

Ultimate Flag Football League parent & Coach Information Sheet

Welcome to the Ultimate Flag Football League, the season begins on September 9th; please take a few minutes to read over this information:

- The Junior Division (K-2) usually plays and practices on Mondays & Wednesdays at 6:00pm & 7:00pm at the North Casper Softball Complex. Usually the Kindergarteners will play in their own division. If numbers allow teams will be divided with in the Junior Division according to grade.
- The Senior Division (3-4) usually plays and practices on Tuesdays & Thursdays at 6:00pm & 7:00pm. If numbers allow teams will be divided with in the Senior Division according to grade.
- Game schedules and rosters will be available on September 5th, 2013 after 5:00pm. They will be available on the website www.crlasports.com. All practices and games will be included so please get on and check the website. You should expect a phone call from the coach in the days following September 5th but parents are responsible to find the team and practice times by going to the website.
- All efforts will be made to get children from the same school on the same team unless otherwise requested. Some teams will be a mix of different schools.
- If there is inclement weather please check the **weather hotline at 235-8488** or www.crlasports.com to see if games & practices will be held. A decision will be made by 4:00pm on the day of the event. Most of the time games & practices will be held unless the weather or field conditions are extreme.
- All coaches are volunteer coaches, please be willing to assist and support the coach.
- This is a recreational, non-competitive league designed to introduce the sport of football in a fun and safe environment. Please keep all of your comments positive towards the youth, coaches, & officials. If you feel a coach or official is performing inadequately please contact the Boys Girls & Club or Casper Recreation Center.
- No special equipment needs to be purchased for your child. They should wear loose fitting clothing and athletic shoes. Each kid will receive a team shirt to wear at games. No steel cleats.
- If you would like to see the league rules, they are posted at www.crlasports.com after September 5, 2013

Coach Info:

- If you put your name down on the registration form to coach you should expect a phone call or email before September 5, 2013 to confirm that you want to coach.
- The coach's meeting is on September 5, 2013 at the Casper Recreation Center at 6:00pm. The meeting will not take more than 1 hour. If you are unable to attend please call the Casper Recreation Center and make arrangements. At the meeting you will receive rosters, schedules, and fill out the DFS background check form. We will go over league rules and coach duties.
- All games and practices will be scheduled before the season. The coach does not need to schedule practice times.
- The equipment will be left out at your assigned field; if you have the 6:00pm practice you will leave the equipment for the next coach.
- If you did not put your name down to coach on the registration form and you would like to please contact the Casper Recreation Center (307)235-8383 or Boy's & Girl's Club at 235-5694.