

Parent Information Packet



Windsor Parks, Recreation, and Culture

250 N. 11th Street
Windsor, CO 80550
970.674.3500

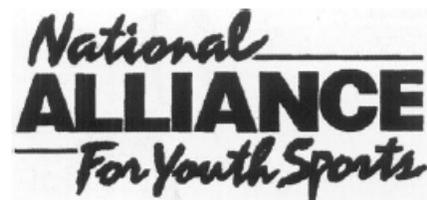
www.windsorgov.com



Parent's Code of Ethics

I hear by pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this 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 sporting event.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sport environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth— not adults
- I will do my very best to make youth sports fun for my child
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.



Windsor Youth Football

Divisions:

K/1st grade (5 teams)
2nd/3rd grade (5 teams)
4th/5th grade (2 teams)
6th-8th grade (1 team)
3rd/4th grade, 8 man Tackle Football (2 Light)
3rd/4th grade, 8 man Tackle Football (1 Heavy)
5th grade, 8 man Tackle Football (1 Light)
6th grade, 8 man Tackle Football (1 Light)

Assessment Days:

All players and coaches must attend their respective assessment day (if needed) so we can begin the team creation process:

3 rd /4 th Grade Light Weight Tackle -	August 11th, 5:30 pm, Chimney Park
3 rd /4 th Heavy Weight Tackle -	No Assessments
5 th & 6 th Grade Tackle teams -	No Assessments
K/1 st , 2/3 rd & 4/5th Flag teams -	August 18 th , 5:30pm, Chimney Park
6-8 th Flag -	No Assessments

Equipment Check Out:

Tuesday, August 23rd, Recreation tackle participants will receive their football gear from the Windsor Community Recreation Center. Physicals are not required but are **recommended** before competing in the tackle football program.

Check Out Schedule:

5:00pm	3rd/4th Grade Light weight
5:45pm	3rd/4th Grade Heavy weight
6:15pm	5th Grade Light Weight
6:45pm	6th Grade Light Weight

Flag players wear the Windsor reversible Jersey. Purchase from the front desk if you need one.

Games: Flag and Recreation Tackle - played in Fort Collins, with some games in Windsor on Wednesday evenings (if Windsor vs Windsor) September 10th – October 29th.

Teams are scheduled 6-8 games but are not guaranteed to be rescheduled because of weather cancelations.

- Game Schedules:** Schedules will be posted online, by the Fort Collins Recreation Department at the following address:
<http://www.teamsideline.com/fortcollins>
By September 2nd.
- Practices:** Recreation Tackle begins week of August 15th.
Flag teams begin week of August 22nd.
All teams can practice twice per week in Windsor. Coaches will pick time, day and location and let you know once teams have been created.
- Season End:** Varies per league but some will be done October 22nd and the rest October 29th.
- Equipment Return:** A reminder will be sent out before the last week with more details. Tackle football equipment is expected back to the Recreation Center the week after your child's last game.

General Information

- Weather:** If lightning is visible, play will stop at least 30 minutes from last sighting.
- Commuting:** Parents are responsible for getting players to practice and games on time. Please help other parents with car pooling to and from practices.
- Coaches:** Official coaches are registered with Windsor Parks and Recreation and a registered coach must be present during each practice and game. Parents are encouraged to help during practices.
- Parents:** **Before game:** Don't add stress to your child by asking him questions or make statements that can cause fear of failure.
- Example:
Avoid: Let's score a touchdown tonight.
Try: Are you looking forward to playing tonight?
During game: Lend positive support and encouragement to all players on the team. Along with lending encouragement and support, proper behavior for parents and spectators during the course of the game is very important.
Keep emotions in check. Address unacceptable behavior.
After game: Allow disappointment, maintain appropriate behavior, don't dwell on the negative, and try to keep the mood light, take them out for their favorite treat.

Concussion 101



A concussion is a brain injury... and all brain injuries are serious.

A concussion can be caused by a blow to the head, a jolt to the body, or any sudden force that results in rapid acceleration / deceleration of the brain inside the skull.

