



South Range Little Raiders Youth Football Parent Handbook

Bantam (K-2nd) | JV (3rd-4th) | Varsity (5th-6th)

1. Welcome to SRLR Youth Football!

Welcome to the South Range Little Raiders Youth Football Program! Our mission is to develop athletes both on and off the field through teamwork, discipline, and sportsmanship. We're excited to partner with your family in a season full of growth, skill-building, and fun.

This handbook outlines essential expectations and guidelines. Please review it thoroughly and reach out with any questions. We have a new administration this year that is developing a sustainable program so please respect that. We welcome suggestions on how to improve your experience.

2. Team Descriptions & Developmental Goals

Bantam (K-2) – Foundations & Fun

- ✓ Focus on fundamentals: 3-point stance, blocking, throwing, agility
- ✓ Emphasis on teamwork, kindness, and safe maneuverability
- ✓ Fun, structured environment to learn and grow

JV (3-4) – Skill Application & Leadership

- ✓ Apply Bantam fundamentals to all field positions
- ✓ Learn defensive/offensive formations and game rules
- ✓ Build leadership, respect, and field awareness

Varsity (5-6) – Strategy & Game IQ

- ✓ Master fundamental skills and apply them instinctively
- ✓ Learn advanced plays and strategies
- ✓ Earn positions based on skill, teamwork, and respect
- ✓ Demonstrate commitment, integrity, and leadership

3. Leadership & Safety

All coaches and volunteers complete background checks, Concussion Certification, and CPR/AED training. Head Coaches are also certified through USA Football's Tackle Certification.

Athletic Director: Frank Giordano

Associate Athletic Director: Andy Hippley

Bantam Team

Head Coach: JD Beck

Assistant Coaches: Jason Frenger, Adam Landsberger, Larry Holisky, Greyson Nolder

JV Team

Head Coach: Andy Hippley

Assistant Coaches: Dan Quinlan, Steve Hatszegi, Dom Vigarino

Varsity Team

Head Coach: Frank Giordano

Assistant Coaches: Tom Titus, Brandon Kramer, Mike Sofranko, Jason Phillips

Executive Board

- **President: Erin Quinlan (330-261-0320)**
- **Vice President: Jason Phillips**
- **Secretary: Tara Kovacich**
- **Treasurer: Mike Sofranko**
- **Cheer Director: Brittany Kominak**
- **Athletic Director: Frank Giordano**

4. Communication

We prioritize strong communication between families, coaches, and the board.

- Primary tool: GameChanger App and email notifications.
- From these tools, you will receive practice/game reminders, schedule updates, and team information from both your coach and the board depending on the information.

Please observe a 24-hour waiting period before contacting a coach about game concerns

- Practice-related concerns? Submit a formal complaint via email to: *southerangelittleraiders@gmail.com* or *text the coach to schedule a private meeting with the Athletic Director and President.*
- Do not address concerns in public settings with other players or parents present. The administration and coaches will not engage in that form of conversation as well as location. Keep in mind, these are volunteers that have the best interest of your child in mind when making decisions.

5. Practice Guidelines

Practice is held 3 days a week for 90 minutes. During Week 2, an additional day is added for equipment fitting. We would like a parent to be present on your child's day for fitting.

Weather Acclimation: The schedule has been updated to *prioritize hydration and safe play in hot conditions.*

Scrimmages will be scheduled at the discretion of the Athletic Director and Head Coach. We will provide ample notification under our control. Sometimes opportunities become available that we make a decision to participate in. If this creates a schedule conflict, we respect that and your child will not be penalized.

6. Equipment & Preparation

Provided Equipment:

- Certified helmet (we comply with the regulations to recertify our helmets every 2 years and replace them at 10 years per manufacturer warranty).
- Shoulder pads. We ask that you keep this clean throughout the season. We do a spray disinfectant before distributing so please do the same prior to return. This can be done with a light soap or recommended solution per manufacturer. Do not use a bleach solution. See the coaches for guidance.
- Game pants & practice pants. These are cleaned prior to the season so we ask that you return these in the same condition. Any equipment not returned in usable condition, will result in a fee to replace that item.

