing scholarship or fee waiver programs. Registration fee scholarships and equipment vouchers help eligible youth participate in sports programs in Fairfax County. Please contact a Board Member for registration details.

Flag Football

RYA offers both Spring and Flag Football during the year. Flag football can be an excellent alternative and/or complement for traditional tackle football. RYA currently supports 4 age divisions:

- Coed 5-7 years old
- Coed 8-10 years old
- Coed 11-12 years old
- Coed 13-17 years old

Prior to the start of a Flag football season, a skills evaluation is held to determine the skill level of each player in the areas of running, throwing and catching. The information collected during the skill evaluation will help coaches to divide teams up evenly during the season. During this time we will also take into account the many requests for carpooling and coaching requests.

Depending on the number of teams, each season will consist of 6-7 games plus playoffs.

Flag Football Equipment

Another benefit of Flag Football is the low cost of equipment. The only REQUIRED equipment is a mouth guard. Cleats are STRONGLY RECOMMENDED but not required. At the end of each season players will get to keep their individual jerseys.

Flag Football Practices and Games

Teams will generally practice once or twice a week and games will be played on Saturday. In the Fall it may be necessary to play games on Sunday due to the availability of coaches or fields.

For a complete list of Flag Rules please visit the Flag Football section on the RYA website.

Cheer

Cheerleading is a team sport designed for girls and boys in K through 8th grade. Participants must be at least 5 years old by October 1. No experience is required and no tryouts are conducted. All that is required is enthusiasm, spirit, and regular practice to master cheers and chants, and build on teamwork. Cheerleading offers young athletes a chance to learn cheerleading skills involving motions, jumps, stunting, tumbling, and dance—possibly to pursue high school cheerleading. Squads are organized by grade and skill level to ensure team compatibility, safety and skill development. Cheerleading is an athletic sport, involving strength for stunting, and stamina while you jump, cheer and dance. The

cheerleaders get the teams fired up with personalized cheers, signs and banners, tunnels at the end of games and special crowd chants. The goal of our program is to offer quality cheer instruction to youth athletes and work towards building a strong and dynamic youth program that will be long lasting and provide a foundation for upcoming Reston youth interested in cheerleading.

Additional program details can be found in the Cheer section of the website.

Cheer Equipment

The uniforms that are loaned to all cheerleaders include a skirt and top. The cheerleader is responsible for purchasing hair bow, turtleneck, bloomers, socks and shoes. To ensure uniformity, the cheerleader is to wear additional items purchased through RYA CHEER only.

Cheer Supported Events

- RYA Football home games
- RYA Pep Rally
- Fundraisers
- South Lakes Youth Night
- South Lakes Homecoming Parade
- South Lakes Volleyball - Dig Pink game
- Reston Town Center Holiday Parade
- Taste of Reston Festival
- Fairfax County Youth Cheer Performance Day
- Recreational Competition event
- Other events as scheduled

Track and Field

Track is new to RYA in 2014! We are working to establish this program in the coming months and build a strong base of athletes and coaches for years to come. Under the direction of former Jamaican Olympian Fenton Hugg, Coach Hugg is excited to bring his unique brand and style of coaching to Reston. The conditioning program will include both running and field events. All athletes will have opportunities to compete.

Tackle Football

Tackle Football requires a considerable investment in the safest, most modern equipment available. However, registration fees only cover a portion of the per child cost incurred by RYA each season. There are many additional costs associated in making this season come together; officiating fees, league fees, equipment maintenance and reconditioning are just a few. Additional monies need to be raised through fundraising and donations to enable the organization to remain successful.

Fairfax County Youth Football League (FCYFL)

The Fairfax County Youth Football League (FCYFL) serves the Northern Virginia region with 23 member clubs located in Arlington, Fairfax, Loudoun, Prince William counties and Alexandria city. The purpose of

the FCYFL is to provide participating youth with a healthful, enjoyable leisure time activity, and to foster in them the qualities of sportsmanship, team play, and integrity.

FCYFL Structure

The FCYFL is structured to establish various levels of competition based upon a player’s ability, age, and weight. There are seven weight classes identified as Anklebiter (AB), 80 Pound, 90 Pound, 100 Pound, 115 Pound, 130 Pound, and 155 Pound. A player’s Official Playing Age is determined by what his/her age will be on October 1, 2012. For example, a player born on October 1, 2004 will play as a 10 year old because he/she will be 10 on October 1, 2012. However, a player born on October 2, 2004 will play as a 9 year old because he/she will only be 9 on October 1, 2014.

