



2021 Player Packet

FLATHEAD VALLEY LITTLE GUY FOOTBALL

P.O. Box 7155
Kalispell, MT 59904
(406) 881-2111
www.flatheadvalleyfootball.com

Welcome to Flathead Valley Football and our 24th season!



We are very proud of our league and its philosophy, rules, regulations and organization. Please observe and respect all of these, as we will respect you.



We expect a lot of our coaches, refs and ourselves as league officials. We also expect a high level of behavior and participation from the players and parents. Please read and discuss this material again with your football player.



It is much easier and more effective for you to work with your coach on the following: DO NOT call the league about equipment issues. If any equipment is in questionable condition or size – bring it to your coach’s attention immediately. DO NOT call the league about rules or regulations. Contact your coach and if he cannot answer your question, he will contact the league to help him. Please note that all teams use the same offensive and defensive formations and are required to run plays from the FVF playbook.



We work hard to organize FVF in such a manner that it is very easy to be a parent or player in our league. However, to make our season fun and successful for everyone, we all need to work together as a team. PLEASE adhere to the schedule and deadlines as given. Conduct yourselves in a manner that earns respect. Always be willing to help out with “chain gang” duty, clean the sideline after your game and follow all FVF rules and regulations and these packets’ instructions.



ALL games are at the Kidsports Complex in Kalispell on Saturday mornings (see attached schedule and map). We enforce a spectator/team sideline policy. Teams will be on one side and all spectators will be on the opposite side. **ONLY** authorized coaches and players are on the team sideline. NO one is allowed in or behind the end zones, or in between the fields. **ALL** parents & spectators will be on the Parent side – NO exceptions, this includes observing games from the fences on the player side.



For the safety of all of our kids - Obey ALL parking signs at the fields. City officials will enforce the parking regulations. Please bring as few cars as possible. For ease of access, it is recommended that those needing handicap parking or are using strollers – Park in the “Upper” parking lot (off of 4 Mile Drive).



There will be no use of microphones, bullhorns or P.A. systems at any FVF games unless controlled and approved by the league. No team can form Rally lines and/or use a sign-banner to enter field of play. The use of COW BELLS or noise-makers by fans is NOT allowed



NO DOGS ALLOWED AT FIELDS. NO SMOKING ALLOWED AT FIELDS. NO ALCOHOL ALLOWED AT THE FIELDS. These are City Park rules and will be enforced by FVF and City officials. DO NOT climb on or over the fences, use the gates.



Team photos or individual player photos of any kind are not allowed to be put into newspapers or any other types of media.



The league will provide all the equipment needed to protect the players. However, you will need to provide certain items for games and practices. Please refer to the equipment page for further information.



Equipment condition is very important to the safety and enjoyment of the game – please take special care of it. DO NOT ever wear your equipment except to practice and games (Liability). DO NOT ever alter or attempt to repair your equipment (Liability). DO NOT ever put any markings, tape or decals of any kind on any of the equipment. NEVER dye hair. The dye runs and ruins the helmet liner, which in turn ruins the helmet. You will be charged to replace the helmet. Only the Coaches are allowed to alter any equipment. Clean weekly and before final game (see Care Sheet).



Make sure you try all of your equipment on and become familiar with it before the 1st practice. Come to 1st practice dressed out and ready to go so the coach can check everyone's equipment. Remember it is the coach's job to take care of any equipment issues, not yours.



It is very important that we get your equipment returned ON TIME. A player who does not return equipment on time MAY NOT be allowed to play the next season. We are very concerned with equipment care and recovery. The back sheet will reinforce that concern and help us be accountable to the future FVF players. You have signed a legal document and entered into an agreement to return our equipment on time, or YOU WILL BE INVOICED.



There will not be a league sponsored photographer. If you plan to take a team photo, you must do this outside of the FVF football fields



Please note for yourself and tell all your friends about the 2022 sign-ups. We do not have late sign-ups so please do not miss those dates for next year!!! Go to our website and subscribe using your email and we will send you a reminder about sign-ups and other important dates.



