

Itty Bitty and Pee Wee Flag Football Parent Guide

Making Sports Fun, Positive and Safe for Children



LEE'S SUMMIT PARKS & RECREATION

Helpful Numbers:

**Weather Hotline (816) 969-1516 (Option 1 – Itty Bitty and Pee Wee Sports)
Shelby Dawson (Program Supervisor) ♦ (816) 969-1544**

**Lee's Summit Parks & Recreation ♦ (816) 969-1500
220 SE Green Street ♦ Lee's Summit, MO 64063**

Dear Parent/Guardian,

Thank you for choosing our Itty Bitty and Pee Wee Flag Football Program. We hope to serve you and your child with a quality experience as we strive to make our programs the best that they can be. This can be accomplished with your assistance, as parental involvement is mandatory during skill work.

Our programs are based on providing youth the opportunity to play in a sport regardless of their ability. Emphasis is placed on all kids having fun, learning skills, and not on winning. We strive for each child to feel that they are a winner, regardless of their ability. To aid in this effort, we award each player with a medal on the final day. Make sure to bring family and friends, and don't forget the camera!

In this flyer you will find the program overview, program goals, young athlete's bill of rights and parents' code of ethics. **The program will take place at Miller J. Fields Park located at 1301 SE 3rd Terrace Lee's Summit, MO 64063.**

If you have any concerns about our program or any suggestions that may help improve the program, please feel free to contact me at (816) 969-1544.

Sincerely,

Shelby Dawson
Recreation Supervisor I

Our Objective:

To provide a fun, positive, safe learning experience for everyone involved. To accomplish this objective we will need the assistance and understanding of every parent.

Our Goals:

1. Emphasis on fun and participation!
2. Every child, regardless of skill level, will have an equal opportunity to participate in a safe and healthy environment.
3. Participants will learn the basic rules and fundamentals of the game.
4. Participants will develop socially through learning concepts of teamwork, good sportsmanship, and making new friends.
5. Winning itself is not important, it's the striving to win and the achievement of personal goals.

Program Overview:

Skill 1 – Passing

Objectives:

- Show proper hand placement and feet placement
- Keep your elbow high
- Follow through during the throw
- As the weeks progress, have the participants throw different distances and moving targets

Skill 2 – Catching

Objectives:

- Hands make a “diamond”
- Catch with your hands and not your chest
- In later weeks participants can run routes to catch the ball

Skill 3 – Flag Pulling

Flag pulling consist of taking a direct path to the player with the ball and grabbing the flag and pulling it away from the person and stand where you pulled the flag.

Skill 4 – Hiking/Hand Offs

Objectives:

- Soft and clean snaps and hand offs
- Place the ball in the window during hand offs
- Runner secures the ball when received
- As the weeks progress, players will work on longer snaps and hand offs from different sides

Weekly Schedule

Weeks 1 & 2: Work 8 to 10 Minutes on Each Skill

Weeks 3: Work 5 to 7 Minutes on Each Skill and Scrimmage

Week 4: Work 3 to 5 Minutes on Each Skill and Scrimmage

Week 5: Scrimmage

Young Athlete's Bill of Rights:

Young athletes have the right to...

- ...determine when to participate and in what sports, and to what degree of intensity and involvement.
- ...play in every game, no matter what their degree of physical ability or the relative importance of the game in terms of league competition.
- ...be taught the fundamentals of the sport by a qualified teacher/coach and to play on fields and courts that have been adjusted proportionally to children.
- ...be coached by those who have been trained in, or who have been made aware of, the various stages of emotional and psychological development in children, and to be treated on a level equivalent to their emotional and physical maturity – not standards of collegiate or professional sports.
- ...have a coach who places the child first, the team second, themselves third, and winning fourth; to feel satisfied after a defeat and to have fun participating even while playing on a losing team; to be able to use play as an opportunity to test life; and not be subjected to adult imposed pressures to win.
- ...have a coach who is patient and supportive, as opposed to one who believe in a harsh, negative, “professional” approach; a coach who takes time to work with each athlete, regardless of ability or potential, and who offers periodic evaluation of the child's physical improvement and emotional growth as the season progresses.
- ...be treated as a member of a democracy, not a dictatorship, including the freedom to voice opinions openly to the coach without fear of repercussion.
- ...proper medical treatment and play in a safe and supportive atmosphere.
- ...report to the coach or parent any physical pain or emotional concerns such as fear or rejection without fear of ridicule or loss of esteem.
- ...freedom from physical and emotional punishment by their parent or the coach. Punishment leads only to fear and inhibition. The purpose of sports should be to help a child grow, feel expansive, and realize their potential.

Parents' Code of Ethics:

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth - not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans and officials, with respect regardless of race, sex, creed, or ability.
- I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

Brochure information provided by the National Youth Sports Coaches Association and the Lee's Summit Parks and Recreation Department.

Miller J. Fields Park
1301 SE 3rd Terrace
Lee's Summit, MO 64063

