

TOGETHER WE STAND



**DECATUR BULLDOGS YOUTH FOOTBALL**

2023

TOGETHER WE FALL

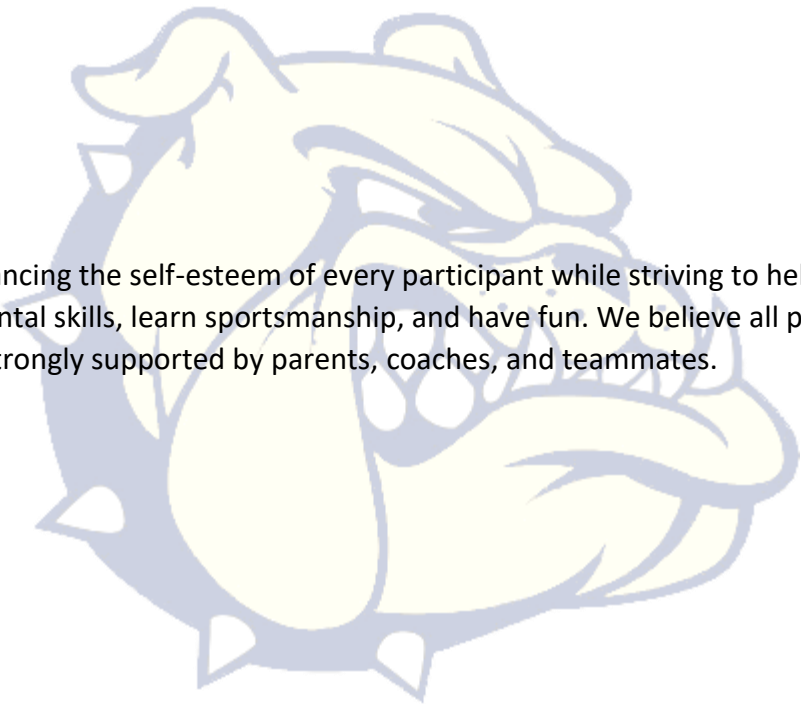
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## OUR GOALS

We focus on enhancing the self-esteem of every participant while striving to help each child develop fundamental skills, learn sportsmanship, and have fun. We believe all players should feel themselves strongly supported by parents, coaches, and teammates.



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## FOOTBALL EQUIPMENT CHECKLIST

### Mandatory Items

- Football Cleats
- Football Socks
- Practice Football Pants
- Practice Jersey
- Shoulder Pads
- Football Helmet
- Athletic Cup
- Hip and Tail Pads
- Chinstrap
- Mouthpiece
- Knee and Thigh Pads

### Optional Items

- Arm Pads
- Football Gloves
- Helmet Visor *\*Clear only*
- Neck Rolls
- Shock absorbers
- Back Plates & Rib Protection

### Places to find items

- **Dicks Sporting Goods**
  - 4310 Lavista Rd a100, Tucker, GA 30084
- **Academy Sports**
  - 1585 Scenic Hwy S, Snellville, GA 30078
- **Play it Again Sports**
  - 2122 N Decatur Rd, Decatur, GA 30033

*\*Also note that equipment is available for rent at Ebster on a first come first serve basis.*



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## LEAGUE

### GFA MISSION

GFA, formerly FCYFA, is a support services organization, dedicated to giving back to communities by promoting the wholesome development of youth through their association with exemplary adult leaders in the sport of American football and cheer. Guidelines are established to ensure that players play in an atmosphere of learning with a competitive balance between teams.

<https://www.georgiafootballassociation.com/>



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## TEAM WEBSITE

We have an official team website located at DecaturBulldogs.com. This site will be updated every Sunday night with schedule changes and previous week game results. From this site you can access the registration links, social media accounts, game photos/videos and full schedules.

The image displays two overlapping screenshots of the Decatur Bulldogs website. The top screenshot shows the homepage with a navigation menu (HOME, REGISTRATION, TEAM, SCHEDULE 6TH GRADE, SCHEDULE 9th GRADE, COACHES, LEAGUE, More...) and a main banner featuring a bulldog logo and the text "ENTERING BULLDOG TERRITORY" over a team photo. Below the banner is an "ABOUT US" section. The bottom screenshot shows the "6TH/7TH GRADE FULL SCHEDULE" page, which includes a note that all home games will be played at Decatur High Field and a table of game dates and locations.

**6TH/7TH GRADE FULL SCHEDULE**

All home games will be played at Decatur High Field\*

\*Due to our late addition to the 6th league we will not be able to host any games at our home field this season. All of our games including HOME games will be played at deep field locations. Next season we will be allowed to host home games at Decatur High School again. Thanks for your understanding.