If you have any questions or comments, please visit us at our website www.flatheadvalleyfootball.com, or call the FVF League at 406.881.2111.

FLATHEAD VALLEY LITTLE GUY FOOTBALL GOALS & PHILOSOPHIES

Flathead Valley Little Guy Football (FVF) is a local, non-profit organization operated for the benefit of children who wish to participate in the game of tackle football.

The emphasis of the program will be to inspire youth, regardless of race, creed or national origin to develop life skills of health, citizenship, sportsmanship, academics and character. Flathead Valley Football strives to make the game fun and safe for all. This is more easily accomplished when coaches and parents keep in mind the ages and physical abilities of the participants.

With these goals in mind, and by providing an opportunity to play football in an organized, safe and supervised environment, the program stresses learning the valuable lessons of friendship, leadership, teamwork and self-discipline that goes far beyond the playing field.

PLAYER CODE OF CONDUCT (VIOLATIONS ARE GROUNDS FOR DISMISSAL)

- Learning to compete and have fun is the name of the game. **PARTICIPATION, FUNDAMENTALS & FUN!**
- Always respect your coaching staff and their instructions and decisions.
- Conduct yourself in a respectable manner at all times. While participating in FVF you must display & maintain good citizenship & act responsibly.
- Any criminal behavior will result in immediate season suspension.
- At no time use tobacco, alcohol, or illegal drugs. Any use will result in immediate dismissal.
- At no time use profanity or unsportsmanlike language.
- At no time physically or verbally challenge a participant, referee, coach, or fan.
- Do not deliberately incite unsportsmanlike conduct.
- Use the utmost respect when dealing with referees and accept their decisions on the field as being fair and called to the best of their ability.
- Do not criticize the opposing team's players, coaches or fans.
- Protect other player's physical well-being. Never risk additional injury. Play hard but fair.

FVF Players Creed

Be Coachable

Learn everything you can, be a sponge. If you don't understand something, ask. Gain all the knowledge you can about your sport.

Train Hard!

It is in practice where champions are made. Practice is preparation for competition. Give it all you got, all the time. Only by going hard will you be ready for the challenges that you will face when it really counts. Be the first one at practice and the last to leave.

Be A Leader

You don't have to lead with your words, lead by example.

Don't Make Excuses

Learn to accept responsibility for your actions.

Develop a Positive Attitude

Believe and you will achieve. A positive attitude, just one spark can fan a flame through a whole team! Be the spark!

Play with Selflessness

Be a team player. Sacrifice for the good of the team and your teammates.

Be Mentally Tough

Hang in there no matter what the situation. Don't panic or sweat it. Believe that you can handle anything thrown your way.

Play Hard!

Always give 100 percent of what you have.

Play with Enthusiasm

Get excited, be fired up! Enjoy what you are doing. Play with passion. Play every moment like it's your last game.

Play Smart

Keep a narrow focus. Do your job with intensity and concentration. Don't lose site of the goal.

Act Like a Winner

Play with class, even during the tough times. A champion plays their best regardless of the opponent or the situation.

PARENTS LETTER

Dear Parents,

Flathead Valley Little Guy Football would like to thank you in advance for the time and support you give while your child participates in the program. The league board has spent a great deal of time and effort to make this as rewarding as possible for the kids. Your help is also very important to make things run smoothly.

While participating in the FVF league, you have committed to follow all of our rules and philosophies. We (fans, parents, coaches, officials, friends, and board members) must conduct ourselves in an admirable fashion. Place the emotional and physical well being of all involved ahead of any personal desire to win or control the game.

