

**2018**

**Colts Midget Football Club**

**Guidebook**

**South Calgary COLTS Football Association (SCCFA)**

The spring season is a hard and fast season. There is a lot covered in a short time. This is both the player’s and the parent’s guide to the season. It is filled with necessary and important information. Please read it and familiarize yourselves with this content.

As a player, you have the opportunity to develop not only physically, but to cultivate characteristics such as:

* self-discipline
* leadership
* teamwork
* friendship and camaraderie
* good sportsmanship
* listening skills
* concentration skills

This opportunity is yours. The choice is yours.

You do your part. We will do ours. Together, we’ll make this a great season!

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| “Morale and attitude are the fundamental ingredients to success.”  Bud Wilkinson |

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| WELCOME TO COLTS MIDGET FOOTBALL |  |
| Dear players and parents of the 2018 Midget Colts Football team, |

Please be sure to read through this entire guidebook. If you have questions that are not answered by what you read, you will find contact numbers, email addresses, as well as websites to assist you in finding answers.

We are looking forward to another successful year, both on and off the field. The success of our team is dependent not only on the coaches and staff, but the commitment made to the team by both players and parents.

Our coaching staff this year is once again outstanding! We have many years of playing (at all levels) and coaching experience. We are a dedicated and committed team of coaches and have high expectations of each other and the players. We ask for commitment and performance from the players. These expectations, mixed with dedication, commitment, and performance by the players, have proven to be the backbone of Colts’ successes over the years.

Players - tune in and prepare to work hard and learn much! What you take away at the end of the season is really is up to you.

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| **Colt’s Playoff Record** | | | |
| **Year** | **Semi-Finals** | **City Finals** | **City Champions** |
| 2003 |  |  |  |
| 2004 |  |  |  |
| 2005 |  |  |  |
| 2006 |  |  |  |
| 2007 |  |  |  |
| 2008 |  |  |  |
| 2009 |  |  |  |
| 2010 |  |  |  |
| 2011 |  |  |  |
| 2012 |  |  |  |
| 2013 |  |  |  |
| 2014 |  |  |  |
| 2015 |  |  |  |
| 2016 |  |  |  |
| 2017 |  | * (Div II) | * (Div II) |

Let’s work to see the 2018 Midget Colts team reclaim the city championship Div 1 title!

On behalf of the SCCFA, head coach Biagio Iannace, and the 2018 coaching & management staff – welcome to Colts Midget Football!

Sincerely,

Treena Barnett-Ritcey/Tracy Kohan

General Managers, the Colts Midget Football Club

|  |  |  |
| --- | --- | --- |
| colts_sccfa_latest logo2018 COACHING STAFF | | |
| **Role** | **Staff Member** | **Contact Info** |
| Head Coach | Biagio Iannace | (403) 813-5944  biannace@calgarypolice.ca |
| Special Teams Coordinator  Defensive Backs Coach  Team Representative | Tony Israel | (403) 589-6781 |
| Offense Coordinator | Neil O’Flaherty | [Neil.oflaherty@cssd.ab.ca](mailto:Neil.oflaherty@cssd.ab.ca)  (403) 650-0112 |
| Defense Coordinator | Biagio Iannace | (403) 813-5944  biannace@calgarypolice.ca |
| Offensive Line Coach | Ian McMahon | mcmahonian@gmail.com |
| Running Backs Coach | Phil Beckett/Mark Chambers |  |
| QBs Coach | Rene Dion/ Neil O’Flaherty |  |
| Receivers Coach | Ryan Lyth | (403) 969-4741 |
| Line Backers Coach | Zack McEachern |  |
| Defensive Line Coach | Cody Deman | (403) 993-9769 |
| General Manager | Treena Barnett-Ritcey | (587)229-9253  midgetcolts.sccfa@gmail.com |
| Assistant Manager  Team Photographer | Tracy Kohan | (403) 477-9808 |
| Equipment Manager | Dallas Young |  |
| Team Communication | Tracy Kohan | midgetcolts.team@gmail.com |
| Website – Team Page | Sandra O’Flaherty |  |
| Team Finances | Deanna Hagen |  |

# OVERVIEW

This is both the player’s and the parent’s guide to the season. It is filled with necessary and important information. Please read it and familiarize yourselves with this content.

