

Community Football Parent Handbook 2011



Prince George Minor Football Association

Includes Vanderhoof & Quesnel

www.pgmfa.ca

Welcome players and parents! Prince George Minor Football Association, Including Vanderhoof and Quesnel Association (PGMFA) is looking forward to a very exciting 2010 season!

Philosophy

This is a developmental league with safe play as a priority. PGMFA believes that all players should receive equal coaching attention to develop football skills and confidence. Players learn different positions on offense, defence and special teams in practice. Coaches introduce players into game situations when they are prepared and ready to compete in league games.

Registration Requirements:

- Completed PGMFA registration form
- Registration payment
- \$75 for volunteer bond, refundable at the end of the season providing somebody in each player's family has contributed a **minimum** of 5 hours of volunteer service to the league throughout the season **AND the volunteer log (found on page 18) MUST BE verified and returned to the volunteer coordinator** prior to the volunteer bond release.

Practices and Teams:

All players will practice together for approximately two weeks at Lakeland Middle School. Players will be assigned to teams by August 15th. All teams will be made as equal as possible based on the size, age, and skill of the players.

Volunteers:

Each team will perform best when they have, at the MINIMUM, a head coach, assistant coaches, team manager, volunteer representative, fundraising representative, home game representative, jersey washer, concession representative, and high school gates representative. There will be a parent's meeting on equipment night to fill various positions. You can find the job description that you are best suited for on pages 4-5 in this handbook.

Every team will be assigned at least one night to fulfill volunteer requirements for the high school football games.

Fundraising:

Fundraising is done to assist in travel to provincials, year end parties and general operating expenses of the organization. Other fundraising may done be at the divisional level with the executive members' approval. In the past, the PeeWee division fundraises a substantial amount to travel to a BC Lions game, this is a much loved event and strongly encouraged by the Board.

Discipline and Code of Conduct:

All players, coaches, and parents are expected to be respectful and courteous at all times. Conduct infractions will be dealt with on a case-by-case basis. Any player who has been warned more than once about inappropriate behaviour and continues to misbehave can be expelled from the league with no fee refund. Please take the time to visit www.pgmfa.com and read the PGMFA policies and procedures for more explicit information about discipline and code of conduct.

Guidelines for Ensuring Positive Football Experiences and Guidelines for Conflict Resolution

1. It is expected that you (the parent) stay at the field during ALL practises and games. Football is a contact sport and there may be an occasion when your player is injured seriously enough to require medical attention. As well, you will learn the game of football, coaching practices, and you will get to know other members of our football community.
2. Get involved by volunteering!! PGMFA has quadrupled in size in the last five years and we want to recruit more players and continue to develop skilled players that are competitive on a provincial level. This vision requires many people volunteering many hours for the health and wellness of the children in PGMFA. PGMFA is run by people just like you and YOU have the capacity to help out in some manner. Speak up and be a part of our football community.
3. If you have concerns about coaching practices or other issues about conduct (player, coach, other parent) talk with your coach early in the season. Most minor issues that are resolved in a timely manner never become bigger issues. If you find that your coach is not approachable, ask your team manager for assistance.
4. In the event that you perceive that a complaint is required, an Incident Report (found at the back of this book or downloaded from www.PGMFA.com) must be completed, signed and filed with the PGMFA Risk Management committee within 14 days of the alleged incident. Anonymous complaints are not encouraged and will only be accepted upon the sole discretion of PGMFA.
5. A complainant wishing to file a complaint beyond the fourteen (14) days must provide a written statement giving reasons for an exemption to this limitation. The decision to accept, or not accept, the notice of complaint outside the fourteen (14) day period will be at the sole discretion of the PGMFA President, or designate. This decision may not be appealed.
6. All complaints filed will be taken seriously by the Risk Management committee. Once a complaint has been filed the Risk Management committee will follow the discipline guidelines set out in the PGMFA Policies and Procedures manual to find a timely resolution. (You may find a complete copy of PGMFA's Discipline and Complaints Policy at www.pgmfa.com)

