



Welcome to the 2023 Fall Crusader Youth Football Season!

The following information is designed to introduce players and parents to the guidelines and expectations of the CYF program. While at first glance this packet may seem a bit overwhelming, we have found that the more information provided at the start of the season, the fewer road bumps we will experience along the way. To that end, this player manual is our attempt to orient players, parents, and coaches to the program standards for the 2023 Fall season.

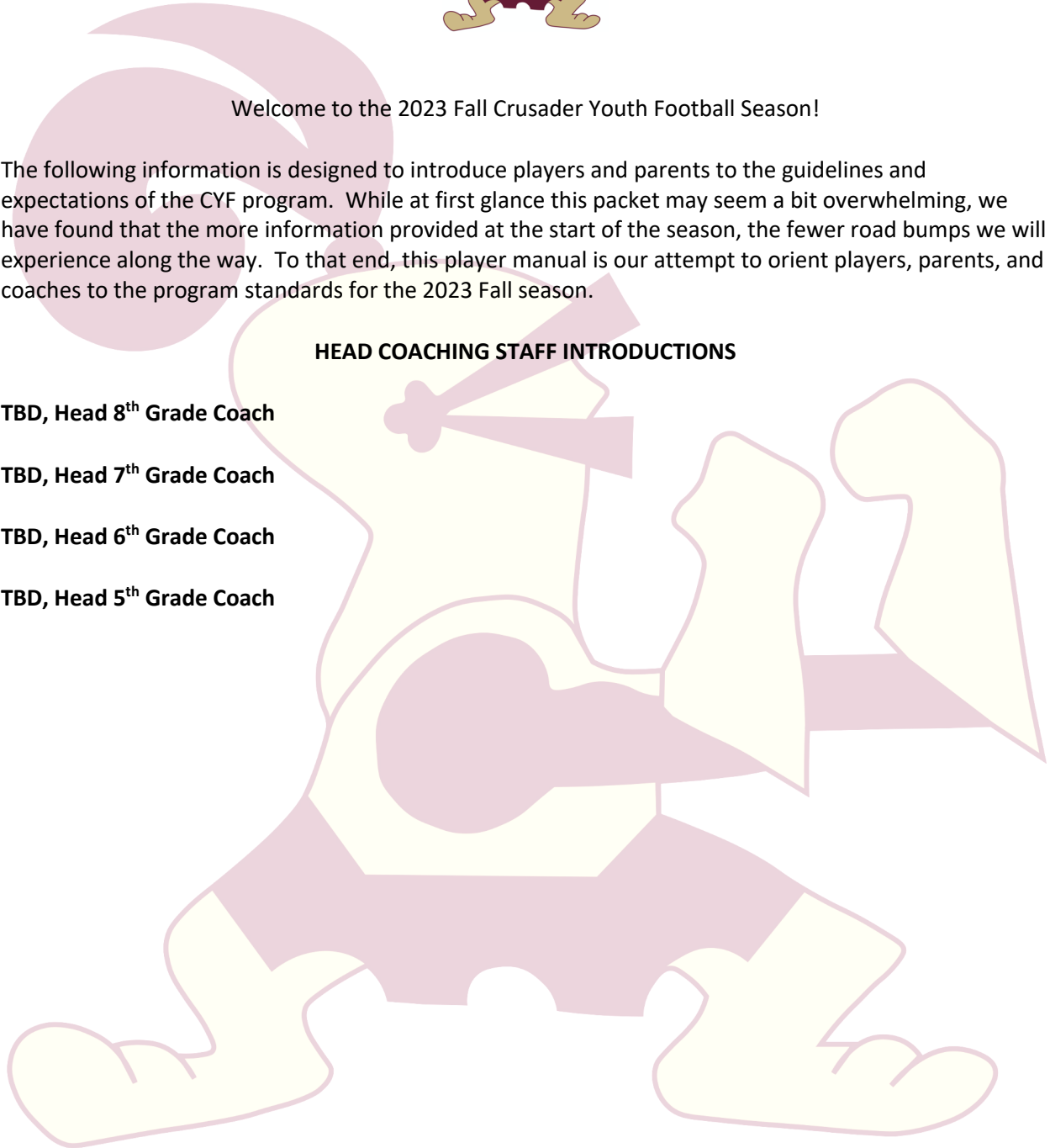
HEAD COACHING STAFF INTRODUCTIONS

TBD, Head 8th Grade Coach

TBD, Head 7th Grade Coach

TBD, Head 6th Grade Coach

TBD, Head 5th Grade Coach



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A LOOK AHEAD AT 2023

Our expectations this year will focus entirely on who we are as individuals, and who we are as a team. Obviously, we would love to have winning seasons, but there are more important things that we will emphasize on a daily basis. Our primary goal is to develop, nurture and protect an incredible team culture. That includes **playing hard, being a good teammate, and having fun**. Our goal is to do those things just a little every day and let the season's outcome take care of itself.

“Regardless of our individual talent, we will strive to blend together perfectly as a TEAM that our fans might be proud of our selflessness, our effort, our unity, and our commitment to doing our very best.”