HEAT ACCLIMATION WEEK	<b>July 25 - July 29</b> Ebster Park (Practice)
MONDAY, WEDNESDAY, AND THURSDAY 6-8PM	<b>July 31 - August 4</b> Ebster Park (Practice)
MONDAY, WEDNESDAY, AND THURSDAY 6-8PM	<b>August 7 - August 11</b> Ebster Park (Practice)

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## SAFETY

Safety is the number one priority of the Decatur Youth Football program. Decatur Youth Football strives to always provide a safe environment during practices and games. All coaches are trained in “heads up tackling” and teach these techniques to all players. Contact during practice is limited each week and drills are designed to minimize injuries. During inclement weather practices will be shifted to our indoor facilities (inclement weather mainly to address thunderstorms and extreme heat). EMTs are also present during all home and away games.

## REGISTRATION

### Fee

- Residents \$220.
- Non-residents \$250

Fees cover costs for game jersey, league fees, referees, and insurance

Players must provide a copy of their birth certificate and proof of school grade for the 2023-2024 School Year.

Player must be registered to practice and participate in games. Any players not registered prior to the Jamboree game on 8/12 will not be allowed to participate this season

### Costs and Equipment

Purchase your own or rent: Rental equipment is available on a first come, first serve basis for \$60 with a \$200 security deposit. (This year the cost of rental equipment will be waived, all equipment is due back at the end of the season)

***\*Financial assistance is available to Decatur Residents who demonstrates a need***

## PARENT PARTICIPATION

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Decatur Youth Football is run entirely by volunteers and coordinates operations with the City of Decatur. Parents of players may be asked to assist on the sideline during games with operating the chain crew. During “Home” games. Parents, friends and family members are not allowed on the field at any time before, during, and after any game and or **practice** unless their child is injured and they are asked onto the field\*

If you would like to volunteer or donate services to help the Football program, please contact us.

*\*GFA Rule 18. Sideline restrictions A. Before, during and after any game, no one is to be allowed on the sidelines, outside the coaching box (25 yard line to 25 yard line), except the following: 1. Cheerleaders have between the end zone and the 25 yard line; 2. The official chain crew; 3. Newspaper, magazine, and/or television photographic staffs, which have been authorized to take pictures of, or film, the game by GFA commissioner. Only GFA official personnel will be allowed inside the fence; 4. A team director. This person may move from end zone to end zone. He/she must refrain from coaching in any way. B. Official league photographers (GFA commissioner approved) will be allowed to be on the sidelines if they are not interfering with the game. C. Parents are not allowed on the field at any time before, during, and after any game and or practice unless their child is injured and they are asked onto the field. D. Unless otherwise provided in these rules, before, during and after any game no one is to be allowed on the sidelines, inside the coaching box, except the following: 1. The members of the participating team and the team's coaching staff who are listed as coaches on the team's official roster (refer to rule #1); 2. The team's official league representative and/or league president. 3. Two water boys/girls per side. These MUST be under 16 years of age. E. The president and/or other member of the GFA may be on the sideline at any GFA game, inside or outside the coaching box, when they feel such action is appropriate and in the best interest of the game or conference*

## CERTIFICATION REQUIREMENTS

Each player is required to provide the following information in order for your player to be cleared to play football for Decatur

\*NOTE: GFA requires hard copies of all forms below-no digital forms accepted.

Registration forms to be handed out at this time and can also be found online at [DecaturBulldogs.com/forms](http://DecaturBulldogs.com/forms)

- Birth Certificate - Copy only, no originals please
- Sports Physical Form
  - MUST be valid through 11/30/23
  - Physicals are valid for 1 year from the EXAM DATE, must be dated 11/30/22 or later
  - Form must be signed by your player's physician
- GFA Player Information Sheet
- Signed Player and Parent Commitment Pledge
  - (Please read carefully- conduct by players and parents is strictly enforced!)

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## TEAMS

Decatur Youth Football is a member of the GFA, formerly FCYFA, GFA is a support services organization, dedicated to giving back to communities by promoting the wholesome development of youth through their association with exemplary adult leaders in the sport of American football and cheer. Guidelines are established to ensure that players play in an atmosphere of learning with a competitive balance between teams.