WHAT YOUR TEAM WILL NEED TO FUNCTION PROPERLY

Job Descriptions

Head Coach

- Complete Criminal Records Check
- Sign and adhere to Coaches Code of Conduct
- Ensure constant and direct supervision of all players
- Ensure coaches binder containing player's medical information and emergency plan of action is present at all team events
- Ensure first aid kit is present at all team events
- Learn/Teach the Game of Football to the best of ability
- Ensure player safety, protect the credibility of the coach, and uphold the integrity of the sport at all times
- Be a positive role model for all players, assistant coaches and parents, and officials
- Adopt and use the "Fair Play Philosophy" when coaching
- Network with other coaches and employ a "best practices" approach to coaching
- Communicate frequently with Manager regarding parent concerns

Assistant Coaches

- Complete Criminal Records Check
- Sign and adhere to Coaches Code of Conduct
- Ensure constant and direct supervision of all players
- Learn/Teach the Game of Football to the best of ability
- Ensure player safety, protect the credibility of the coach, and uphold the integrity of the sport at all times
- Be a positive role model for all players, assistant coaches and parents, and officials
- Adopt and use the "Fair Play Philosophy" when coaching
- Network with other coaches and employ a "best practices" approach to coaching

Team Manager

- Communicate all necessary information to parents surrounding the team including equipment nights, practice schedules, game schedules
- Schedules, photo dates
- Ensure that all team affairs run smoothly and efficiently by assigning below positions
- Organize and execute all team travel arrangements

Volunteer representative

- Keep track of all volunteer hours for the team
- Sign volunteers' log book
- Give parents entry draws for volunteer appreciation
- Attend volunteer committee meetings

Fundraising representative

- Attend fundraising committee meetings
- Sell merchandise
- Inform team of fundraising events

Home Game representative

- Assign three stick holders for each home game
- Assign a parent to field set up
- Assign a parent to field clean up

Jersey washer

- Wash jerseys weekly and bring to game day

Field Line painter

- Paint lines on the field as required (someone will teach you)

Light Hauler

- When the days get shorter, bring the light towers to the field and store them in a secure location (need a vehicle with a hitch)

Sponsored by the PGMFA Executive

As a token of volunteer appreciation, the PGMFA is donating 4 registration fees, one per division for the **2011** Season

This draw is open to all members of PGMFA, including Vanderhoof and Quesnel.

To qualify for the draw:

1. You **must** document (# of hours and type of work) your volunteer hours and have your team manager verify that you did the volunteering
2. Volunteer a **minimum** of 10 hours you may enter in the draw **once**
3. Volunteer 15 hours you may enter in the draw **twice**
4. Volunteer 20 hours you may enter in the draw **three times**
5. Volunteer 25 hours you may enter in the draw **four times**
6. Volunteer 30 hours you may enter in the draw **five times** (the max # of times a name will be entered into the draws)

The draws will be held in November at the year end awards ceremony. It is **your** responsibility to ensure that your volunteer work is verified and that your name is entered in the draw. Starting the 2nd weekend in September, there will be a draw box at the commissionaires table for your entry **ONLY** on game days at the Lakewood Middle School fields in Prince George.

VOLUNTEER SIGN UP SHEET

Player Name: _____ Division: _____

| | |
|---|--|
| Head Coach | |
| Assistant Coach | |
| Assistant Coach | |
| Team Manager | |
| Volunteer Rep. | |
| Light Tower haulers (need vehicle with hitch) | |
| Fundraising Rep. | |
| Home Field Rep. | |
| Jersey washer | |
| Field painting | |
| First Aid Attendant | |

****In the event that you are not able to meet your obligations, it is YOUR responsibility to find a replacement for your duties****

PGMFA operates on a volunteer basis and the **success** of every season **is highly dependent** upon the **volunteering** efforts **by parents**. Thank you!!

Coaches commit approximately **150 hours** to help your child learn, enjoy, and stay active through the sport of football, **REGARDLESS** of weather conditions! Remember to thank your coach!

PGMFA EQUIPMENT GUIDELINES

Equipment Distribution

NO Equipment shall be distributed to a player whom has not met the following criteria:

- Player is **registered** with PGMFA including **full payment or payment plan**
- **Parent signature** at the time of distribution acknowledging receipt of the Equipment Inspection Checklist and MRSA information sheet (contained in the parent handbook).