As a member of the Midget Colts, you will be exposed to a high intensity and highly competitive level of football. The Midget Colts are a dedicated group of athletes (from Grade 9 up to Grade 11) and coaches who put their heart and soul into the game of football. Every participant (players, coaches, staff, parents, and families) of our club plays an essential role in the success of our team. The midget season is a hard and fast season. There is a lot covered in a short time.

As leaders, we want to instill pride, integrity, and honesty both on and off the field. Football challenges players to excel physically, mentally, and socially. It is an extraordinary team sport that, under the right mentorship, builds great strength of character.

As a player, you have the opportunity to develop not only physically, but to cultivate characteristics such as:

* self-discipline
* leadership
* teamwork
* friendship and camaraderie
* good sportsmanship
* listening skills
* concentration skills

This opportunity is yours. The choice is yours. You do your part. We will do ours. Together, we’ll make this a great season.

# COMMUNICATION

Communication is very important. Thus, this guidebook covers the main areas of our Midget Colts season. We don’t rely on paper handouts for regular communication. Our website ([www.southcalgarycolts.ca](http://www.southcalgarycolts.ca)) is our main form of communication. Please visit the Midget section of our website daily. The main website tabs that are updated regularly are the *Bulletin Board*, *Schedule*, and *News & Events*. We use e-mail as well, so check your e-mail regularly. If you’re not receiving emails from us, we must not have your correct e-mail address. Please provide your correct e-mail address by contacting us at midgetcolts.team@gmail.com.

The Midget level of football runs under the Calgary and Area Midget Football Association (CAMFA). Their new website is: www.site1451.goalline.ca (soon to be www.calgarymidgetfootball.com). Check it out - there is much information on it (game schedule, etc.).

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| --- | --- |
| * Colts website | www.southcalgarycolts.com |
| * Colts email | midgetcolts.team@gmail.com |
| * Calgary Soring Football Association (CSFA) | [www.site1451.goalline.ca](http://www.site1451.goalline.ca)  www.calgarymidgetfootball.com |

# 2018 SCHEDULE OF EVENTS

|  |  |  |
| --- | --- | --- |
| **Event** | **Date** | **Details** |
| Player registration | Feb 6 | * Player registration packages are handed out. |
| Mandatory baseline concussion testing | TBD | * Details to be announces as soon as we know. |
| Equipment assignment | Mar 5 | * Player registration packages must be completed and submitted. |
| Mandatory Parent Meeting | Mar 5 | * This meeting will take place during practice and the coaches will come up afterward, so you can meet them. |
| Start of full contact practices | Mid-March | * Check *Bulletin Board* tab on the Midget section of www.southcalgarycolts.ca site daily. * Dress for the weather! * Bag your feet while the ground is still wet and cold. As simple as it sounds, the plastic bags from grocery stores keep feet dry! |
| CSFA Jamboree | Mar 29 | * Location: Shouldice fields * Details will be posted on website as soon as we have them. |
| Silent auction | TBD | * This is our only fundraiser and it’s very important. * We will be getting more info out shortly. * It was a great time last year and we are looking forward to it again this year. |
| Team pictures | TBD |  |
| City championship game | May ? |  |
| Equipment return | TBD |  |
| Team banquet | June 3 | * Deer Run Community Centre * 3-6 pm. * Details to follow. |
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# PLAYER REGISTRATION FEES

The mandatory player registration fees are:

* $600.00 for players in grades 10 & 11 OR $500.00 for players in grade 9
* VISA/Mastercard and Debit are available this year!
* $350.00 for equipment deposit (provide a post-dated cheque for June 10, 2016). This cheque is returned to you once all equipment is returned and in good condition.

