

Ultimate Flag Football League parent & Coach Information Sheet

Welcome to the Ultimate Flag Football League, the season begins on the week of September 14th; please take a few minutes to read over this information:

- The Junior Division (K-2) usually plays and practices on Mondays & Wednesdays between 5:40pm and 7:30pm at the North Casper Softball Complex. Kids will play with in their own grade
- The Senior Division (3-4) usually plays and practices on Tuesdays & Thursdays between 5:40pm and 7:30pm. Teams will be divided with in the Senior Division according to grade.
- Game schedules and rosters will be available on September 10th, 2015 after 7:00pm. 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 11th 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 10, 2015

Coach Info:

- If you put your name down on the registration form to coach you should expect a phone call or email before September 10, 2015 to confirm that you want to coach.
- The coach's meeting is on September 10, 2015 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 a 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.