Equipment use and maintenance

- Inspect equipment regularly for overall condition and fit
- **Never use PGMFA equipment without the direct supervision of Coach and/or League Officials**
- **Never** throw a helmet in anger or sit on a helmet
- **DO NOT place personal stickers or decals or tape on any helmet as some adhesives will compromise the integrity of the helmet and void the warranty**
- **DO NOT remove the warning decals off helmets or shoulder pads** as this will void the warranty
- **DO NOT** change, modify, or retrofit any PGMFA equipment in anyway. Equipment will be fitted properly at time of distribution. Any modifications **must** be made by **qualified equipment technician**.
- **MOUTH GUARDS MUST be attached to the helmet. DO NOT cut off the attachment piece**

Helmet Inspection Checklist for Players

A number of factors can change the way a helmet fits throughout the season.

Players/Parents should inspect their helmets prior to EACH usage as follows:

- Check helmet fit; check for proper amount of inflation in air-management helmets
- Examine the shell for cracks, particularly around holes (where cracks begin).
- Check that the WARNING decal has not been removed.
- Check that the protective system of foam padding has not been altered or removed
- Check foam padding for proper placement and/or deterioration
- Check for cracks in vinyl/rubber covering of air, foam, or liquid helmet systems.
- Examine the facemask to ensure there are no: bare metal showing, broken welds, or misshapen mask.
- Check rivets, screws, Velcro and snaps to ensure they are properly fastened and holding the corresponding protective parts
- Examine the chinstrap for proper adjustment and for any damage to the strap or the snaps that attach it to the helmet
- Examine the jaw pads for damage and check for proper installation and fit

If any of the above inspections indicate a need for repair and/or replacement, notify the coach immediately. **This is the parents' and player's responsibility.**

NEVER USE A DAMAGED HELMET

Shoulder Pad Inspection Checklist for Players

A number of factors can change the way should pads fit throughout the season.

Players/Parents should inspect their shoulder pads prior to EACH usage as follows:

- Check shoulder pad fit around the neck and against the player's frame (outside of arm to outside of arm).
- Examine the shell for cracks, particularly around holes (where cracks begin).
- Check that the protective system of foam padding has not been altered or removed
- Check foam padding for proper placement and/or deterioration
- Check for cracks in vinyl/rubber covering of air or foam covered protective systems.
- Check that all straps, clips and laces are in place and not damaged
- Check that all straps, clips and laces are properly secured

If any of the above inspections indicate a need for repair and/or replacement, notify the coach immediately. **This is the parents' and player's responsibility.**

Equipment Collection

- Arrangements will be made for PGMFA Officials to collect the equipment immediately after your team's last game.
 - REMOVE MOUTHGUARD OFF HELMET
 - REMOVE PADS AND BELTS FROM PANTS
- If for some reason you are not able to attend your team's last game of the season, **it is your responsibility to return the equipment to the association**
 - All equipment being returned after the final game must be **properly cleaned including uniforms, pants and mouth guards removed off helmets**
 - **Failure** to return equipment in clean condition and in a timely fashion will result in a **\$20.00 service charge** assessed by PGMFA.

If equipment is not returned you will be charged the **FULL REPLACEMENT COST** of the equipment **plus** additional charges.

Football BC Health Advisory
About Methicillin-Resistant *Staphylococcus aureus* (MRSA) among Athletes
Updated Nov. 2008 from Centers for Disease Control and Prevention, 1600 Clifton Rd,
Atlanta, GA 30333, U.S.A. 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24
Hours/Every Day

What is *Staphylococcus aureus* and MRSA?

Staphylococcus aureus, often called "staph" is a type of bacteria commonly found on the skin or in the nose of healthy people. Approximately 30% of people have staph in their noses and do not have any symptoms. MRSA which stands for Methicillin-Resistant *Staphylococcus aureus* is staph that is resistant to commonly used antibiotics such as penicillins and currently available cephalosporins. In the past, MRSA was found only in healthcare facilities and caused infection in people who were sick. More recently, MRSA has emerged in the community and can cause infections in otherwise healthy people.

What types of infections does MRSA cause?

In the community, most MRSA infections are minor skin infections that may appear as sores or boils that often are red, swollen, painful, or have pus or other drainage. These skin infections commonly occur either at sites of breaks in the skin such as cuts and abrasions, and areas of the body covered by hair (for example, the back of the neck, groin, buttock, armpit, or beard area of men). Almost all MRSA skin infections can effectively be treated in the outpatient setting by drainage of the pus by a healthcare provider with or without antibiotics. More serious infections such as pneumonia, blood or bone infections are rare in healthy people who get MRSA skin infections.

How is MRSA spread?