Player registration fees go towards:

|  |  |  |
| --- | --- | --- |
| **Item** | **Grade 10/11** | **Grade 9** |
| Team fees   * This amount goes towards providing all necessary equipment (except for player’s cleats), Football Alberta fees, jamboree fee, game filming & player’s access to HUDL, game and practice field rentals, locker room maintenance, field practice equipment usage & maintenance, season end banquet & player’s gifts/awards/pictures, first aid supplies, exhibition game costs (except for out of town travel), and other incidentals. | $400.00 | $300.00 |
| League fee & mandatory concussion baseline testing | $200.00 | $200.00 |
| Equipment deposit   * This cheque is returned once all equipment is returned and in good condition. | $350.00 | $350.00 |
| **TOTAL** | **$600.00** | **$500.00** |

There is a $25 fee charged on all NSF cheques.

If the player registration fees are financially difficult and may possibly keep you from participating, please contact the General Manager to discuss some payment options.

# PLAYER REGISTRATION and EQUIPMENT ASSIGNMENT

At equipment assignment evening,each player will be assigned a practice uniform, a helmet, shoulder pads, and pads for knees, thighs, hips, and tailbone. Each player will be given a mouth guard. Cleats are the player’s responsibility. Any optional gear (e.g. girdles, gloves, etc.) is also the player’s responsibility. Game uniforms (jersey, pants, and game socks) will be assigned at a later date.

The equipment you are receiving is very expensive, valuable, and necessary. Your equipment is valued at over $500.00. Thus, you are responsible for your equipment and must treat it with care and respect. It is your responsibility to clean and take care of all of your issued gear.

Helmets are the single most important and expensive piece of equipment you will be issued. Helmets are only to be used to protect your head and face while participating in football related activities. Helmets are not to be used as a seat, foot rest, etc. Do not drop, slam, or throw your helmets! Misuse of your helmet or other equipment will not be tolerated.

Any damaged equipment must be reported to position coordinators or managers immediately. We understand that there will be wear and tear on the equipment.

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| **NOTE:** | * Completed *Player Registration Packages* will be required back March 5th. * Players will not be allowed to participate in any games until all forms are completed and returned and fees are paid in full. |

# EQUIPMENT CARE & CLEANING

Players are expected to keep their uniforms clean. Do not show up to play a game in a dirty uniform.

**Helmet**

* Try to keep your helmet clean and free of debris. You can do this by simply wiping it with a damp cloth.
* Don’t use abrasive cleaners or solvents to clean your helmet.
* Always inspect your helmet, paying particular attention to the fasteners that attach the facemask and chin strap. If the helmet appears damaged in any way immediately show your helmet to a coach or one of the managers. Never play or participate in contact drills with a damaged helmet.

**Shoulder Pads**

* Try to keep your shoulder pads clean and free of debris. You can do this by simply wiping them with a damp cloth.
* Never use abrasive cleaners or solvents to clean your shoulder pads.

**Jerseys & Pants/Girdle**

* For integrated pants/girdle (these are pants with the pads built in), do not remove the belt or pads before washing. Do not soak integrated pants.
* For regular pants (these are pants with removable pads), it is best to remove the pads before washing.
* Regular pants and jerseys wash cleanest when allowed to pre-soak.
* Dirty jerseys & pants (muddy and/or perspiration soaked) should be laundered immediately. Do not leave them laying in a pile or piled on top of each other for any period of time.
* If jerseys & pants aren’t dirty (muddy and/or perspiration soaked), it’s not necessary to launder them after each wearing. Simply hang them on a plastic hanger until the next use.
* Fasten d-ring belts on pants before washing so the belt doesn’t snag in the washer.
* Don’t use chlorine bleach.
* Don’t use fabric softeners. They deteriorate garments with spandex. They also restrict the effectiveness of dri-fit technology and act as a magnet for dirt.
* Use mild detergent. Detergents with a pH under 10 are recommended for athletic uniforms.
* Wash jerseys & pants in cold to lukewarm water. Never wash them in hot water.
* Remove garments from the washing machine immediately after washing.
* Hang jerseys & pants on a plastic hanger and allow them to air dry. Hang pants from the leg openings if possible.
* Do not dry jerseys or pants in the dryer. This will cause rapid deterioration of the pants. If pads aren’t removed, the dryer with deform the pads.
* Be sure the jerseys & pants are completely dry before storing.
* Store away from direct sunlight.
* Don’t dry-clean or press/iron jerseys & pants. This will discolor them.
* Check the pads in the pants (knee, thigh, hip and tail) regularly.