Teams are determined by grade, with one team for each grade 4th-7<sup>th</sup>

4/5th GRADE		6/7th GRADE	
Jarred Bond	Head Coach	Kyle Pennington	Head Coach
Jonathan Buggs	Assistant Coach	Alex Duggar	Assistant Coach
Ron Smith	Assistant Coach	Jarrod Lindsay	Assistant Coach

## PRACTICE

**LOCATION** – Ebster Recreation Center, 105 Electric Avenue, Decatur, GA 30030

- Practices during the regular season will be held every week on Monday, Wednesday, and Thursdays. Practices will last for 2 hours beginning at 6pm and concluding at 8pm
- Any cancellations or changes will be communicated via email from either the head coach of the team or a program supervisor.
- Please ensure that you regularly check your emails for important updates and information.
- You also have the option of downloading the GroupMe app for your personal device. Information and updates will be communicated through this platform in addition to email and team website.
- Players are to report to practice with full equipment unless otherwise communicated my head coach or program supervisors.
- Parents are encouraged to attend practice however are asked not to interrupt the practice by coming onto the field of play.
- Our program is committed to player safety and strive to protect the health and well-being of every child. During the preseason athletes will go through a heat acclimation

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phase. This period will focus on increasing stamina and getting used to the heat they will face during the season. During this time, we will gradually increase the amount of equipment and intensity of practice as the kids get used to the amount of work.

- Full-contact drills will be limited during the preseason and regular season as the number of exposures may increase the chance for injury to youth players. We will **NEVER** exceed 30 minutes of full contact drills at any point during the football season.
- All coaches are Certified through USA Football Heads Up Program. Heads Up Football ensures that every coach is thoroughly trained in fundamental aspects of football safety, injury prevention and injury recognition.



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## COMMITMENT PLEDGE

### Decatur Youth Football Player Commitment Pledge

I hereby pledge to provide commitment, care, and encouragement for my team and myself by following this Player Commitment Pledge:

1. I will play for the fun of it, not to please any parents or coaches.
2. I will never allow negative aspects to enter my game.
3. I will always play by the rules.
4. I will accept success and failure, victory and defeat with good grace and without excessive display of emotions.
5. I will respect the ability of my opponents because without them there would be no game, and I will **ALWAYS** shake hands after each game regardless of the outcome.
6. I will notify my coach if I cannot attend a practice or a game.
7. I will never argue with or complain about the referee's calls or decisions.
8. I will control my temper and, most of all, resist the temptation to retaliate.
9. I will not attempt to hurt anyone with my words or my actions.
10. I will concentrate on playing Football and on affecting the outcome of the game with my best effort. I will work equally hard for my team and for myself.
11. I will exhibit good sportsmanship by cheering all good plays, whether they are my teams or my opponent's.
12. I will treat all players the way I would like to be treated.
13. I will NOT use social media (i.e. Facebook, Twitter, Instagram, etc.) as a place to tease, taunt, bully, or harass other players, their parents, my coaches, or anyone else (using words or uploaded pictures). If I have a problem with someone, I will tell my coach.
14. I will cooperate with my teammates, coaches, opponents and the referee.
15. I will never forget that I am representing Decatur Youth Football and I will take care of the facilities and equipment provided.

Sportsmanship is: Moral behavior in sports. There is more to sportsmanship than simply being nice. You also have to understand why some actions are right or wrong. Sportsmanship is a learned behavior. It does not happen by itself.

Player's signature: \_\_\_\_\_

Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Note: In order to participate in Decatur Youth Football Program, this form must be signed and dated. Failure of the player to read and sign the Players Commitment will automatically render the player ineligible to participate in activities home or away. In addition, by signing this player commitment, players agree to abide by this Code of Conduct. Violation of any of the guidelines set forth above will automatically render the player unable to participate or attend any Decatur Youth Football sponsored event (home or away).

### Decatur Youth Football Coach's Commitment Pledge

I hereby pledge to provide commitment, care, and encouragement for my team and myself by following this Coach's Commitment Pledge:

1. The coach will not criticize the players in front of spectators.
2. The coach will accept the decisions of officials.
3. The coach will not criticize the officials, the opposing team, the other coaches, fans, or parents through language or gestures.
4. The coach will emphasize that good athletes are diligent students and are both physically and mentally alert.
5. The coach will strive to make every football activity serve as a training ground for life and as a basis for good mental and physical health.
6. The coach will emphasize that winning a game is the result of teamwork.
7. The coach shall not use abusive or profane language in front of anyone connected with the game.
8. The coach will refrain from "running up" the score against an opponent. This includes keeping in the first defense always.
9. The coach shall not be under the influence of alcohol or illegal drugs.
10. The coach will set an example in personal conduct always.
11. The coach will not smoke or use any form of tobacco while on the field of play during games, scrimmages, or practices.
12. The coach will learn the strengths and weaknesses of his/her players to place them into situations where each has a maximum opportunity to achieve success.
13. The coach will protect the health and safety of his/ her players by insisting that all the activities under his/her control be conducted for their psychological and physiological welfare, rather than the interests of adults.