Like other causes of skin infections in athletes, MRSA is usually spread from person to person through direct skin contact or contact with shared items or surfaces (e.g., towels, used bandages, weight-training equipment surfaces) that have touched a person's infection. MRSA might spread more easily among athletes because they:

- have repeated skin-to-skin contact
- get breaks in the skin such as cuts and abrasions that if left uncovered allow staph and MRSA to enter and cause infection
- share items and surfaces that come into direct skin contact
- have difficulty staying clean

Which athletes are most at-risk for MRSA skin infections?

Skin infections including MRSA have been reported mostly in high-physical-contact sports such as wrestling, football, and rugby. However, MRSA infections have been reported among athletes in other sports such as soccer, basketball, field hockey, volleyball, rowing, martial arts, fencing, and baseball.

Even though little physical contact occurs in some sports during participation, skin contact or activities that may lead to spread of MRSA skin infections may take place before or after participation such as in the locker

room. Therefore, anyone participating in organized or recreational sports should be aware of the signs of possible skin infections and follow prevention measures.

Advice for Athletes and Parents

How do I protect myself from getting MRSA and other skin infections?

Practice good personal hygiene

- Keep your hands clean by washing frequently with soap and water or using an alcohol-based hand rub.
- At a minimum, hands should be cleaned before and after playing sports and activities such as using shared weight-training equipment, when caring for wounds including changing bandages, and after using the toilet.
- Both plain and antimicrobial soap are effective for hand washing, but liquid soap is preferred over bar soap in these settings to limit sharing.
- If hands are not visibly dirty and sinks are not available for hand washing, for example, while on the field of play or in the weight-room, alcohol-based hand rubs and sanitizers can be used. Alcohol-based hand rubs with at least 60% alcohol content are preferred.
- Shower immediately after exercise. Do not share bar soap and towels.
- Wash your uniform and clothing after each use. Follow the clothing label's instructions for washing and drying. Drying clothes completely in a dryer is preferred.

Take care of your skin

- Wear protective clothing or gear designed to prevent skin abrasions or cuts.
- Cover skin abrasions and cuts with clean dry bandages or other dressings recommended by your team's healthcare provider (e.g., athletic trainer, team doctor) until healed.
- Follow your healthcare provider's instructions for when and how often to change your bandages and dressings.

Do not share items that come into contact with your skin

- Avoid sharing personal items such as towels and razors that contact your bare skin.
- Do not share ointments that are applied by placing your hands into an open-container.
- Use a barrier (such as clothing or a towel) between your skin and shared equipment like weight-training, sauna and steam-room benches.

What should I do if I think I have an MRSA infection?

- Tell your parent, coach, athletic trainer, school nurse, team doctor, or other healthcare provider if you think you have an infection so it can be treated quickly. Finding infections early and getting care will reduce the amount of playing time lost and decrease the chance that the infection will become severe.
- Pay attention for signs of infections such as redness, warmth, swelling, pus, and pain at sites where your skin has sores, abrasions, or cuts. Sometimes these infections can be confused with spider bites.
- Infections can also occur at sites covered by body hair or where uniforms or equipment cause skin irritation or increased rubbing.
- Do not try to treat the infection yourself by picking or popping the sore.
- Cover possible infections with clean dry bandages until you can be seen by a healthcare provider (e.g., doctor, nurse, athletic trainer).

I have an MRSA skin infection. How do I prevent spreading it to others?

- Get medical care for your infection. Do not try to treat it yourself.
- Cover your wounds. Keep wounds covered with clean, dry bandages until healed. Follow your healthcare provider's instructions on proper care of the wound. Pus from infected wounds can contain staph and MRSA, so keeping the infection covered will help prevent the spread to others. Bandages and tape can be thrown away with the regular trash.
- Clean your hands often. You, your family, and others in close contact should wash their hands often with soap and water or use an alcohol-based hand rub, especially after changing the bandage or touching the infected wound.
- Do not share personal items. Personal items include towels, washcloths, razors, clothing, and uniforms. Wash used sheets, towels, and clothes with water and laundry detergent. Use a dryer to dry clothes completely.

Coaches' Code of Conduct

The coach\athlete relationship is a privileged one. Coaches play a critical role in the personal and athletic development of their players. Therefore, coaches are expected to model the fundamentally positive aspects of sports. Coaches are responsible for their own behaviour as well as their athletes. Coaches are charged with many responsibilities, none more important than the player. Your coach will have signed the following agreement.