**Socks**

* Wash your socks in lukewarm water.
* Hang them to dry or if you put them in the dryer, use the lowest setting.

**Mouth Guard**

* Clean your mouth guard after each use by brushing it just like you would your teeth. You can also rinse it with mouthwash.
* Once a week, wash it with soap and water and rinse it thoroughly.
* Store it in a case that allows some airflow.
* Don't leave it in the sun or let it get too warm or it will warp/change shape.
* Replace your mouth guard if it has tears, holes, or fraying.

# TEAM SELECTION

Players should already be preparing physically and mentally for the upcoming season. Players must come to tryouts and practices ready to work hard.

Coaches will be looking for: football skills, speed, balance, athleticism, and coachability. Your coachability is shown in your attitude, effort, dedication, and sportsmanship. Coaches may ask you to play or try various positions, even those not familiar to you. The coaches are putting together a winning team and they may feel you could excel in the new position or they may be testing your coachability. Either way, go for it!

If a player repeatedly misses practices, fails to turn in registration forms, or displays a questionable attitude; that individual will be asked to turn in their equipment and will not be a member of the 2015 Midget Colts. Please see the CAMFA website for their player conduct rules (as well as those for coaches and parents).

Did you know? - At this Midget level, some players have as many as nine years of football experience!

# PLAYING TIME

We are continually evaluating players throughout the football season. Our coaching staff will continue to promote the players best suited through their demonstrated performance and attitude ahead of the players who require further development. It is our priority to ensure that all players get playing time in games relative to their developmental stages.

The decision of who plays, when a player plays, and where a player plays is at the sole discretion of our coaching staff. The coaching staff is under the direct leadership of the head coach. Decisions will always be made in the best interests of the Colts program, the Colts team, and the Colts players. Please remember that the managers do not have any control or influence over when, where, or if a player plays.

At this level of football, it is important for players to take initiative and have communication with their coaches. This is part of the training for them as young adults and football players who may want to advance to university or college level football. If a player has any concerns, he is to discuss these concerns with the coaching staff in the following order:

1. First with his position coach. If this will not resolve the issue/concern…
2. The player takes this concern to his coordinator. If resolution at this level is not achieved…
3. The player will talk to the head coach.

Parents, please remember that we realize the players are your kids, but they are also young men and this is part of developing leadership and character. If you have concerns, please connect with the head coach and/or offense/defense/special teams coordinators. Please also remember the 24hr Pause rule…it’s a good rule in life to follow.

**Releases**

The Colts, of the South Calgary Colts Football Association, will not grant releases to players unless they have been cut from their club.

It is a CSFA League rule that if a player is cut from their boundary team, he is entitled to a written release from that team. The player can then choose another CSFA team to play for. Once the player has chosen a team to tryout for, that player is committed to playing for that team.

# TEAM PRACTICES

We plan to begin outdoor practices at Shouldice field in the NW. Weather permitting, we should be at our Cardel Rec South (#100 – 333 Shawville Blvd SE) fields full-time by the end of March. Watch the website for practice dates, fields, and times.

Practices typically run from 6:00pm to 8:00pm or 6:30pm to 8:30pm. These times do not include the end of practice huddle, nor does it include make up time for tardiness. Players should be dressed and ready for practice no less than 15 minutes prior to the scheduled start time. Injured athletes are expected to attend practice. At this level of football, team training is very important - do not expect to play if you do not attend practice.

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| **NOTE:** | * If a player must be absent from a practice:  1. Player must advise his position coach, as the coach has directed 2. Player must email the General Manager at [midgetcolts.team@gmail.com](mailto:midgetcolts.team@gmail.com)    * In the e-mail’s subject line, type: *Player absence.*    * Give your name and your position coach’s name.    * Give reason for your absence and your expected date of return to practice. |

Coach Biagio will confirm times and nights with players at the end of each night’s practice. Due to our game schedule, there may be an occasional weekend practice. Game film is reviewed with the players during practice following game nights (players are given access to HUDL so they can review game film). Plan for four practices and one game night in each week. Game schedules can be found on the CSFA website.