Make only positive and encouraging comments to players, officials, and board members. Remember, making mistakes is part of the learning and growing process...DO NOT CRITICIZE. Treating the officials and volunteers with respect is imperative. They have given their time and effort to help the league, which is FOR THE KIDS. FVF works hard to organize and make things as easy as possible on the parents and players. However, the only way to accomplish this is if everyone follows all the instructions and deadlines as given by the league. Penalties do exist for breaking the rules and philosophies, and are outlined on the following page.

The league continues to develop and implement a common coaches training methodology and practice outline. All coaches in the league have been given these tools and methods, along with the responsibility of executing on the plan. Coaches have been asked to limit the involvement of parents at practices and games. This is important in maintaining program consistency for the kids, as well as stressing the leadership role of the coaches. At the end of the season you will be given the opportunity to review and comment on your coaches' performance. However, you can always provide feedback during the season via the website. We are dedicated to continuously improving the program and the league, and would appreciate sincere and objective feedback.

If your player is injured and has to leave a game or practice, and cannot return, you must provide the league with a doctors' note clearing them to participate. And they in turn must then be cleared by the league board. If we do not get this clearance your player will not be eligible to practice or play until it is done. FVF has a concussion policy that we follow. More information is on our website.

Football is a competitive game and we hope to teach that competitiveness through a controlled team setting. But, please keep in mind the philosophy statement of the league and the fact that **participation, learning to compete and having fun are emphasized**. With your cooperation, we look forward to another successful season and a rewarding experience for all involved. The game is for the kids, not the adults.

Respectfully,
FVF Board

VIOLATIONS

(Includes team practices and games)

PARENTS:

A. **Minor** = 1 game suspension**, plus remainder of game.

1. Disrupting a game or practice with comments or criticism. This includes any emails, texts messages or social media posts. As well as any verbal comments directed towards the refs or board members.
2. Coming on to the playing field or team sideline at ANY time.
3. Using any abusive or inappropriate language.

NOTE: FVF has a Zero-Tolerance Policy on violations. The game will be stopped and the violator will be asked to leave immediately. The game will resume once the violator has left the facility.

B. **Major** = Prohibited from attending games or practices for the remainder of the season.

1. Refusing to leave the facility when instructed.
2. Physically confronting a player/coach/ref/board member/any FVF volunteer
3. Committing any minor violation twice.

**Failure to comply with suspension will result in your child being ineligible.

PARENT/COACH/PLAYER ISSUES

If you have issues concerning your child and the coach/team during the season, please try to first resolve these with the coach. If you are unable to or it has not been resolved to your satisfaction, contact a FVF Board Member. There will be at least one board member on every field at every game during the season. Open communication between the coach, player and parent will make the season more enjoyable.

You will be given a chance to privately submit a coach evaluation. Coaches will not see the forms, they are used by the FVF Board to evaluate coaching strengths and weaknesses, make coaching decisions in the future and potentially improve the overall program. The forms are available on the website and can be submitted to us at anytime during the season.

Football is the ultimate team sport and has to be practiced and played that way. It hurts both the player and the team if they are late or miss practice. Attend all games and practices unless you hear from a coach. Your player's attendance and timeliness will directly affect their playing time. Effective the second Monday of pre-season practice and throughout the remaining season, if a player misses one practice during the week; they will sit out the first half of the next game. Two missed practices in one week will result in them not being eligible to play in that weekend's game. Playing time with regards to tardiness or attitude will also negatively affect playing time and will be left to the coaches' and/or board discretion.

10 Things Kids Say They Don't Want Their Parents to Do

1. **Don't yell out instructions.**
During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.
2. **Don't put down the officials.**
This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.
3. **Don't yell at me in public.**
It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong."
4. **Don't yell at the coach.**
When you yell about who gets to play what position, it just stirs things up and takes away from the fun.
5. **Don't put down my teammates.**
Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.
6. **Don't put down the other team.**
When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports."
7. **Don't lose your cool.**
I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.
8. **Don't lecture me about mistakes after the game.**
Those rides home in the car after the game are not a good time for lectures about how I messed up -- I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!
9. **Don't forget how to laugh and have fun.**
Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.
10. **Don't forget that it's just a game!**
Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

EQUIPMENT

The following equipment items are issued by the League and are **REQUIRED EQUIPMENT** to be worn by the players in every division during all practices and games, except where noted.