Fairfax County Youth Football League Age/Weight Matrix

Weights listed are the maximum that a player may weigh for the specific weight class. The minimum weight requirement for participation is 40lbs. Players must weight 40lbs. or greater by their first scheduled weigh-in.

Players are assigned to their weight class based upon the following age/weight matrix:

Weight Class	Age on October 1									
	7	8	9	10	11	12*	13*	14	15**	16***
AB	UNL	90	55							
80LB		100	90	85	80					
90LB			110	100	95	90				
100LB				120	110	105	100			
115LB					135	125	120	115		
130LB						UNL*	140	135	130	
155LB							UNL*	165	160	155

* 12 year olds at 130lbs that weigh over 150lbs and 13 year olds at 155lbs that weigh over 175lbs are not eligible to play in a position that normally handles the ball, on offense this includes backs and ends. Exceptions include the offensive positions of center, punter, or placekicker.

** 15 year olds that turn 16 on or before December 31st must play 155lbs.

*** 16 year olds that turn 17 on or before December 31st are not eligible to play.

Anklebiter (7 year olds any weight, 8 year olds under 90lbs, 9 year olds under 55lbs). The Anklebiter Instructional Group (AB) is one conference, divided into several divisions, dependent on the number of teams enrolled. Since these are the youngest players in an instructional group with special competition rules, no distinction between levels of experience is warranted as in the higher weight classes.

For the remainder of the weight classes (80lbs-155lbs.) there are three established conferences to provide three different levels of ability and experience for the players.

American Conference

The American Conference is structured with youths of the greatest ability and most experience in comparison to their peers; participation in the American Conference is determined each season by the RYA staff based on the available pool of players in a given weight class.

Central Conference

The Central Conference is a mid-level competition group structured to include both single entry Club teams which may not be able to compete equally in the American Conference and multiple entry Club teams with some experience.

National Conference

The National Conference is designated as a conference for multi-entry teams with youth of limited experience in comparison to the other conferences.

Tackle Equipment

All protective equipment provided by Reston Youth Association meets the manufacturer safety standards as well as the standards set forth by the National Federation of State High School Associations (NFHS). Reston Youth Association checks protective equipment annually and will repair, recondition or replace defective equipment when necessary.

Required Equipment: The following is a list of required equipment. Parents and players will not modify this equipment in any way. All uniforms and equipment will be provided by RYA, except as noted:

1. Helmet (with approved face guard and chin strap)
2. Shoulder Pads
3. Practice Jersey
4. Practice Pants
5. Hip Pads and Tail Pad
6. Game Jersey
7. Game Pants (with thigh pads & knee pads)
8. Shoes - either molded or removable cleats are allowed - *(provided by the player)*
9. Tooth and Mouth Protector (intraoral/fitted) – *(provided by the player)*
10. Athletic Supporter with cup insert *(provided by the player)*

Optional Equipment (Provided by the Player) and other personal protection devices must be in compliance with the National Federation of State High Schools Associations (NHFS) Rules. If in doubt, check with a Head Coach or Commissioner prior to purchasing optional equipment. Too much additional equipment may limit the player's movement on the field and in practice and could lead to injury.

Equipment Handout

All equipment is handed out at the Football shed on the RYA Practice Grounds. Date and times will be posted online and sent over email. It is important to pick up equipment on the dates announced. Equipment will not be provided unless a player is accompanied by one or both parents. Each child will take approximately 10-15 minutes to fit properly; no parents will be allowed in the equipment issue areas. Please note the condition you receive your equipment in, we expect it back in the same condition.

Game jerseys and game pants are not issued on this day. They are issued at a later date.

NOTE: All equipment issues after the official equipment issue times will be conducted at a place and time convenient to the RYA Football Equipment Manager and ONLY with a team coach (players head coach or assistant) in attendance.

Tackle Equipment Returns

The RYA Football Program values its equipment very highly. The equipment was issued to you in a clean and orderly manner and we require it to be returned in the same fashion.

Two other equipment return dates will be set up prior to this final date. Please return all equipment washed and folded in some type of plastic bag during one of the designated turn in dates. Clean all dirt & mud from helmets as well. Please account for all equipment that was issued, as you will be billed for all missing equipment.

Please return any equipment from previous years at this time as well. Equipment return dates will be updated on the website and with team coaches.

