



2016
Klein Rams & Sweethearts
Parents Handbook

www.kleinrams.com

WELCOME TO THE KLEIN RAMS AND SWEETHEARTS!

On behalf of the Board, Coaches and Drill Team Instructors, we welcome you to the Klein Rams Booster Club for the 2016 season. KRBC has a rich tradition of providing a safe, productive and competitive learning experience for our players and dancers. Our goal is to safely provide every participant the opportunity to develop self confidence, good sportsmanship, discipline and a sense of teamwork. KRBC measures success by the emotional and physical growth of the Klein community youth we serve.

VOLUNTEER BASED ORGANIZATION

Our booster club includes four football and two drill teams supporting over 160 young athletes. Successful execution of a season requires a monumental amount of personal time and resources from dedicated volunteers. We are incredibly fortunate to have an outstanding core of volunteers who work tirelessly in support of our children. Please make a conscience effort to extend your sincere appreciation to them and reciprocate by volunteering your time and talents when called on. We cannot be successful without every family's support and volunteer efforts!

SPONSORSHIPS

I would like to personally extend our sincere thanks to our sponsors whose financial support has made our continued success possible. We have a heightened need to expand our 2015 season's sponsorship backing. Continued support from our past sponsors coupled with an organized campaign to expand their ranks will preserve the Klein Rams and Sweethearts ability to supply the finest in equipment and facilities. Every Ram family benefits from our sponsors please patron their businesses often and let them know how much we appreciate them!

TACKLE FOOTBALL

Football is an intensely physical sport demanding a heightened sense of preparedness and awareness not always associated with other youth sports. The Houston heat compounds the complexity of managing the emotional and physical demands placed on our athletes. Inevitably this environment will present complex challenges; I ask that we parents familiarize ourselves with the proper process for communicating concerns or questions. Working together we can assure a safe and enjoyable experience for all our athletes and family members.

Again, welcome to the Klein Rams and Sweethearts. We look forward to a terrific season together!

Go Klein Rams!
Amber Gereke

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CONTACT LIST

Board of Directors

President	Amber Gereke	President@kleinrams.com
Vice President	Johl Johnson	VicePresident@kleinrams.com
Treasurer	Beth Rodgers	Treasurer@kleinrams.com
Secretary	Jennifer Murphy	Secretary@kleinrams.com
Athletic Director	Brian Miller	Director-Athletic@kleinrams.com
Drill Team Director	Sherie Kindley	Director-DrillTeam@kleinrams.com
Football - Team Mom Coordinator	Christina Jackson	Coord-TeamMom@kleinrams.com
Fundraising Director	Heather Sanchez	Director-Fundraising@kleinrams.com
Drill - Team Mom Coordinator	Addy Cuneo	Coord-DrillTeam@kleinrams.com

REGISTRATION FEES

The Klein Rams total fee is \$300.00, which comprises of a \$150.00 AAYFDT league fundraiser buyout, and a \$150 registration fee. Football equipment will not be issued to any player that has not paid all fees. If any fees are paid by credit or debit card a nominal processing fee will be charges to cover the merchant expense.

A Volunteer deposit check of \$250 will be collected at registration and returned if minimal volunteer commitments have been met.

An equipment rental deposit check of \$200 will be collected at the time of registration.

The volunteer and equipment deposits need to be written as separate checks made out to KRBC; dated December 1, 2015. The checks will be held by the booster club treasurer and WILL ONLY BE CASHED IF EQUIPMENT IS NOT TURNED IN or MINIMAL VOLUNTEER COMMITMENTS ARE NOT MET. The checks are returned to the writer at the end of the season when equipment is returned in good standing.

There is a multiple child discount of: 5% off of total fees for two participants;
2.5% off per each participant for 3 or more. (For example: 3 children x 2.5% or 7.5% total discount).

Volunteer Requirement

The AAYFDT and the Klein Rams require game day volunteer support; every family should expect to have game day responsibilities. Your team mom will be sending out explanations of the different support positions. You are encouraged to request assignment preferences and proactively communicate special situations; however final assignments will be based on the needs of the players and coaches. A volunteer schedule by game will be created and distributed by the team moms. Special events will provide additional volunteer hour opportunities.

