



## Miamisburg Wee Vikes

The following packet is full of tips to make your player's year a great one! Player health and safety are an important part of this activity. While each team will have its own specific rules, this will give you an idea of the overall outlook of the Wee Vikes Organization.

Please complete the Emergency Medical Information Form and return it to your team mom. This will insure your player receives proper care in case of an emergency.

### PRACTICE:

- Hydrate your child throughout the day: Water is best. Sports drinks can be supplemented, but are not recommended as a main source of hydration. Drinking too much water right before, or during practice, is not recommended. (The objective is to keep their level of hydration up through the entire practice.)
- Have your child eat no later than 1 hour before practice. Food takes up to 45 minutes to even start to digest. Please feed them something healthy. We suggest avoiding milk products and fatty foods. Protein and Carbohydrates are recommended. (Something as simple as a peanut butter and jelly sandwich will do.)

Bring a water bottle to each practice: While the coaches bring water to each practice, it is still important to have water in your own container. This reduces passing germs from one player to the next. We have gone through a season where one child gets a virus and unknowingly passes it along to other players. We try to sanitize water bottles between practices/games; however, during a session, if one touches it with his mouth the "chain reaction" begins. If your child does drink from the team water bottles; please instruct him/her not to touch his/her mouth to the nozzle, only squeeze the water into their mouth. If you bring your own bottle be sure to mark your child's name on the bottle. Please, ask a Team Mom for a permanent marker, if need be, before practice.

- Bring the proper equipment: These are provided to you so that your child is protected as much as possible from injury. While they are getting older, this should become their responsibility; if they do not have the proper equipment, they will not be able to participate with the rest of the team in practice/games. Some teams will have an assistant coach provide alternate conditioning. This means the player still must attend. DO NOT WEAR GAME JERSEYS OR PANTS TO PRACTICES!
- EQUIPMENT CHECKLIST:
  - jersey
  - pants (including all padding)
  - girdle (including all padding)
  - athletic supporter with cup
  - shoulder pads
  - helmet (including all padding - ear pieces, etc.)
  - mouth piece (colored with strap - referees must be able to see, no clear)
  - proper footwear (approved cleats)
- Medications/Allergies: If your player requires the use of an inhaler for asthma attacks or any other immediate use medication such as an epi-pen, please place an extra one in a labeled Ziploc baggie and give it to the team mom to be sure it is in the medic kit. You may list allergies on the enclosed Medical Information Form sheet so the staff is aware of any potential problem. Some insurances will cover an extra inhaler for such use. Please check with your doctor or insurance policy for details.
- Attendance: It is very important and required to attend practice on a regular basis. Please, try to arrive 10-15 minutes early to practice and be ready to begin on time.

Some teams have an attendance policy. An example would be: If your child misses ONE (1) practice during the week, they will sit out 2 quarters (one half) of the game on Game Day. If your child misses TWO (2) practices during the week, they will sit out 3 quarters. If your child misses 3 practices they will not be able to play at all on Game Day.

Please do not bring your pets to practice. They are to be kept outside the practice area

There is NO SMOKING anywhere in the practice/game area. Smokers must use designated areas and receptacles when smoking.

Game time: Please try to be at the game field 1 hour before game time. Each team will have their own instructions for meeting and/or possible tailgating.

- CONDUCT: The league has a "zero Tolerance" policy. Inappropriate behavior or language will not be tolerated by players or family members that are in attendance at practice or games. If you have an issue that needs to be resolved, please see one of the Coaches after practice/game. If you are asked to leave the practice or field during a game, please do so without incident. We want to project the appropriate behaviors to our children and teach them how to properly handle these situations. Our children are like "sponges". They absorb all that we do and it is important to keep this in mind during the season.
  
- Field Positions: Every parent and most boys want to be a quarterback, running back, linebacker, safety, etc., and play every down; offense and defense - every game.  
Size, speed, desire, memory, toughness, etc. THIS will determine what position they are assigned. The coaches will evaluate each player's ability, and place him in a position suitable for him. This is done to ensure the safety of the player, the safety of the other players, and to benefit the team as a whole.  
Parents, please re-enforce positive feedback to your player no matter what position they play. This is a team sport. Not an individual sport. It takes each and every player on the field to be a successful football team. This doesn't just mean winning. It means to be successful in being excited about the game, enthusiastic, trying their hardest, and listening to the coaches.

The scoreboard will automatically reflect this if we are successful in instilling the above in our players!