Any equipment not returned will be invoiced to you at the following price schedule:

- **HELMET W - MASK - \$95.00**
- **SHOULDER PADS - \$45.00**
- **GAME JERSEYS - \$70.00**
- **GAME PANTS - \$30.00**
- **PRACTICE PANTS-\$15.00**
- **PRACTICE JERSEY - \$20.00**
- **PROTECTIVE PADS - \$20.00**
- **TOTAL YEARLY COST PER PLAYER - \$295.00**

Assignment of Players

Per Fairfax County Youth Football League rules, each player shall participate at the proper level of his/her ability. Therefore, a player will play for the team by which he/she is assigned. Any deviation from this particular rule requires that:

The Football Commissioner shall be advised by a parent or guardian in writing of the reason why such a request for deviation is necessary prior to the second try-out practice. If the situation cannot be resolved to the parent/guardian's satisfaction, three options are available:

1. Appearance before the RYA Coaches Selection & Conduct Committee.
2. Withdrawal of the request for rule deviation.
3. Withdrawal of the child from the RYA Football Program.

Weight Class

Registrants shall be informed during equipment hand-out, of evaluation/practice dates (combine) and the actual weight class in which the player will participate. The player's final weight class is determined by the weight limit allowed at the Official Fairfax County Weigh-in and the player's current weight. Their actual weight class assignment is determined by the Football Commissioner or an Assistant Commissioner. Players who are not assigned an actual weight class for any reason (the player was not present when the equipment was issued, the player registers after practice has begun, etc.) will not be allowed to participate until they are assigned an actual weight class by the Football Commissioner or an Assistant Commissioner. Any request for changes in actual weight class assignment of a player must be made by a parent/guardian of that player to the Football Commissioner or an Assistant Commissioner.

Because football assignment is determined by a combination of weight and age, weight loss is very common for players seeking to play at a lower weight class. RYA football does not encourage or support any player that chooses to lose more than 7 pounds. Any request for a player attempting to lose weight in order to play at a lower weight class must be made by a parent/guardian of that player to the Football Commissioner or an Assistant Commissioner.

Player Evaluation Week

Player evaluation is conducted during the first week of practice and will be organized by weight class. It is critical that all players attend every practice during this week - this week will greatly affect their football experience for the entire year. All players will be evaluated to determine their conference placement based on their skills and abilities in relation to their peers. Players must have three (3) days of non-contact drills before they may engage in hitting drills. For most players this will begin on the Thursday of the first week of practice. Once hitting drills start, this will be the coaches' focus; players who do not have the required three days of non-contact drills may do non-contact activities.

RYA Skills Camps

RYA will offer Skills Camp during the summer to prepare the players for the demands of the football season. In early July there will be a Skills Camp the help “shake the rust” off from the long offseason. The RYA Skills Camp is the perfect way for beginners and those with limited experience (ages 6 & up) to learn the basic fundamentals of tackle football. Our staff of USA Football certified coaches will ensure everyone is having fun in a safe environment. All campers will be exposed to aspects of the game including blocking, tackling, proper stance, footwork for all positions as well as lessons on hydration, nutrition and sportsmanship. The camp is non-contact.

The RYA Elite camp is geared towards veteran players, ages 9-14, who are looking for advanced training that will help them to dominate in the fall. RYA’s staff will be joined by the staff from South Lakes High School. Between the two groups there are several former Division I and Division II college football players as well as some with NFL level experience. The camp is non-contact.

Team Selection /Player Placement

We will conduct a player review at each weight class to place players in the most appropriate conference. We believe that it is best for the child (and for the club) to play at the highest level of competition that he or she is able and therefore require that players play on the team to which they are assigned. It is still possible to move players around on a limited basis during the month of August based on their ongoing performance.

Tackle Football Practices

Practice for the 2014 football seasons begins Monday August 4th! Practice is every night, Monday through Friday until the first full week of school (FFX Public School). Beginning with the first full week of school, practices are limited to a maximum of three times per week.

All practices will be held on the grounds of Langston Hughes Middle School.

All players must practice with their actual weight class that they were assigned even if siblings are on different weight classes with different practice schedules.

RYA supports Fairfax County Football rules stating that players **MUST** participate at the proper level of his/her ability. Therefore, a player must play for the team that he/she is assigned to play for.

Official Fairfax County Weigh-Ins

All players in Fairfax County must weigh-in as an organization (RYA) at a pre-determined time. The first weigh-in is available free of charge. Late weigh-ins are available (\$20 - \$50), for a number of reasons, RYA highly recommends that all players attend the first weigh-in if at all possible. If coaches identify a player to lose a minimal amount of weight in order to remain at a lower weight class, that player may be withheld from participating in the initial scheduled weigh-in.