REFUND POLICY

Refunds for any reason apply to registration fees only; *the fundraiser buyout of \$150.00 is non-refundable*. Refunds will be payable only under the following circumstances:

1. All requests for refunds must be submitted in writing no later than the second game of the regular season. Refund requests must be submitted to the Klein Rams Treasurer. The Klein Rams physical mailing address:
AAYFDT Klein Rams
4008 Louetta box310
Spring, TX 77388.
2. All equipment or other items issued to the participant must be returned prior to the issuance of the refund check.
3. Refund amounts, based on length of participation, are as follows:
Prior to the first practice 90%
Prior to the first scrimmage 75%
Beginning of the first game No refund
Refunds are based upon funds not used for purchases already incurred by the booster club

AAYFDT LEAGUE EXPECTATIONS FOR AAYFDT PARTICIPANTS AND PARENTS

History has shown that we must set forth guidelines that each participant and parent is required to follow during any AAYFDT function.

- Smoking is prohibited at all facilities as indicated by each school district.
- Foul language will not be tolerated under any circumstances.
- All concerns/complaints are to be brought to the attention of the Athletic Director or Drill Team Director. **No coach is to be approached prior to or during practice. The team meeting at the conclusion of practice is considered a part of the practice.**
- Fighting, physically or verbally, is strictly forbidden and will not be tolerated. When parents are involved, the entire family is subject to immediate expulsion from AAYFDT activities.
- Parents are expected to pick up participants at the end of each practice or game. Our volunteers are not responsible for providing transportation.
- No parents or other individuals are allowed within the fences of practice or game fields. In the situation where no fences exist, everyone must allow a 50-foot 'clear' zone from the sideline.

Failure to comply with these guidelines can result in one or more of the following:

1. Suspension from one week's activities;
2. Temporary expulsion from the league; or
3. Permanent expulsion from the league.

KLEIN RAMS GRIEVANCE PROCEDURE

Our organization is run by volunteers all sincerely trying to do the best job that they can while balancing their work and family duties. We want each family's experience with our club to be as rewarding as possible. However, we recognize that concerning situations can arise from time to time. Negative comments and public complaining will quickly poison an organization causing acute even irreparable damage. It is not acceptable or appropriate to discuss concerns with other parents, families or players; attitude is everything. If you have a problem we encourage you to bring it to our attention so we may try to address it to your satisfaction; we ask you strictly adhere to the following resolution process. Failure to comply with this grievance procedure will constitute a violation of the AAYFDT league regulated guidelines and will be subject to the consequences listed in the preceding section..

1. Arrange an appropriate time to speak with your Head Coach, Asst. Head Coach or Head Drill Team Instructor. Game day or before/during practice is **never** an appropriate time to approach a coach with a concern. After practice, e-mail or a phone call are all appropriate strategies for scheduling a discussion. Discuss the problem in a positive and constructive manner. If you wish to further escalate your concern the **next** point of escalation is the Klein Rams Athletic Director (Brian Miller) or Drill Team Director (Tiffany Ortego). Coaches will not address concerns brought to them outside this procedure; as soon as reasonably possibly they will notify the Athletic Director of the process violation. The Athletic Director will determine appropriate next steps.
2. Address the situation with the Athletic Director or Drill Team Director in a positive and constructive manner. If you wish to further escalate your concern your **next** point of escalation is the President of the Booster Club (Amber Gereke).
3. Make a written statement outlining your concerns to the President of the Booster Club. If you wish to further escalate your concern your **next** point of escalation is the AAYFDT League Athletic Director.
4. Make a written (email does not constitute written notice) complaint to the AAYFDT Athletic Director for football or the AAYFDT Drill Team Director at the following address:
A.A.Y.F.D.T.
P.O. Box 11148
Spring, Texas 77391

An address and phone number must be provided in order to receive a response.

FOOTBALL EQUIPMENT

Equipment hand out: Will be at the start of the season.

Players must be present to ensure a proper fit. Please make every attempt possible to be present at the scheduled handout. This year's accelerated practice schedule means there is little time before the first practice to get equipment to those players who missed the scheduled handout.

The Klein Rams Booster Club provides each player with a helmet, pads, practice jersey and pants, game jersey and pants, game socks and a mouthpiece. Players must purchase their own football cleats.

The Klein Rams provide each player with some of the best quality equipment available, in many cases a better quality than what is provided by surrounding schools. We ask that you do everything possible to properly care for all equipment, especially the helmet.

All issued equipment must be returned in expected condition at the end of the season in order to have the equipment deposit refunded. The game jersey is the players to keep.

PRACTICE

Voluntary conditioning camp is tentatively being planned for the week of July 13th. All players are strongly encouraged to make this commitment part of their pre-season training plans.

Regular season practices will be on Mondays, Tuesdays and Thursdays at the Strack Intermediate practice fields. The following table provides you a general guideline of practice time changes to expect as the season progresses.

