



Youth Football

2017 Season

HANDBOOK

S.B. DOLPHINS YOUTH FOOTBALL

Since 1967

PRIDE - **P**ersonal **R**esponsibility for **I**ndividual **D**aily **E**ffort

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INTRODUCTION

A warm welcome to players, parents and friends for another exciting season of So. Burlington Dolphin Football. The Dolphins program has been in South Burlington since 1967 and is a founding program in the Northern Vermont Youth Football Association since the league's inception. The league is comprised of teams from St. Albans, Milton, Essex, Burlington, So. Burlington, Barre, Newport, St. Johnsbury, Lyndon, Colchester, Chittenden East, Montpelier, and Chittenden South. Our team has averaged between 100-135 young people per year. Due to the popularity of this program, the league has expanded beyond the 5th/6th and 7th/8th grade tackle program to include a 1st-4th grade flag program (Earthmovers). Although the 5th/6th graders game schedule parallels the 7th/8th graders schedule, they only play against kids in their own age group. All players are Dolphins, but for distinction purposes, the 5th/6th graders are referred to as the "Orangemen" and the 7th/8th graders as the "Blackmen." The Earthmovers are separated into "Diesels" and "Dozers."

If at any time during the course of the season you should have any questions, please feel free to speak to the coaches at practice or contact Coach Rene directly at 343-0181. We enjoy sharing the success of what we believe is the best youth football program in the state.

ABOUT THIS HANDBOOK

The intent of this handbook is to answer some commonly asked questions about the Dolphins Football program. It is not meant to be a substitute for one-on-one conversation between parents and coaches, but merely an overall guide to the program and hope you find it helpful.

PURPOSE

The purpose of this football program is to developing the qualities of leadership, sportsmanship, competitive spirit and the drive for academic excellence and to teach fundamental football skills to all skills levels. We strive to accomplish this through the teaching of basic techniques, discipline and team work.

YOUR COACHES and TEAM STAFF

All coaches must pass coaching certification through the national program of USA football which is the national leader football in coach certifications each year. This is a 4 hour test which has to be passed and in addition, all coaches on our team and in the league must pass background checks

Rene D. LaBerge, 802-863-5134 rene@vtjobs.com is one of the founders of the program and has been coaching the team since 1967. He is the head coach for the Blackmen focusing on offense. The locker room is at the LaBerge homestead. Uniforms are cleaned there; equipment is kept there, etc. It is the main base of operations. Many Dolphin parties are celebrated there as well.

Tom Tavares, a retired IBM employee, is on our board. He has been with the team since 1992. He and his wife Nancy, a South Burlington school teacher, have two grown children, Michael—who played for the Dolphins—and Rebecca.

Russ Humphrey Works for Graybar Electric He is the Black team defensive coach and has been with the team since 2012. He is also Head Coach of the adult, semi Pro National Champions North Stars. He brings many years of playing and coaching expertise.

Sam Jackson Head Coach since 2012. He was associate Head Coach for 2 years before that. Coach Jackson have high school football experience and brought his High School knowledge to the almighty Earthmovers. Coach Jackson prioritizes teaching young players the fundamentals of the game. He also have a lot of experience on the basketball floor. He truly enjoys coaching at the youth level. In his free time he runs a business and enjoy spending time with his family. “ Day by Day we get better and better”- Coach Jackson

Mike Kelly Earthmovers Associate Head coach and also has been with the team since 2012 when his first of three sons joined the program. Mike now has three kids in the program- Nick, a 5th grader on the Orangemen, Jack, a 3rd grader on the Earthmovers and Sam, a first grader. He is a professor at Champlain College and also coaches in the South Burlington Little League and CSB youth hockey.

Eric Schwaigert, photographer and father of a former Dolphin, has been with the team since 2010 for photos, website oversight and awards.

Coach’s Philosophy

The coaching staff is committed to teaching the Dolphins about team sports, understanding healthy competition and most of all having fun. Along with this, we also emphasize fitness and healthy attitudes and work ethics. **PRIDE**

Commitment and Expectations

Commitment is something that the kids give of themselves, to their peers and therefore the team. They are expected to be at all practices and games on time. Expectations are high for a Dolphin team member. This is summed up in the Team Motto - **PRIDE**

Personal

Responsibility, for

Individual

Daily

Effort

This includes both on and off the field activities. It is imperative that good grades be maintained in school. If the daily practices become overwhelming in getting homework completed, allowances can be made. Please speak to one of the coaches - we would be happy to discuss this.