Identification Cards

ALL PLAYERS MUST OBTAIN A PICTURE I.D. "WALKERS PERMIT" FROM THE VIRGINIA DEPARTMENT OF MOTOR VEHICLES (DMV) AND PRESENT IT AT THE OFFICIAL FAIRFAX COUNTY WEIGH-IN. TO OBTAIN A DMV WALKERS PERMIT, AN ORIGINAL RAISED-SEAL BIRTH CERTIFICATE (OR PASSPORT) AND PARENT'S PROOF OF FAIRFAX COUNTY RESIDENCY MUST BE SHOWN TO THE DMV. THE COST OF THIS PERMIT IS \$5-\$10. NO PLAYER MAY PARTICIPATE WITHOUT A DMV WALKERS PERMIT. IT IS RECOMMENDED PARENTS OBTAIN THE DMV WALKERS PERMIT IN JULY IN PREPARATION FOR AUGUST WEIGH-IN.

THERE IS NO EXCEPTION

FCYFL Games

Our home games are held at the South Lakes High School stadium. As a member of the Fairfax County Youth Football League (FCYFL), RYA is one of 23 clubs participating in the League. In order to make this year's football season a positive experience for you and your child, we would like to provide you with some important information as it pertains to the FCYFL game schedules so that you are fully informed of League expectations prior to registering and making the commitment to participate in RYA and in FCYFL.

- (a) Game schedules are NOT finalized until after the last weigh-in. The League needs to first understand how many teams are participating before a schedule can be completed.
- (b) Approximately 70% of FCYFL games are scheduled on Saturdays.
- (c) Approximately 25% of FCYFL games are scheduled on Sundays.
- (d) Approximately 5% of FCYFL games are scheduled on weeknights (Mon-Fri).
- (e) All game scheduling is done regardless of outside factors such as community events; religious observances; the Washington Redskins home game schedule, etc.
- (f) Weekend games are scheduled without deference to religious denominations. Please be aware that the possibility exists for a conflict and personal decisions must be made by the family whether to participate or not.
- (g) All game scheduling is done by the FCYFL based upon allocated space available to each individual member club.
- (h) When games are postponed due to inclement weather, they must be made up as soon as possible because of the limited facilities (fields) available, the short regular season; unpredictability of weather, play-off and championship games, and the Thanksgiving Holiday. This means games could be rescheduled as quickly as the day of a postponement!
- (i) With the introduction of the new turf fields around the county, FCYFL will schedule and reschedule games on these weatherproof sites in the best interests of finishing the season on time and not

canceling any games! This scheduling pattern takes precedent over the “home” game concept; “playing the game” is the most important goal we desire.

(j) The availability of game officials and the weather are the primary reasons for the initial schedule and subsequent schedule changes.

Please keep in mind that the FCYFL has 23 member clubs from Gainesville to Alexandria, from Woodbridge to Loudoun County. The FCYFL tries to “look” at weekly match-ups, time and location of games when schedules are developed. However, the availability of facilities (lighted) or lack of lighted fields, significantly impacts “convenient” geographical scheduling. Teams are matched by draw, not by geography, so the possibility exists in each weight class that all clubs may play any other club, anywhere in the county. We are cognizant that traffic, early morning, and late night games, are considered an inconvenience by some people. The bottom line is that the FCYFL is an organization that has almost 7,000 players, a limited number of officials; limited number of lighted and turf fields, and trying to schedule all these games in a 7-8 week regular season is a challenge, to say the least, so we appreciate your patience when inclement weather causes everyone’s schedule to change.

Tackle Football Season Length Information

Pre-season games are likely and Regular Season games begin in early September with the regular season concluding on or around early November. Post season play usually extends the football season to the week before Thanksgiving- contact your individual Head Coach for more information.