Dates	Mon-Tues-Thurs	Pre-Season Saturdays
August	6:30 – 800 pm	9:00 – 10:30 am
September*	6:15 – 7:45	
Early Oct	5:45 – 7:15	
Mid Oct	5:30 -7:00	
Late Oct	Varying times on various lighted fields	

The first three practices of the season are to be non-contact practices. This also applies to the return from extended absence (as in an injury). An extended absence is missing six or more straight practices for any reason. After three consecutive conditioning practices, the next practice will be a contact practice. The first contact practice will not be a game.

ALWAYS assume that we will be practicing, regardless of the weather. Cancellation decisions are made by the Athletic Director and Booster Club President usually on the practice field at the scheduled starting time. Additionally those decisions are generally only based on lightning. Rain in itself will not cause a practice cancellation. In the event that practice is cancelled due to inclement weather or some other extenuating circumstance it will be rescheduled on the following Wednesday or Friday; attendance policies still apply.

Each participant should be properly dressed for practice or he will not be allowed to participate. Proper practice attire consists of practice jersey, practice pants, helmet, all pads, mouthpiece and cleats.

It is the player's responsibility to bring a **minimum** of two quarts of water to practice. Players will be given sufficient water breaks to keep them hydrated.

Attendance

The following policies will be used for absences:

- Missing two (2) practices the week of a game = ineligible for the next official game/drill performance.
- Missing one (1) practice two (2) weeks in a row = ineligible for next official game/drill performance.
- Two (2) occurrences of tardiness and/or leaving before practice ends = one (1) absence.
- Three (3) occurrences of tardiness in one week = two (2) absences = ineligible for next official game/drill performance.

GAME DAY

All Klein Rams home games will be played at Strack Intermediate. Away games are played at various locations in the Klein, Spring, Tomball, Oakridge, and Cy-Fair areas. Field Locations with maps are on the League website (www.aayfdt.org).

Game kick-off times:

Freshmen	9:00 am
Sophomore	10:30 am
Junior	12:00 pm
Senior	2:00 pm

Planned arrival times: Obtain exact arrival times from your coach.

Minimum Plays

Freshman / Sophomore		Junior / Senior	
# of players present	# of plays required	# of players present	# of plays required
15-20	14	15-20	17
21-25	12	21-25	15
26+	10	26+	12

If the required number of practices has been attended, all football participants must participate in a minimum number of plays as outlined in the chart above. There is no requirement that the plays be consecutive or spaced in any way throughout the game.

A. Only participants who will be playing in the game will be counted in determining the number of plays required.

B. If there are three practices, each participant must attend at least two in order to be eligible to play. Missing one practice in consecutive weeks will result in the player being ineligible to play the following game. If a player is late to two practices in one week, this will count as 1 missed practice for that player.

C. If there are two practices, each participant must attend at least one in order to be eligible to play. If there is only one practice, participants need not attend that practice to be eligible to play.

D. A play is to be counted each time the ball is hiked and/or a down is counted, even though a penalty may be called after the ball is hiked and the down may be repeated.

E. If a penalty is called prior to the ball being hiked, no down or play is counted.

F. An automatic forfeiture of a game will occur if the minimum plays are not met during regulation time of the game including regular season, play-offs, and Super Bowl.

2016 GAME SCHEDULE

There will be two scrimmages prior to official games

Game 1	August 27, 2016
Game 2	September 10, 2016
Game 3	September 17, 2016
Game 4	September 24, 2016
Game 5	October 1, 2016
Game 6	October 8, 2016
Game 7	October 15, 2016
Game 8	October 22, 2016

1st Playoff Game – October 29, 2016

2nd Playoff Game – November 5, 2016

Sweethearts Competition – November 12, 2016

Superbowl – November 20, 2016

A.A.Y.F.D.T. 2015 DIVISIONS

National Football Conference	American Football Conference
Bengals	RAMS
Eagles	Jets
Patriots	Cowboys
Oilers	Broncos
Saints	Redcats
Texans	Lions

SAFETY PRECAUTIONS

High temperatures are inevitable during the months of July, August and September, so being prepared for practicing and playing in the heat is critical.