The terms “ding” or “bell rung” minimize concussions. While most do heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain, which can have catastrophic consequences. Although rare, adolescents seem most vulnerable to rapid brain swelling known as second impact syndrome which can be fatal. Additionally, multiple concussions suffered prior to complete resolution of a previous injury can result in prolonged symptoms lasting weeks, months, or years.

Loss of consciousness is not required for a concussion to be serious.

Signs and symptoms of a concussion

There are many different symptoms reported by athletes who suffer concussions, and in some cases they may not be easily detected for hours or days after the injury. However, look for clues immediately and make sure athletes are re-evaluated every few minutes over several hours. Some signs and symptoms can be subtle. Encourage athletes to report any of the symptoms below.

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to the hit or fall
- Can't recall events after hit or fall
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down”

Source: Centers for Disease Control and Prevention (CDC)

When to call 911

Most concussions resolve within a few days or weeks and emergency help is required in very few instances. However, if any of the following signs or symptoms appear, call for emergency help immediately.

- Headaches that worsen
- Seizures
- Neck pain
- Very drowsy, can't be awakened
- Repeated vomiting
- Increasing confusion or irritability
- Weakness, numbness in arms or legs
- Unable to recognize people/places, less responsive than usual

CONCUSSIONS OCCUR IN ANY SPORT

REMOVE athlete from play

REFER to medical provider

REST no sports, TV, video games, texting

RETURN only with doctor's approval and following a graduated process

For more information visit:

www.sportsconcussions.org

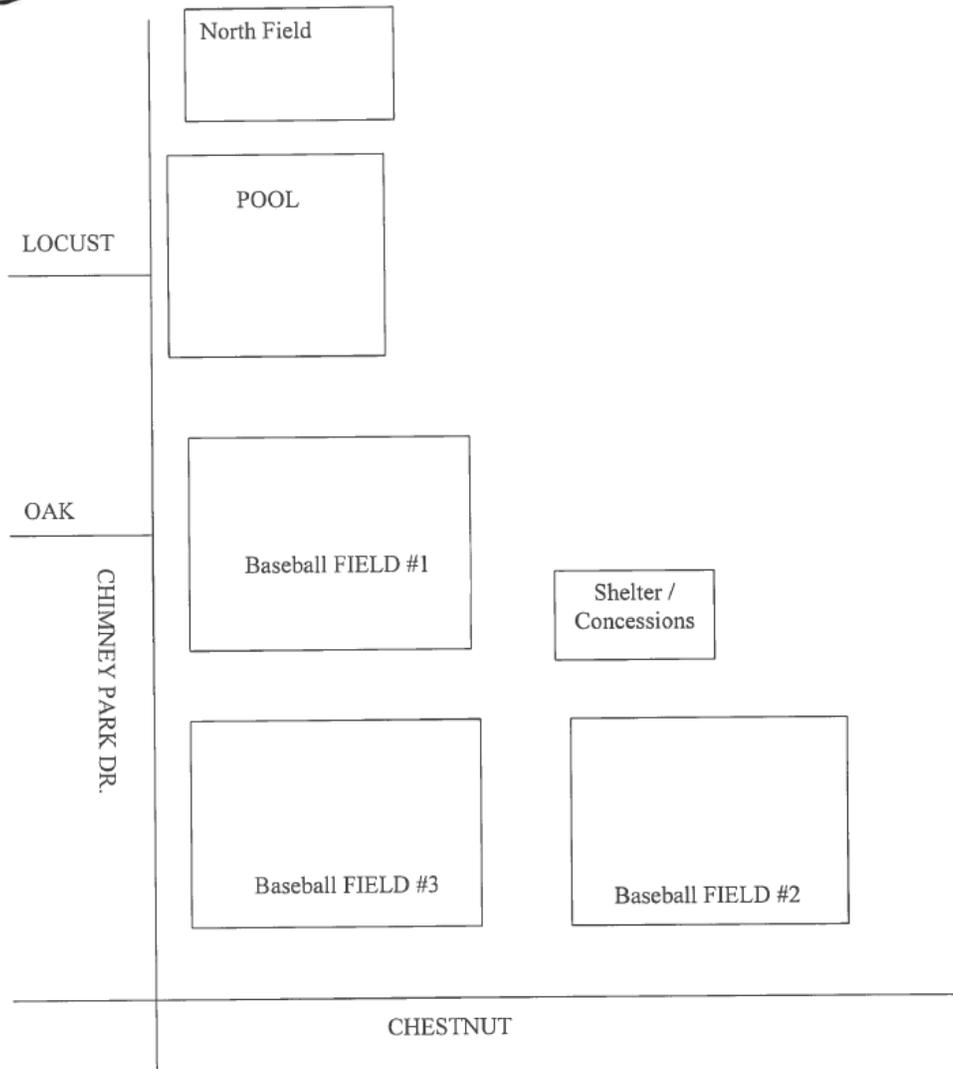
www.sportsconcussions.org/REAP.html

www.cdc.gov/concussion/headsup/high_school.html

Practice Locations

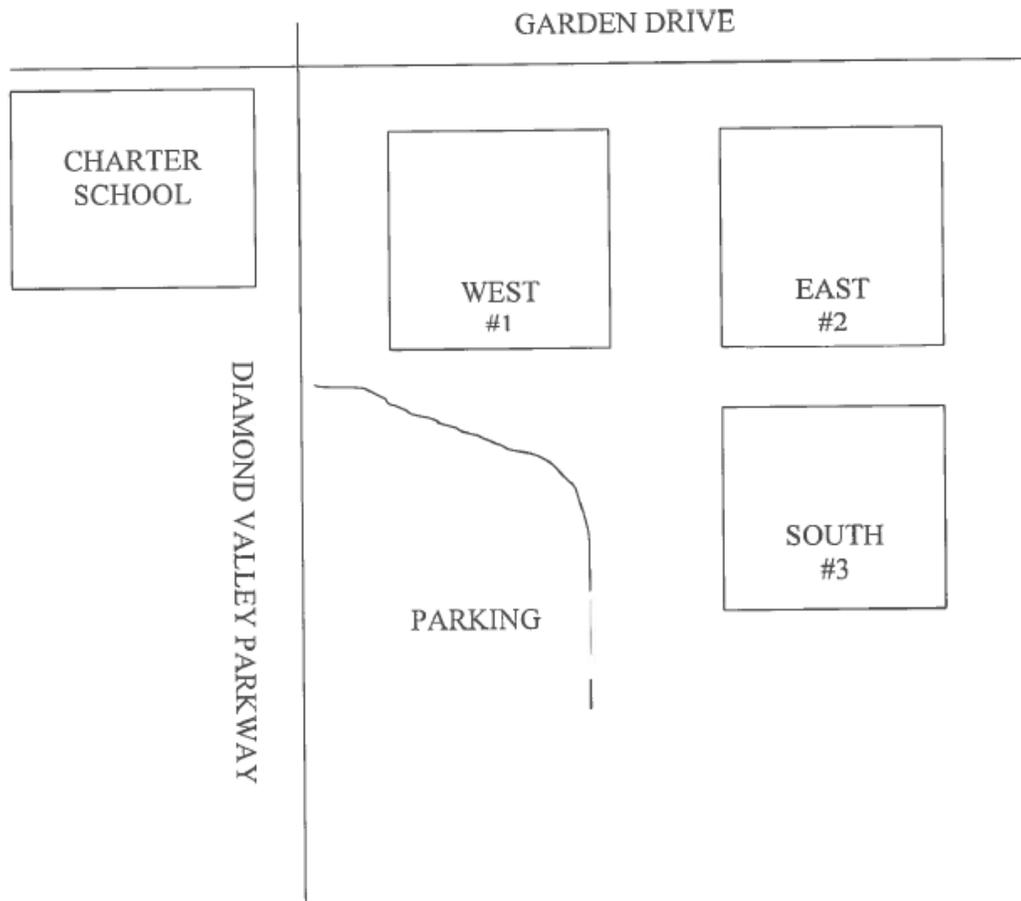


Chimney Park





Diamond Valley



Mountain View Fields