Coaches have a responsibility to:

- Actively respect the rules of the sport, the spirit of the rules of the sport, and encourage the athletes to do the same.
- Treat all participants fairly and equitably.
- Respect the judgment and interpretation of officials without gesture.
- Refrain from using foul, profane, harassing, or offensive language or gestures in the conduct of coaching duties.
- Refrain from using physical force of any kind in the conduct of coaching duties.
- Under no circumstance endorse or condone, either covertly or intentionally, the use of any performance-enhancing drugs by any athlete.
- Abstain from the use of tobacco products and alcohol while in the presence of athletes, and discourage their use by athletes.
- Coaches should discuss behaviour and expectations with their teams.
- Ensure the safety of the athletes with whom you work with.
- To win is always desirable, but to win at any cost defeats the purpose of the game. The leadership qualities of a coach are never more tested than after defeat.
- Losing can be a learning experience when the best has been given.
- Ensure rules are followed at all times on and off the field.
- Have team roster with them at all games & practices.
- Have Medical kit and athlete information sheets at all games & practices.
- Have players read and sign Athlete's Code of Conduct and Athlete pledge. from the Code of Conduct Policy manual.
- Most importantly have fun.

Coaches Signature: _____ **Date:** _____

FOOTBALL 101
By Football Canada

Objective of the Game:

The basic objective of tackle football is for nine people, through a coordinated effort, to place the ball, either by running or passing, into their opponents' end zone area. "Tackle football" differs from "Touch football" in that full contact blocking is used to aid the movement of the ball into an opponent's end zone. Tackling is generally the technique used by the defense to impede offensive progress.

BASIC RULES

1. The game shall consist of 60 minutes of actual playing time, divided into 4 quarters of 15 minutes each. For players at the high school level or lower, it is customary that the game consist of 48 minutes of actual playing time, divided into 4 quarters of 12 minutes each. However, depending on the age of the players, league officials might adopt different playing times.

2. The game is started by an opening kick off and subsequent play is initiated from the point where the ball is "grounded" or where the receiving team's ball carrier is tackled. For simplicity sake, a tackle is defined as having the forward progress of the ball carrier stopped by the defense, forcing one knee to the ground.

3. The number of on-field officials supervising the game proceedings can vary from 3 to 6, depending on local league by-laws.

4. Points for scoring are awarded on the following basis:

Touchdown: Run or pass the ball into opponent's end zone - 6 points.

Field Goal: The ball is place kicked between the goal post uprights, over the cross bar from anywhere on the field - 3 points.

Safety Touch: If the ball becomes dead in the end zone after having been carried, passed, or kicked from the field of play into their own end zone by the offensive team. - 2 points.

"Rouge": When the ball becomes dead in the possession of a team in its own end zone, or goes out of bounds in its end zone, as a result of a kick into the end zone by the opponent - 1 point.

Convert: Following a touchdown, a team may attempt to add to its score by place kicking the ball between the goal post uprights - 1 point, or by passing or carrying the ball into the end zone - 2 points.

5. A legal offensive play may begin when:

a) At least 7 players are on the line of scrimmage and the five interior players are stationary for one second prior to the snap of the ball.

b) No more than 12 players on the field of play. (Some leagues, depending on the age of the players will have less than 12 players per side ... 6, 9 and 10 players per side are common alternatives to 12 players per side.)

c) The ball is put in play by “snapping” the ball between the legs of a player (the centre) in one continuous motion to the hands of another player (the Quarterback).

6.No player from either team may encroach on the one yard “neutral zone” between teams until the ball is snapped. The one yard “neutral zone” is measured from the nose of the football closest to the opponent’s end zone.

7.A team has 20 seconds to put the ball into play, once the official has spotted the ball. (Depending on the age of the players and their calibre of play, the time may be extended ... league by-law.)

8.The team in possession of the ball has 3 attempts or “downs” to gain 10 yards. It may advance the ball by carrying it, kicking it or throwing it. If the required distance is gained, the downs begin again. Failure to gain 10 yards in 3 downs results in the ball being awarded to the opponents.

9.Blocking an opponent from the rear – and in some instances below the waist – holding, and grabbing a defensive player is illegal.

10.Tackling an opponent by intentionally making contact with the helmet or face mask is illegal ... as is tackling an opponent around the head by grabbing the face mask or straight arm tackle to the head “clotheslining”.