Only the following **FVF issued** equipment is permitted. No substitutions, modifications or personal equipment are allowed:

LEAGUE ISSUED EQUIPMENT:

- Helmet (with jaw pads, chin strap & facemask).
- Mouth guard – **MUST** be attached by a strap to the facemask
- Shoulder Pads
- Pants
- Hip & tail pads
- Thigh Guards
- Knee Pads
- Game Jersey - Tucked in - (league issued only/games only)
 - **DO NOT PRINT ANYTHING (NAME, ETC.) ON GAME JERSEY. IF THE PLAYER EARNED THE GAME JERSEY BY SELLING FUNDRAISER CARDS AND THERE IS NO NAME PRINTED, THE LEAGUE WILL TAKE CARE OF IT AT THE END OF THE SEASON. THE JERSEYS ARE LEAGUE PROPERTY UNTIL THE LEAGUE CHOOSES TO GIVE THE JERSEY TO THE PARTICIPANT AT THE END OF THE SEASON.**

You may substitute the league issued chin strap or mouthpiece with your own. If you use a personal chinstrap, you must put the league supplied strap in a baggie with your name on it and give it to your coach. He will then give it back to you at equipment turn-in. If not, we will keep your chinstrap. All mouthpieces, league issued or personal, **MUST** be attached to the face mask. If not, player is not allowed to practice or play in a game.

The players must wear all required equipment. NO and/or WRONG EQUIPMENT - NO PLAY.

Additional required equipment (not provided by the League):

Athletic supporter or compression shorts (male players only). No cups – athletic cups can cause injury to young players.

Shoes we highly recommend rubber or plastic molded cleated shoes. (no metal cleats allowed)

Shirt to wear under pads.

Practice jersey – jersey or t-shirt over pads (NO GAME JERSEY FOR PRACTICES)

Other equipment issues:

Eye Glasses - must be athletically approved construction and glass

Any other equipment worn must be approved by the league.

Jewelry - Jewelry (watches, ear rings, necklaces, bracelets, etc) is not to be worn during games or practices.

Bandannas & Hooded Sweatshirts are not allowed.

2021 FVF CALENDAR

August 17 th & 18 th	(in Kalispell)	EQUIPMENT ISSUE / FUNDRAISER \$\$ Due *If you miss – no practice 1 st week * Player AND parent must be present to be issued equipment *Do not forget fundraiser \$\$ & physical/concussion forms
August 23 rd		FIRST WEEK OF PRACTICE *Coach will make arrangements *Sat August 21 st is actual 1 st <u>allowable</u> practice
August 30 th		SECOND WEEK OF PRACTICE *Coach will make arrangements
September 7 th		THIRD WEEK OF PRACTICE *Coach will make arrangements
September 11 th		1st GAME
September 18 th		2nd GAME
September 25 th		3rd GAME
October 2 nd		4th GAME
October 9 th		5th GAME
October 16 th		6th (LAST) GAME & EQUIPMENT RETURN
October 16 th		EQUIPMENT RETURN - ALL Equipment to be turned in after last game at FVF shed (at the fields). Wear shorts under football pants for the game. Please bring extra clothes to wear home.
APRIL	(2022) Kalispell	2022 SEASON SIGN UPS

PLEASE DO NOT MISS ANY OF THE SCHEDULED DATES AND TIMES. THE SUCCESS AND ENJOYMENT OF THIS SEASON DEPENDS ON HOW WE WORK TOGETHER!