Important Dates

July 21-23 – RYA Elite Camp

July 28-30 – RYA Rookie/Skills Camp

August 1 – Coaches Season Kickoff Meeting

August 4 – Practice begins / Parent Meeting

August 9 – First Weigh-in FCHS (Cost TBD)

August 15 – Teams split based on competition level

August 16 – Second weigh-in FCHS (Cost \$10)

August 17 – FCYFL Conference Declarations Meeting

August 23 – Third weigh-in FCHS (Cost \$20)

September 3 – Last Day for coaches to be rostered and approved by FCYFL

September 6 – Pep Rally, Picture Day, RYA Bowl

September 7 – Fourth weigh-in Fairfax Co. Govt. Center (cost \$50)

September 12-13 – Season begins

October 26 – Playoffs

November 9 - FCYFL Championships

December 6 – Equipment Return Date

Concussion and Injury Awareness

In July 2011, the state of Virginia brought into law the Student Athlete Protection Act, an awareness act providing guidelines and procedures regarding identification and handling of suspect concussions. Though this law is directed to middle and high schools, RYA is committed to the safety of our football players and includes this information to educate athletes, parents and coaches.

RYA and other youth sports organizations in Virginia follows Code 22.1-271.5 related to policies for student-athletes with concussions:

<http://lis.virginia.gov/cgi-bin/legp604.exe?101+ful+CHAP0483+pdf>

Signs a player may have a concussion

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets plays
- Unsure of game, score or opponent
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to or after the hit or fall

Concussion Symptoms

- Headache or pressure in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurred vision
- Sensitivity to light or noise
- Feeling sluggish
- Concentration or memory problems

What a Coach should do if a Concussion is suspected

1. Remove the athlete from play
2. Inform the athlete's parents/guardians of the possible concussion
3. Ensure the athlete is evaluated immediately by an appropriate health care professional
4. Allow the athlete to return to play only after an appropriate health care professional clears his or her return

IF YOU THINK YOU HAVE A CONCUSSION DON'T HIDE IT ~ REPORT IT ~ TAKE TIME TO RECOVER! IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON

IF YOU THINK A FRIEND/TEAMMATE HAS A CONCUSSION TELL YOUR COACH AND/OR PARENTS.

STEPPING UP FOR YOUR FRIEND COULD SAVE THEIR LIFE

Inclement Weather Policy (Thunder and Lightning)

During the Spring and Summer it is common for thunderstorms to roll into the area in the late afternoons. It is therefore important that all RYA Board Members, Coaches, and Parents are clear on the RYA Inclement Weather Policy:

If you hear Thunder or see Lightning, clear the field immediately!!!

If you are on a field and you hear Thunder or see Lightning, parents should make their player's coach aware in case he/she did not hear it. Then, take your child off the field; do not wait for the coach to call the practice or game. We will typically wait 15-20 minutes after the last lightning is seen to determine if practice will continue for the evening.

RYA is committed to providing our kids with a safe environment. There is no reasonable justification for jeopardizing the safety of our kids. When a Thunderstorm is brewing and Lightning has been spotted, it is imperative that our coaches take it upon themselves to play it safe and clear the field right away. That includes getting kids out of the parking lot and into cars.

We realize weather related situations can cause a great deal of inconvenience but this is a temporary scenario as opposed to the alternative.

RYA Code of Conduct

As a parent or coach with a child in an RYA program you are a member of Reston Youth Associations and subject to the guidelines regarding behavior.

Per section 7.01 of the RYA By-Laws (available on the RYA website), The Board, at any duly constituted meeting, shall have the authority to suspend, expel, or take any other disciplinary action as to any manager, coach, referee, member, player, or spectator whose conduct is considered detrimental to the best interest of the Corporation. The President will notify the person(s) in writing of the action. The person(s) involved shall have the right to appear and be heard, unless immediate action is required or they fail to appear after reasonable opportunity is provided for such an appearance. The person(s) involved shall notify the President and provide justification within ten (10) days from the notification date that they desire to be heard. The President will call a Special Meeting to determine next steps and communicate them back to the person(s) within ten (10) days.

Reston Youth Association Parent and Player Code of Conduct

Reston Youth Association (RYA) has implemented the following Sport Parent Code of Conduct. Parents have a critical role in supporting their children in sports. This code conveys the importance of the parent as a role model for good sportsmanship, fair-play and integrity as they support their children in team sports. Parents should read and sign this form prior to their child participating in our league.

Any parent guilty of improper conduct at any game or practice may be asked to leave the sports facility and be suspended from the following game. Repeat violations may be cause for multiple game suspensions, or the forfeiture of the privilege of attending all remaining games.

Please share this document with your player.

The mission of RYA is to provide an opportunity for the children of Reston and surrounding areas to participate in organized youth football. At its best, athletic competition can hold intrinsic value for our community. Sport is a symbol of a great ideal; pursuing victory with honor.