BASIC EXPECTATIONS FOR PLAYERS AND PARENTS

This packet of information is designed to make you familiar with the rules and expectations we have for our players this season. We also have high expectations for our parents because we know you play a vital role in the success of our program. We understand that we cannot succeed without the service and support of our parents.

We would like to invite parents to participate in our culture this year.

1. **Play Hard** – When our players hear this phrase, they understand that we expect them to do everything with great effort. Whether we are practicing or playing some of our team games – we expect to give our best effort at all times. Effort is something that is recognizable by fans of all ages.

As parents we greatly appreciate all that you do to support our teams and this program. Here are ways that efforts can contribute to our players experience:

- Be a crowd-builder. Invite people to our games – bring people to road games.
- Host a team meal
- Be Patient – Communicate – Support the coaching staff's decisions.
- **POSITIVELY** promote the program through social media. We will continue to post updates, stats, and videos

You are the most influential voice representing our program to the public. Please be good representatives of your child's efforts and respectful of their commitment to the **TEAM**.

2. **Be a Good Teammate** – Love is a word that is not typically used in sports context, but it is the best word to describe how we expect our players and coaches to interact with one another. The number one reason kids play youth sports is to be with their friends. The way we encourage, support, and appreciate one another is what makes the football experience special. ***“To go fast, go alone. To go far, go together.”*** What does that look like as a parent?

- Support your child's effort, commitment and sacrifice. Support his investment in the process and dedication to the team more than his football accomplishments.
- Celebrate the effort and contributions of every player.
- Find ways to serve by helping when needed.
- Studies show that what players want the most from their parents is to hear these words:

“I am so proud of you”

“I love to watch you play”

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- Studies also show that a player’s most dreaded time with their sports parent is the car ride home and the coaching that comes with it. We will provide them with plenty of feedback – trust us to do the coaching.
- *Your child’s success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, and tries their best IS a direct reflection of your parenting.*

Head Football Coach at Albia High School says, “Success on the football TEAM is not that hard to figure out:

***Players Who Care About Players
Players Who Care About Coaches
Coaches Who Care About Players
Coaches Who Care About Coaches.”***

3. Play for Fun – Playing with passion is playing the game to have fun. We want football to be an experience that our kids and our fans will enjoy. As a program, we assume the following will be FUN:

1. Playing football is FUN.
2. Improving in FUN.
3. Competing is FUN.
4. Winning is more FUN than losing.

Sports offer a different kind of fun than hanging out at a friend’s house or messing around on the basketball court. We hope that our players experience an intrinsic reward from simply playing such a great game. We will enjoy improving as players, and as a team. We will enjoy competing regardless of outcome, and we hope this will be satisfying for both the players and fans. And yes, we acknowledge that winning is more fun than losing.

Play Hard.

Be A Good Teammate.

Play for Fun.

Keep in mind that football is an imperfect game, played, coached, and officiated by imperfect people. We trust that everyone is giving their best effort to succeed, but mistakes will be made! Therefore, we ask that even when we miss a catch, call a bad play, or an official blows an “obvious” penalty that we give our best effort to remain positive.

All parents, players, and coaches are representatives of the Crusader Youth Football Program. Our every word and action reflect upon the schools, your child, the teams, and the Crusader community. Please choose to represent us well!

The coaches will strive to demonstrate their commitment to this football program by building positive relationships with our players, by taking an interest in their lives outside of football, and by being organized and prepared for every practice and every game. They will be committed to our athletes to the extent that we expect them to commit to our program. And in the process our coaches will enjoy the greatest reward – helping our young players develop into successful adults.

If you have any questions or concerns as the season progresses, please don’t hesitate to contact your coach. The coaching staff asks that any conversation about your child’s playing time be conducted respectfully, and at the appropriate time. These conversations should not take place on a game night,

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or in the midst of practice (24 Hour Rule). Our preference is for the coach to first communicate with the athlete directly on how to best improve his skills. That being said, if you do have questions about what to do, or why coaches make certain decisions, our coaches are willing to discuss their reasoning. Please remember that the coach's role is to make decisions that are best for the team. The coaches will do their best to be consistent and fair with all athletes. Parents should always go to the coach first. If you don't feel your concerns have been addressed, then contact the Program Director. Anonymous emails will not be address.

Please feel free to contact us with any questions, concerns, or celebrations as the season progresses. Hopefully we can work together to encourage our athletes to accomplish their very best.

Mandatory Play Rule

1. All players are required to participate in a minimum of fourteen (14) plays in each game. Kickoffs, non-kicking extra point attempts, punts, and free kicks shall NOT count toward their play total.
2. Each player must play seven (7) plays in each half. If a player does not get his plays in the first half, he must start the second half and stay in the game until the remainder of his fourteen (14) plays is completed.
3. If a player is being disciplined, he must remove his shoulder pads, so he is not counted for that half – and this is the only reason to override this rule.

Looking Forward to a Successful Season!