FLATHEAD VALLEY LITTLE GUY FOOTBALL
2021 GAME SCHEDULE

<u>Time</u>	<u>Field 1</u>	<u>Field 2</u>	<u>Field 3</u>	<u>Field 4</u>
Game 1	9:00 a.m.	9:00	9:00	9:00
Game 2	10:30	10:30	10:30	10:30

<u>DATE</u>		<u>Field 1</u>	<u>Field 2</u>	<u>Field 3</u>	<u>Field 4</u>
Week 1	Game 1	4 vs. 5	6 vs. 7	11 vs. 12	13 vs. 14
9-11-21	Game 2	1 vs. 2 vs. 3	8 vs. 9 vs. 10		
Week 2	Game 1	1 vs. 3	8 vs. 10	11 vs. 13	12 vs. 14
9-18-21	Game 2	2 vs. 4 vs. 5	6 vs. 7 vs. 9		
Week 3	Game 1	2 vs. 4	6 vs. 9	11 vs. 14	12 vs. 13
9-25-21	Game 2	1 vs. 3 vs. 5	7 vs. 8 vs. 10		
Week 4	Game 1	1 vs. 5	7 vs. 8	13 vs. 14	11 vs. 12
10-2-21	Game 2	3 vs. 2 vs. 4	6 vs. 9 vs. 10		
Week 5	Game 1	3 vs. 4	6 vs. 10	11 vs. 13	12 vs. 14
10-9-21	Game 2	1 vs. 2 vs. 5	7 vs. 8 vs. 9		
Week 6	Game 1	1 vs. 2	8 vs. 9	12 vs. 13	11 vs. 14
10-16-21	Game 2	3 vs. 4 vs. 5	6 vs. 7 vs. 10		

Jamboree (game with three teams listed):

Each team will play two 30 minute segments.

There will be a five minute break between each segment.

First two teams listed first – play first segment.

Teams listed 2nd & 3rd play second segment.

Teams listed 1st & 3rd play third segment.

FLATHEAD VALLEY LITTLE GUY FOOTBALL
2021 SPONSORS

Able Body Shop
Farmers Union Insurance
Parkside Credit Union
Bigfork Harvest Foods
Buffalo Wild Wings
CityServiceValcon
Dairy Queen – Columbia Falls
Glacier Dental Group
Flathead Insurance
Freedom Bank
H2 Orthodontics
Jance's Body Shop
JH Grizzlies
Jordahl & Sliter
Kalispell Police Association
Kalispell Toyota
Logan Health
Les Schwab Tire
Mann Mortgage
MCGJ Law Firm
Mike Hansen Insurance
Northwestern Energy
Northwestern Mutual
OrthoRehab Physical Therapy

Parsons Tractor
Ron's Alignment
Rugged Edge Taxidermy
Shaine Reece-Farmers Insurance
Stebbins Orthodontics
Stillwater Spine & Sports Center
Structural Plus of Montana
Sunriser Lions
Three Rivers Bank
Thurston Orthodontics
Tire-Rama
Torgerson Punting & Kicking
TrailWest Bank
Weyerhaeuser
Western States
Whitefish Police Association

LIFETIME SPONSORS

Universal Athletics
Applebee's
Glacier Bank
Valley Bank
Valley Glass

**PLEASE SUPPORT THESE SPONSORS! THIS LEAGUE EXISTS
BECAUSE OF THE SPONSORS' GENEROSITY AND SUPPORT.**

FLATHEAD VALLEY LITTLE GUY FOOTBALL **2021 EQUIPMENT RETURN SCHEDULE**

October 16th:

We require ALL equipment to be turned in IMMEDIATELY after your last game is completed.

Turn-in will be at the FVF Equipment Building at the fields.

Please wear gym shorts or equivalent underneath the football pants for the last game, as players will be changing clothes at the shed, with no privacy guaranteed. Please bring another set of clothes to wear home.

Players not earning their jerseys will be required to turn theirs in at this time.

Players not returning the chin strap issued with their helmet may have to turn in jersey, even if they earned it, until chin strap is returned to league.

