



## **Medford Parks and Recreation Department 2013 NFL Flag Football League Parent Meeting Agenda**

### **1. Introduction**

- Rich Rosenthal – Recreation Superintendent  
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### **2. Handouts**

- General information
- Rules
- Spring Break Day Camp information

### **3. About Medford Parks and Recreation NFL Flag Football League**

- A 7 vs. 7 RECREATIONAL league
  - No tackling or blocking allowed
  - Scores and standings are not kept
  - Coaches are generally volunteer parents
- Flag football is a different type of football than Pop Warner
  - Emphasis on fundamentals and equitable playing time
  - Very similar to a passing league – more finesse; no power running
  - NFL Flag is **not** off-season training for Pop Warner teams

### **4. Code of Conduct for Parents**

- Create a laid-back, fun, accepting atmosphere
- Applaud good plays by both teams
- Do not hassle game officials
- Do not keep score
- Keep things in perspective – kids/coaches will make mistakes and learn from them

### **5. Season Timeline/Significant Dates**

- March 18–25 - Roster formulation
- Wed., March 20, 5:45 p.m. – Volunteer coach certification
- Wed., March 27, 5:45 p.m. – Volunteer coach training meeting
- March 28–30 – Parent notification emails from MPRD, website updated
- Week of April 1 – Team practices begin
- Fri., April 5, 6 p.m. – Football clinic #1 at USCCP
- Fri., April 12, 6 p.m. – Football clinic #2 at USCCP
- Fri., April 19 – Game 1 and team photo day
- Fri., May 24 – No games (Memorial Day weekend)
- Fri., June 7 – Last game (Game 7)

## 6. Games and Practices

- Practices begin no sooner than April 1 at City park sites
  - Teams practice once per week for up to 90 minutes
  - MPRD will contact you by email ([www.sportsmedford.com](http://www.sportsmedford.com) will also be updated) no later than March 31 regarding team placement, coach name/number and first practice meeting time/location
  - PLEASE wait until April 1 before calling us (774-2400)
- What to expect at the first practice
  - Copy of team roster
  - Copy of game schedule
  - LifeTouch photo order form
- Preseason skill development clinics
  - Friday, April 5 and April 12, 6-7:30 p.m., USCCP stadium field (Field 10)
  - **FREE** for all NFL Flag Football registrants
  - Coordinator: Jerry Wolfram, longtime prep football coach
  - FREE protective mouthpiece fitting by Bennion Orthodontics
- Games are Friday evenings, starting April 19
  - All games at U.S. Cellular Community Park multi-sport complex (Fields 10-13)
  - Games last about an hour
  - No games May 24 (holiday weekends)
  - Games are played rain or shine!
- Photo Day is April 19, weather-permitting
  - LifeTouch handles all photography services (772-4455)
  - No purchase is required; proceeds fund MPRD youth scholarships
  - Be on time and patient on Photo Day
- Prohibited items at U.S. Cellular Community Park
  - **No** sunflower seeds
  - **No** food on the turf
  - **No** metal cleats
- Where to find league information: [www.sportsmedford.com](http://www.sportsmedford.com) – under “youth sports” click on “football”

## 7. Team Formulation

- Participants are randomly assigned to teams
- All teams are co-ed
- Teams are balanced in terms of age and gender
- Approximately 10 players per team
- Coaches kids will automatically be assigned to their parents' team
- Siblings in the same age group are automatically placed on the same team
  - Make sure we know if siblings have different last names
- Special requests are a burden and are only considered on a case-by-case basis! However, we try to accommodate special needs related to transportation/carpooling or religious issues. Conflicts with Little League or other activities are not a valid special request!

## 8. Equipment

- Each child is issued a jersey and flag belts.
- Molded cleats are allowed but are not recommended
- Flat-soled athletic shoes **ARE** recommended
- Metal spikes and screw-on spikes are **NOT** allowed
- MPRD provides game and practice footballs
- MPRD is not responsible for items left behind, lost or stolen

**9. Expectations of Volunteer Coaches**

- Have been background-checked by the City
- Organize practices
- Maintain a fun and safe playing environment
- Ensure players wear the proper safety equipment
- Distribute information, schedules and equipment
- Arrive at least 15 minutes before games to meet the team.
- Recruit an assistant to help during practice and along the sidelines during games and with team organization.
- Maintain a positive attitude and healthy environment

**10. Volunteer Coaches Wanted!**

- Volunteer coaches are essential for this program to be offered at a low price
- Wanted: 8 head coaches for 6-8 age group; 8 for 9-11 age group, 4 for 12-14 age group
- If interested, please stay after the meeting
  - Criminal background check form
  - Fill out City volunteer form
  - Attend Coaches' Meetings – Wed., March 20 and March 27, 5:45 p.m., Santo.