The 2023 Crusader Youth Football Committee

Program Director -

Program Coordinator-

Program Treasurer -

Equipment Coordinator –

Fundraising Coordinator –

Webmaster –

Winning Isn't Normal

Winning isn't normal. That doesn't mean there is anything wrong with winning. It just isn't normal. It's highly unusual.

Every competition has only one winner. No matter how many people are entered, only one person or team wins the championship.

Winning is unusual – as such it requires unusual action.

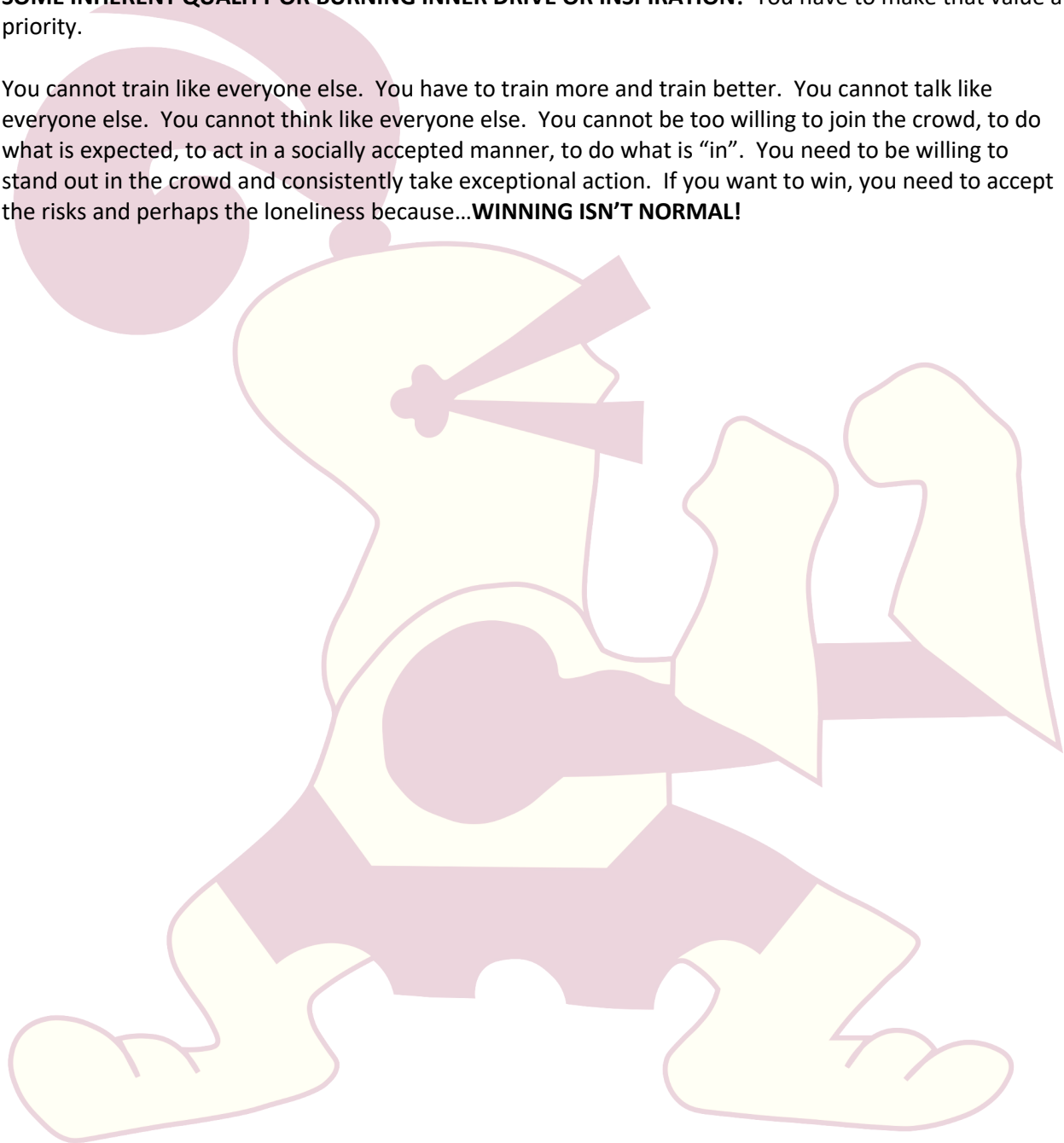
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In order to win, you must do extraordinary things. You cannot just be one of the crowd. The crowd doesn't win. You have to be willing to stand out and act differently.

Your actions need to reflect unusual values and priorities. You have to value success more than others do. You have to want it more. **WANTING IT MORE IS A DECISION YOU MAKE AND ACT UPON – NOT SOME INHERENT QUALITY OR BURNING INNER DRIVE OR INSPIRATION!** You have to make that value a priority.

You cannot train like everyone else. You have to train more and train better. You cannot talk like everyone else. You cannot think like everyone else. You cannot be too willing to join the crowd, to do what is expected, to act in a socially accepted manner, to do what is "in". You need to be willing to stand out in the crowd and consistently take exceptional action. If you want to win, you need to accept the risks and perhaps the loneliness because...**WINNING ISN'T NORMAL!**



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