There are three ways that overheating presents itself:

- **HEAT CRAMPS** - heat cramps are caused by the rapid loss of fluids from our bodies. Symptoms may include cramps in the fingers, arms, legs, and/or stomach area. The person will be very sweaty and have a rapid pulse with a normal blood pressure and temperature. **TREATMENT: Have the person stop what they are doing, drink water and possibly add in an electrolyte such as diluted Gatorade.**
- **HEAT EXHAUSTION** - heat exhaustion is caused by the loss of water and salts from the body. Symptoms are weakness, dizziness, nausea, fainting, thirst, anxiety, extreme sweating, rapid pulse, elevated temperature (1-2 degrees), and a normal to depressed blood pressure. **TREATMENT: Have the person STOP what they are doing and immediately get them to a cool area. Have them drink water first then a diluted sports drink. IF IMPROVEMENT IS NOT SEEN WITHIN 5 MINUTES, CALL 911!!**
- **HEAT STROKE** - This is when people lose the ability to cool themselves. **THIS IS A TRUE EMERGENCY – CALL 911!** Symptoms are high body temperature; rapid pulse begins to slow, blood pressure falls, rapid shallow breathing, disorientation, seizures, can lead to a coma. The individual will be hot and dry. **TREATMENT: CALL 911, move the person to a cool area and start cooling them with rags dipped in cool water and have them drink ONLY if they are alert enough to drink by themselves.**

Sweating is how the body regulates body temperature and water is essential to the process. The key to a safe game or practice is arriving fully hydrated. Have your player/dancer start drinking water at least one hour before practice. The amount depends on the size of the child, but again the goal is to be fully hydrated. **DO NOT DRINK SODA!!** Sodas are diuretics, which actually pull much needed water from the body for the purpose of digesting the soda ingredients.

If your children want to eat before practice, have them eat fruit, pasta, peanut butter, or things that are light, but limit the quantity. **DO NOT DRINK MILK!**

In our heat and humidity, everyone should be sweating. If you see someone in danger of a heat-related illness, please notify the person and the other people around you.

****IF YOUR CHILD IS OUT DUE TO ANY TYPE OF INJURY INCURRED DURING PRACTICE OR GAME WHICH PREVENTS THEM FROM PARTICIPATING THEY MUST FOLLOW LEAGUE RETURN TO PLAY PROTOCOL, LOCATED IN THE LEAGUE POLICIES AND PROCEDURES MANUAL AVAILABLE ON THE KLEIN RAMS WEBSITE.**

Parents Handbook Acknowledgement Form

This Parents Handbook has been prepared for your reference and understanding of the Klein Rams and Sweethearts organization. Please read it carefully.

I am aware of the Klein Rams parent handbook and its accessibility through the Klein Rams web site; www.kleinrams.com . I acknowledge it is my responsibility to familiarize myself with the contents of the handbook. By my signature below, I acknowledge, understand and agree to comply with the information contained in the Parents Handbook provided to me by the Klein Rams Booster Club. I understand this handbook is not comprehensive across all areas but is intended to be a resource guide to the Klein Rams and Sweethearts organization.

_____ BY SIGNING BELOW, I ACKNOWLEDGE I AM RESPONSIBLE FOR READING THE PARENT HANDBOOK .

Please sign below and return the form to the Booster Club.

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Mother or Guardian Signature

Date

Father or Guardian Signature

Date

ALL AMERICAN YOUTH FOOTBALL and DRILL TEAM

League Expectations 2016

AAYFDT By-Laws and Rules of Competition are published on the league website (www.aayfdt.org) for review. It is your responsibility to adhere to league expectations; good sportsmanship and respect are expected at all events both on the field and in the stands.

- × Parents are expected to pick up their child or children from the designated practice area on time. Parents/guardians should remain near the practice site or have arranged for an adult to remain at practice to supervise their child. The league volunteers are not responsible for supervising your child when practice ends. Please ensure your child is picked up from the practice area on time.

Failure to pick up your child may result in the following consequences:

- *1st time - Written Warning
- *2nd time- Contact Constable or Sheriff's Office
- *3rd time- Removal from Club Roster

- × Alcohol, smoking and/or other tobacco products are prohibited at school campuses/facilities and league sponsored events.
- × Vulgar language will not be tolerated under any circumstances.
- × Fighting, including verbal assault is strictly forbidden.
- × No coach is to be approached prior to, during or following practice/games – including team meetings and at half-time. Please address the Athletic Director with coaching concerns or any booster club member with other issues.
- × No parents, fans, guests or other individuals are allowed within the fences of practice or game fields and/or on the track. If venues are not fenced, everyone must allow a 50-foot 'clear' zone from the sideline.

Failure to comply with league expectations can result in suspension or expulsion from the AAYFDT.

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I have read, understand and agree to comply with all league expectations and to follow AAYFDT officer instructions concerning non-compliance.

Participant Signature

Date

Parent/Guardian Signature

Date