This is an involved process, so be prepared to spend an extra hour after your game. It is a great time to reflect on the season and relax one last time with the team.

- **LATE FEES may be applied if not turned in at that time.**

Reminder - 2022 Season Sign Ups - **April 2022**
REGISTER ON OUR WEBSITE FOR AN EMAIL REMINDER ABOUT 2022 SIGN-UPS

FLATHEAD VALLEY LITTLE GUY FOOTBALL EQUIPMENT CARE INSTRUCTIONS

1. WASH AND CLEAN ALL EQUIPMENT EACH WEEK.
2. AFTER EACH USE PADS SHOULD BE SEPARATED FROM PANTS AND ALLOWED TO DRY. PLEASE USE CAUTION WHEN UNSNAPPING PADS FROM PANTS. THE SNAPS CAN TEAR OUT OF THE PANTS. WHEN THIS HAPPENS, THE PANTS ARE NO LONGER USABLE. CLEAN PADS WITH WARM WATER ONLY. DO NOT SUBMERGE OR COMPLETELY SOAK; DO NOT USE CHEMICALS OR HARSH DETERGENTS.
3. WIPE DOWN AND ALLOW SHOULDER PADS TO COMPLETELY DRY BEFORE NEXT USE
4. FOLLOW INSTRUCTIONS FOR WASHING PANTS AND JERSEYS. GENTLY WASH IN COLD AND LINE DRY. DO NOT MACHINE DRY OR EXPOSE TO EXCESSIVE HEAT. NO BLEACH OR HARSH DETERGENT ALLOWED.
5. HELMETS SHOULD BE SPRAY WASHED WITH A NOZZLE AFTER EACH GAME AND ALLOWED TO COMPLETELY AIR DRY BETWEEN USES.
6. DO NOT PUT ANY TAPE OR DECALS OF ANY KIND ON ANY OF THE EQUIPMENT. ONLY THE COACH CAN ALTER OR APPLY ANYTHING TO FVF EQUIPMENT.
7. NEVER DYE HAIR OR PAINT FACE OR HAIR. THE DYE RUNS AND RUINS THE HELMET LINER, WHICH ALSO RUINS THE HELMET. YOU WILL BE CHARGED TO REPLACE THE HELMET.
8. EACH SATURDAY NIGHT AFTER HELMET HAS BEEN WASHED AND IS DRY, USE A PHILLIPS SCREWDRIVER TO TIGHTEN ALL CHINSTRAP AND FACEMASK SCREWS. IF ANY ARE MISSING, LET YOUR COACH KNOW RIGHT AWAY.

THE PROPER CARE OF THE ISSUED EQUIPMENT ALLOWS USE BY MANY PLAYERS OVER THE FULL LIFE OF THE GEAR. THIS KEEPS COSTS DOWN AND MAKES IT POSSIBLE FOR MORE KIDS TO PARTICIPATE.



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284 N. MERIDIAN, SUITE 102

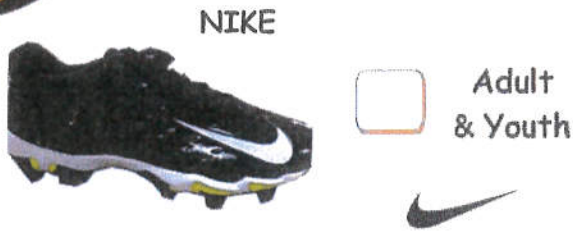
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FLATHEAD VALLEY LITTLE GUY FOOTBALL CHECKLIST

YOUTH GLOVES



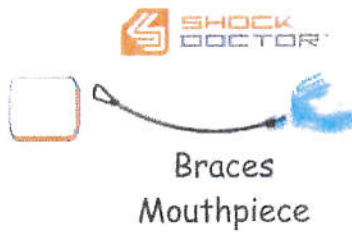
CLEATS



APPAREL



MOUTHPIECES



Youth and Adult sizes

OTHER GEAR