11.Objectionable conduct is defined as:

- the use of profane, obscene or insulting language or gestures
- unsportsmanlike actions like throwing the ball at an opponent or official
- a tactic employed to delay or hinder the smooth operation of the game. There is no place for objectionable conduct by any member of a football team, player or coach!

All coaches are to become familiar, as quickly as possible, with the rules as they apply to the players that they coach ... and over time they should know all the rules that ensure the safety of all players.

BASIC OFFENSIVE POSITIONS

Offense:

The basic objective of a team is to move the ball into the opponent's end zone to score a touchdown or "major" score. This may be done by a combination of running or passing the ball downfield. Teams which depend equally on the run and the pass are referred to as "balanced" in their attack and are normally more difficult to defend.

Some teams, because of the talent of their players or the offensive philosophy, rely more heavily on either the run or passing attack. Those teams that use a high percentage of running or short passes are said to employ a "ball control" strategy. The goal is to obtain a series of first-downs, thus advancing the ball progressively towards the opponent's goal area. This style of play has the advantage of controlling the ball and thus keeping the opponent's offensive team off the field, while consuming time. The disadvantage of this strategy is that it is difficult to score quickly when behind in the game and time is running out. Another strategy employed by offensive teams is to attempt to score as quickly as possible. This less conservative approach is a more wide open style of play featuring the passing game. The object is to move the ball quickly downfield into scoring position. As opposed to the "ball control" strategy, this style of play generally has greater risk of a "turnover" (loss of possession of the ball) but allows the offensive team to score quickly if behind late in the game.

BASIC DEFENSIVE POSITIONS

Defence:

The major goal of the defending team is to prevent the easy touchdown. Some teams use a "bend, but don't break" approach, which gives up the short gains but attempts to prevent the long quick score. This strategy hopes that the offensive team will eventually fail to execute its offensive plays, giving the ball up on downs, or turning the ball over to the defence on a fumble or interception, or forcing a punt prior to reaching the goal line. This defensive strategy requires patience on the part of the defensive players.

Defensive strategies that attempt to force the offensive teams to make mistakes by rushing many players on the line of scrimmage are said to employ an "attacking" posture or style of play. This strategy hopes that the offensive timing can be disrupted causing errors in play execution (fumbles, tackling the ball carrier behind the line of scrimmage, forced interceptions), creating a quick turnover of the ball or loss in confidence. This style of defence features lots of "blitzing" (extra players rush or penetrate the line of scrimmage), and relies more heavily on man-to-man pass defence on eligible pass receivers. The disadvantage of this style of play is that it is more susceptible to the quick score if an individual player, covering an eligible pass receiver, makes an error in coverage or slips and falls down.

KICKING FORMATIONS

Kicking:

Normally considered as one third of the game, this aspect of football features large gains or losses of valuable field position. The most important strategy associated with the kicking game is field position. A normal game features 7 to 14 third down punts, where an offense team elects to kick the ball rather than risk losing possession because it cannot make the required 10 yard distance. This provides an opportunity of the kicking team to gain valuable yardage and the opportunity for the receiving team to return the ball for a major score or to place them in field position to score.

The place kick or field goal attempt is the other major aspect of the kicking game. Place kicking the ball above the opponent's crossbar and between the uprights of the goal posts, results in 3 points. A wide field goal attempt provides the opportunity for the returning team to gain valuable field position or return the ball all the way back for a major score!

PGMFA - INCIDENT REPORT

Date and time of incident: _____

Name of writer: _____ Position: _____

Location of Incident: _____

This incident is a: _____ minor infraction _____ major infraction

Individual(s) involved in the incident:

Objective description of the incident (please be concise, accurate and non-judgmental):

Names of individuals who observed the incident:

Disciplinary action that was taken (if applicable):

Signature of writer: _____ Date: _____

PGMFA - Evaluation Sheet 2010

Please fill out this form and return to your Team Manager at your last practice. This is intended to be used to ensure the majority of players have a positive experience playing football.

Did you have fun playing football this season?

Why or Why not?

What can the executive and/or coaches do to improve the football experience?

Would you recommend football to your friends that don't play? _____

Do you plan on playing again next year? _____

If no, why not?

Name and Division (optional) _____

Thank you for taking the time to fill out this form.

Ryan Bellamy,
President - PGMFA

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