Behavior

Swearing and inappropriate behavior is not acceptable on the Dolphin team and is dealt with as the situation warrants.

Age requirements

A copy of the player's birth certificate is mandatory, but only when signing up for the first time. The age limitations for the 5th and 6th graders are that a player may not reach his 13th birthday before the 1st Saturday in November. If he does, he would then be assigned to the older team. If the individual reaches his 13th birthday between the 1st Sunday in November and April 1st, he could still play for the 5th and 6th grade team, but would play on the offensive line.

The age limitation dates for the 7th and 8th graders are the same, with the 15th birthday being the limiting factor. These rules have been implemented so that kids of comparable ability are playing each other.

Weight Limitations

The weight limitation for an offensive back on the Orangemen is 100 pounds. For ends the limitation is 115 pounds. For all other positions the weight is unlimited. The weight limitation for an offensive back on the Black team is 130 pounds. For ends the limitation is 140 pounds. For all other positions the weight is unlimited.

Cost

Playing Fee: There is a fee of \$150.00 for the entire season payable at the time of registration. Scholarships are available.

Helmet Fee: There is no helmet fee for Earthmovers. For 5th-8th grade players in the tackle program a one-time helmet fee will be assessed. The fee is assessed in the first year the player joins the tackle program. Players may select a new helmet (\$100 fee) and after completing their 8th grade season, players may keep their helmet.

Funding and Fundraising

The Dolphins rely on local sponsorship, registration fees as well as league-sponsored fundraisers every year for their funding. This money helps pay for equipment, league fees, Referees, field cost, awards and scholarships. It is important to note that the league is a tax-exempt league and any donations to the Dolphins and the Dolphins Foundation are tax deductible.

RAFFLE TICKETS: The Earthmovers, Orangemen and Blackmen take part in this fundraiser. We will begin handing out the 50 raffle tickets to each player. Players are also urged to sell more than 50 raffle tickets. If you would like more tickets please see a team mom. **PRIZES:** Players receive prizes from Rene if they sell 100 or more Raffle tickets, prizes like footballs and game-like jerseys. Awards are also given out to top sellers along with Scholarships to the All-Star Football Camp. Participation in football camps is encouraged to further ongoing fitness.

Insurance

Players are required to be covered by a health insurance program to participate. The program carries no medical insurance for the participants. **IT IS HIGHLY RECOMMENDED BY SPORTS DOCTORS THAT THE ATHLETE HAVE A COMPLETE PHYSICAL EXAM WITHIN THE PAST YEAR.**

Equipment

All equipment is provided for the players, and is top quality, including includes helmets, pads and mouth pieces. If a mouthpiece is lost there is a \$2.00 replacement fee. The only items that would need to be provided by the players are football cleats, jock straps and cups. Due to the generosity of former Dolphin team members there are numerous pairs of used cleats available in the locker room.

Uniforms

Complete practice and game uniforms are provided for the players. This includes jerseys, pants, belts, girdles. Black high game socks are needed for games.

Laundering

Practice pants and girdles should be taken home weekly to be washed. **Under NO CIRCUMSTANCES** are the game jerseys, game pants, or practice jerseys to be laundered at home. This laundering is provided at the locker room.

Playbooks

Each 5-8 grade player will receive a playbook, handbook and game schedule at the beginning of the season. These should be kept in a safe place at home and the playbook should be studied often.

Locker Room

The locker room is adjacent LaBerge's house, next to Jaycee Park. It is able to handle all of the players and their equipment provided it is kept neat and orderly. It is the player's responsibility to ensure that this happens. Adjacent to the locker room is a trophy room full of Dolphin memorabilia and we encourage parents and players to come and see the history.

Nutrition

It is imperative for all kids to get proper nutrition and even more so for an athlete. The Dolphins work very hard and need well balanced meals to replenish the fuel they burn up at practice. Since it will be quite some time between their lunch hour and supper, consider supplying fruit for them to eat on the way to practice. Fruits are much better than candy. Players should avoid fatty and greasy foods. In addition to well-balanced meals, the kids should consume plenty of water during the course of the day prior to practice. To avoid dehydration, athletes must make sure to take in enough water regularly - drink about 6 to 8 glasses of water throughout the day prior to practice and water is provided from a fountain during practice. **If you wait until you are thirsty you are already dehydrated.**

Practice

Practice is every day immediately after school and we expect all team members to be in attendance. If there is an extenuating circumstance, as to why one of the players cannot make practice, they should call one of the coaches and/or have one of their teammates relay the information to one of the coaches. Practice ends at approximately 6:30 p.m. Flag practice time changes when school starts and flag coaches will stay in touch with parents about schedules for practices and games.