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Coach's signature: \_\_\_\_\_

Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

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**Decatur Youth Football Parent's Commitment Pledge**

I hereby pledge to provide commitment, care, and encouragement for my team and myself by following this Parents' Commitment Pledge:

1. Give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.
2. Support your coach and refrain from excessive "sideline coaching" from the stands.
3. Refrain from using profanity.
4. Abide by a doctor's decision in all matters of player's health and injuries and physical ability to play.
5. Accept the decisions of officials on the field as being fair and called to the best ability of the officials. Parents must stay off the field and remain under control to set a good example for players and other spectators.
6. Do not criticize an opposing team, its players, fans, coaches or team by words or gestures.
7. Support the coaches, players, and officials and help teach the value of commitment to the teams, sportsmanship, ethical conduct and fair play.
8. Inappropriate behavior is cause for immediate ejection from the complex. Repeat offenses will result in begin barred from future games and league-sponsored activities.
9. Parents will not encourage their child or any other person to engage in unsportsmanlike conduct with any coach, parent, player, participants, officials, or any other attendee.

Sportsmanship is: Moral behavior in sports. There is more to sportsmanship than simply being nice. You also must understand why some actions are right or wrong. Sportsmanship is a learned behavior. It does not happen by itself.

Parent or Guardian's signature: \_\_\_\_\_

Parent or Guardian's signature: \_\_\_\_\_

Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Name Printed: \_\_\_\_\_ Date: \_\_\_\_\_

Note: To participate in Decatur Youth Football Program, this form must be signed and dated. Failure of the player to read and sign the Players Commitment will automatically render the player ineligible to participate in activities home or away. In addition, by signing this player commitment, players agree to abide by this Code of Conduct. Violation of any of the guidelines set forth above will automatically render the player unable to participate or attend any Decatur Youth Football sponsored event (home or away).

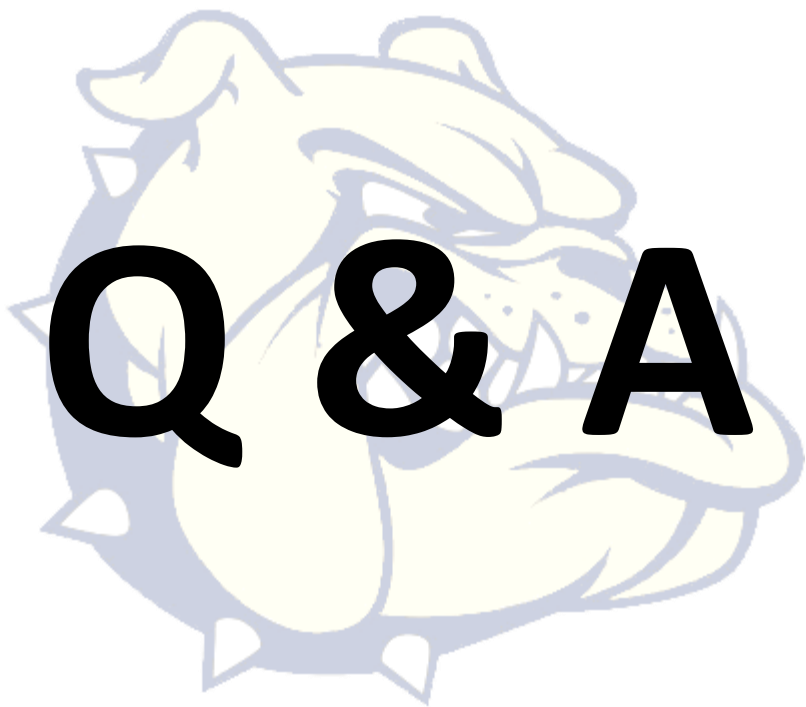
## CONTACT INFO

- **Stacy Green – Program Supervisor**
  - 678-553-6549
  - [Stacy.Green@decaturga.com](mailto:Stacy.Green@decaturga.com)
- **Kyle Pennington – Head Coach – 6/7<sup>th</sup> Grade**
  - 404-245-1482
  - [CoachKWP@gmail.com](mailto:CoachKWP@gmail.com)
- **Jarred Bond – Head Coach – 4/5<sup>th</sup> Grade**
  - 770-262-9570
  - [Jalb07@gmail.com](mailto:Jalb07@gmail.com)





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