Our coaches put a lot of personal time and effort in coaching your child to develop the best potential for them. Sideline communication towards players on the field during practice and games cause a disruption to the child they are speaking to, other players, and coaches. We are always looking for volunteers. If parents have a desire to sideline coach, they can speak with the commissioner to see about future opportunities to serve as a coach or assistant coach.

It is the duty of sports leadership-including parents, coaches, and league members to support players in the concept of sportsmanship and six core principles: ***Trustworthiness, respect, responsibility, fairness, caring and good citizenship***. The highest potential of sport is achieved when competition reflects these “six pillars of character”.

I therefore agree:

1. I will remember that children participate to have fun and that the game is for youth, not adults.
2. I will teach my child that participating in organized sport is a privilege, not a right. In order to earn that privilege athletes must conduct themselves, on and off the field, as a positive community member.
3. I will inform the coach of any physical disability, injury or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or league event.
6. I (and my guests) will not engage in any unsportsmanlike conduct such as booing and taunting, refusing to shake hands, or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of athletes.
8. I will teach my child to play by the rules and to resolve conflict without resorting to hostility or violence.
9. I will demand that my child treat other players with respect, regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one’s best is more important than winning
11. I will accord the referees, regardless of their on-field ruling, with the respect their position in the game deserves
12. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____

Reston Youth Association Coaches Code of Conduct

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, officials and spectators are the primary considerations governing competition in the Fairfax County Youth Football League (FCYFL), the following Code of Conduct has been established and adopted.

1. I acknowledge that my primary responsibility is to foster the stated purpose of the FCYFL which is to promote a healthy, pleasant and safe environment for boys and girls to participate in tackle football. To satisfactorily meet this responsibility I will:
 - a. Fully abide by the policies, rules, and guidelines set forth in the FCYFL Rules Manual as distributed by the FCYFL.
 - b. Respect the game officials and refrain from communicating with them in an abusive manner.
 - c. Encourage FCYFL team fans to conduct themselves with sportsmanship and maturity at all times while in attendance at FCYFL functions, i.e., games, practices, etc.
 - d. Assist the game officials in maintaining control of spectators during games.
 - e. Be a positive role model for FCYFL players by never:
 - (1) Using or tolerating obscene language and gestures;
 - (2) Physically or verbally intimidating, abusing or assaulting a player;
 - (3) Making discriminatory remarks based on race, religion, gender or national origin;
 - (4) Consuming or allowing the consumption of alcohol or be in an inebriated state during practices, games, or in the presence of my players;
 - (5) Encouraging, tolerating, or indulging in substance abuse;
 - (6) Smoking or using tobacco products in front of players during practice, games or other official team functions.
2. I will not knowingly allow a player to play in any game if that player does not meet the weight or any other guidelines for his/her weight class and who has not been officially weighed in by the FCYFL.
3. I fully understand that the game of football should be a fun, rewarding, and positive learning experience for all participants, and playing time is key to providing that experience for my players.
4. I accept and support the principles established by the Code of Conduct and will abide by the Code of Conduct as long as I participate in FCYFL activities.
5. All Assistant Coaches have read, understand and will abide by the Code of Conduct of the FCYFL.
6. I acknowledge the conditions of this Code of Conduct and understand that any violations will be subject to disciplinary actions by the officials of the FCYFL.

HEAD COACH'S NAME (Please Print) _____

SIGNATURE OF HEAD COACH/ASSISTANT/ or LEAGUE OFFICIAL _____

ORGANIZATION/WEIGHT CLASS/TEAM NAME: _____

COMMISSIONER: _____ DATE: _____

Reston Seahawks FCYFL Champions

2005**85 Central - Walker****2006****75 Central – Gambrell****95 Central – Holmes *+****2007****85 Central – Belt****95 Central***110 National – Monk**125 Central - Stokes***2008****AB – Holmes****95 National – Belt***95 American – Gambrel**125 Central – Stokes***2009****AB – Moyle***AB – Loussedes**75 National – Boulware**85 Central – Duffin**110 National – Belt***2010****AB – Belt ****AB – Bevans**75 National – Cole-Hines***2011****75 Central – Monk *****95 Central – Carter***AB – Bartolotti**85 Central – Bevans***2012****AB – Craft****75 National – Hargett *+****85 Central – Monk ****75 National – Bartolotti***2013****115 National – Proctor *****115 Central – Norris ****80 National 1 – Craft*

* Undefeated Season

+ Unscored Upon

Championship Game Appearance