Games

The regular season games start Saturday August 15th. Games are in the morning with the Orangemen typically playing before the Blackmen. Transportation is to be provided by the players' parents. We encourage the Orangemen to stay, watch and support their older teammates. It is mandatory that all Blackmen stay during their teams 5th quarter. It's an event that allows players of equal skills to compete on a level that helps them develop their skill to a point where they can protect themselves and their teammates. All children develop at a different rate mentally and physically. Paramount is safety. It has nothing to do with winning and losing. It is about putting a child in a position that he or she has earned with an opportunity to improve.

Snacks are provided for the Dolphins at the conclusion of the teams 5th quarter. Flag teams play during the week Wednesday or Thursday night

Parents' Involvement

The success of this program couldn't be what it is without the unbelievable assistance and support of families and friends. We can always use help with down markers, running the chains, water bottles, mending uniforms, team moms, fund raising etc.

We expect you to demonstrate good Sportsmanship at all times. Remember the Referees do not get paid, so treat them with respect because without them we can't play.

SNACK BAG DONATIONS NEEDED ON A WEEKLY BASIS

Please keep bringing in food items for our snack bags. Each week Wednesday at 5:30 p.m. we make one snack bag per player per game. So each week the donations need to be replenished. We keep the donations on the shelves in the garage; when you bring something in just add it to the shelves.

DRINKS - Juices, Gatorade type, **no Soda**

SALTS - Chips, Pretzels, Crackers etc

SUGAR - Cookies, Rice Krispy treats etc

BLOWPOPS - Big boxes are available at Costco

Please make sure all snacks and drinks are in individual serving sizes. Your help is appreciated. Please be cautious about items containing nuts for the protection of players who are allergic to them.

VOLUNTEER OPPORTUNITIES

Team moms are very important to help the coaches with organizing ongoing practices and games. It means a lot to us and if you have some time to donate to this rewarding and most helpful cause, please let us know.

Team Mom to help oversee all the days activity

If you would like to help in any of the following capacities call your Team Mom (

SNACK BAG MAKING CREW - every Wednesday at 5:30 p.m. in the garage at Coach Rene's house.

This is a very quick, weekly project of putting one drink, salty item, sugary item and blowpop in a paperbag; one per player per game. A Dolphins Team Mom will always be there to help.

GAME PREP CREW - Before every game all of the water bottles need to be filled at Coach Rene's house at the garage. In addition all of the gear for the game needs to be loaded into the Dolphins mobile. When you drop off your player at the locker room for his/her game stop by the garage and offer to help.

ORANGES GANG - We need 1 family from each team to volunteer each week to bring cut up oranges for the games. Oranges should be cut up into quarters and placed in a few Ziploc bags. The players eat these during halftime of their game. The oranges can be brought directly to the games. Bring a couple grocery bags for used rinds. "Primetime" Orangemen need approx. 15 oranges; Saturday Orangemen need approx. 30 oranges; Saturday Blackmen need approx. 24 oranges.

FIELD PREP CREW - At home games we need volunteers to set up the down markers, chains, etc.

CHAIN GANG - At all home games we need volunteers to run the chains and down markers.

VIDEOGRAPHER - We are looking for an Earthmover, Orange and Black parent to help film games. We provide the cameras and it is very important to the coaching staff and players to be able to review films themselves and keep for all the memories.

Year End Ceremony

There is no better way to end the year than with everyone getting together and sharing the year's experiences. **The year-end ceremony is a special event that recognizes and honors each individual's** accomplishments for the season and is a favorite for the kids, families and coaches.

Closing Remarks

To complete a football season with the Dolphins is probably the most physically challenging activity the kids have done to this point. We can also tell you with full confidence that every player that participates in the program has the ability to complete the season. All of the coaches firmly believe in positive reinforcement and encouragement. We will also take the time to point out where improvement is needed and assist the kids toward that improvement. The transformation of their abilities and techniques are readily visible after a few short weeks. Confidence levels soar and nothing gives the coaches greater pleasure than to see this evolution.

We look forward to another exciting Dolphin season with both new and familiar faces. We also think you'll agree that playing with the Dolphins will be a very rewarding experience.

WELCOME TO DOLPHINMANIA!!!!!!