Bring water! A dehydrated body will not cooperate with you.

# GAME DAY PROTOCOL

All regular season games are played at Shouldice Athletic Park.

Players are expected to be at the assigned field one hour before kick-off. This means in full game gear and ready to go. Uniforms must be clean.

Players, families, and friends represent the Colts organization. Please learn and adhere willingly and graciously to the following rules (some of these rules may seem obvious, but they are included because they have happened.):

* Urinate in washrooms. Do not urinate at field level or you will be escorted from the field, not allowed back to the field, and issued a $250 fine for this infraction by the league.
* No smoking within field gates.
* No pets within field gates, including small pets that can be carried inside a coat.
* No alcohol.
* Water only at field level (players, coaches, & other staff).
* No chewing tobacco, sunflower seeds, or peanuts.
* Players and coaches are to clean up around the team bench.
* Players who are being a distraction, disruptive, or disrespectful will be sent off the field and will have to watch the game from the stands. Players are to pay attention to the game, support fellow teammates, and help where needed. The sidelines are not a *playground*. This has generally been observed as a problem with players who are injured and not playing in a particular game.
* Fans are to clean up seating area.
* Fans are to be supportive and constructive, not offensive and insulting.
* Officials can and will call a game over an unruly fan. Rather than causing the Colts and your child to lose a game due to your lack of self-control, take yourself for a walk if you are getting too frustrated. Managers and Parent Representatives from both teams on the field are responsible for speaking to fans who are becoming belligerent.

# LOCKER ROOM

We have a beautiful new locker room! This is the result of much hard work, volunteer hours, etc. Respect and care for it!

The coaches and players will have a clean-up schedule during the season. We expect full cooperation.

Each player has access to a combination lock for their lockbox if requested.

# VOLUNTEERS

Involvement of parents and family is what builds the strength of a team. Volunteering is a great way to get to know a lot of great people! We expect to see many parents involved as the more involved, the lighter the work load.

Our Parent Representatives this year is TBA. A big thanks to them for taking this on! They will be organizing the game day responsibilities and monitoring of the stands.

**Volunteer Areas Where You Can Sign Up:**

1. Game day responsibilities
2. Stick duty: This is a great job; however, it is for those who can do the job without getting emotionally/verbally involved in the game. Do not volunteer for this if it is too difficult to do without offering opinions to referees, players, or coaches.
3. Clean up: Ensure the stands are left in the condition they were when we arrived.
4. Silent auction fundraiser: This is a fun, social night. In the beginning of April ($10/parent for a fun night, steak dinner, and drink discounts).
5. Team banquet: We’d like volunteers in the following areas: Power Point/DVD season review presentation, set up, welcome table, food organization, decorations, programs, take down, etc.

# DONATION INFORMATION

Donations can be made directly to the Colts Football Club. These moneys are used to help cover the costs of players who are experiencing unexpected financial difficulties and also to help offset unanticipated costs which can and do occur during a regular season. We do not have a charitable/non-profit organization government number and therefore cannot issue tax receipts. If a business wants to make a donation, we can post their business name on our website as one of our sponsors.

For donations requiring tax receipts, the moneys have to be donated to the South Calgary Colts Football Association (SCCFA) through the Alberta Sport, Recreation Parks and Wildlife Foundation (ASRPW). Once the SCCFA receives the monies from the ASRPW, they then forward the funds to the Midget Colts Football Club. Please ask for the information if you are interested.

# COLTS_muscled up horse pic_trial

# BOUNDARY MAP (CAMFA)

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# PRACTICE FIELD LOCATION MAPS

Cardel Rec South

333 Shawville BLVD SE

REMEMBER: Absolutely no parking along the emergency vehicle access road. Anyone parking along the emergency vehicle access road may be towed. This is at the expense of the vehicle’s owner.



Shawville Gate SE

Shawville BLVD SE

Practice Fields

Parking ONLY