What to Bring for Practice (After conditioning):

- Mouthguard: Restricted guards are the “binky” and “spinner” styles. Once the schedule is contact training, your child will **NOT BE ABLE TO PRACTICE WITHOUT A MOUTHGUARD.**
- Cleats: They are many versions, they may vary based on your child's position, foot anatomy and comfort. Please sample multiple versions for the best fit.
- Helmet
- Padded Practice Pants
- Practice jersey (solid color or old jersey)
- Water Bottle (squeeze style or squeeze with straw) with water or sports drink

Important Reminders:

- ✓ Hydrate starting 24 hours before practice
- ✓ Eat a light meal 30 minutes prior
- ✓ Wear appropriate gear: shorts, cool t-shirt under pads, mouthguard
- ✓ A parent/guardian must be reachable during practice
- ✓ Do not attend if sick or recovering from illness

7. Game Day Expectations

Be Prepared:

- Arrive 1 hr before the scheduled game time as indicated on the schedule, fully suited and ready to warm up
- Bring all equipment and hydration supplies.

Safety First:

- Coaches will prioritize safety at all times
 - Follow all warm-up and cool-down instructions
 - Maintain proper behavior and respect on the sidelines
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8. Weather Policy & Cancellations

Weather-related decisions will be made by the **Athletic Director and Board** and communicated as soon as possible.

- **Practice & Game Cancellations:** If conditions are unsafe (lightning, severe storms, extreme heat/cold), practice or games will be canceled. Updates will be sent via GameChanger and Facebook.
- **Practicing in Various Conditions:** We may *continue practice in light rain, colder temperatures, or warm conditions*, so athletes should always be prepared.
- **Proper Attire:** Players should **dress appropriately for the weather**, including:
 - ✓ Layers for **cold weather** (gloves and base layers)
 - ✓ Light, breathable clothing and **water bottles for heat**

Athletes are expected to **push through safe weather conditions** to build resilience while ensuring their safety.

9. Code of Conduct

Parent Expectations:

- ✓ Be positive role models
- ✓ Show good sportsmanship
- ✓ Avoid coaching from the sidelines. Trust our coaches and respect them.
- ✓ Address concerns privately and respectfully 24 hrs after the game

Athlete Expectations:

- ✓ Show respect to coaches, teammates, opponents, and officials
 - ✓ Follow team rules and safety instructions
 - ✓ Display sportsmanship on and off the field
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10. Parent Commitment & Volunteer Expectations

Our program **relies on parent involvement** to create a successful season. By registering your child, you are also **committing to supporting the team**.

How Parents Can Help

- **Game Day Support:** Assist with set-up, tear-down, and hydration/snack coordination.
- **Fundraising & Events:** Participate in fundraising efforts to *keep costs low for families*.
- **Team Spirit & Encouragement:** Cheer on the team *positively and respectfully* from the stands.

Remember: Your involvement **sets the example** for our young athletes!

11. Presentation & Representation

Football Players are **leaders in their school and community**. Their actions **on and off the field** reflect our program.

School Spirit & Community Involvement

- Football Players should wear their jerseys **every Friday to school**. They are expected to demonstrate **respect, kindness, and sportsmanship** in all settings.
- **Football players will be required to attend our cheer competition on September 21** in support of our cheer program and school. Our cheerleaders cheer for the players in every game throughout the season. This is a demonstration of school spirit, sportsmanship and will earn our squad the spirit award among the other teams in the Tier 2 bracket of our league. Major win for our girls!

Game Day Expectations

- **Energy and enthusiasm** should remain high throughout the game.
- Negative behavior, **disrespect**, or disengagement will not be tolerated. Each team is encouraged to stay and support the next game, again, to show sportsmanship and commitment to each other.

12. Fundraising & Program Costs

Our goal is to **keep costs as low as possible** for families. Fundraising is essential to help cover **uniforms, equipment, and program expenses**.

- Families are **expected to participate** in fundraising activities.
- Additional opportunities may be offered to **offset individual costs**.

Details on specific fundraisers will be provided throughout the season.

13. Safety & Injury Prevention

All coaches and volunteers completed background checks, Concussion Certification, and offered CPR/AED training. First Aid kits are present and available at all times during practice, as well as an AED. Skilled emergency support will be present to administer First Aid as needed.

- Coaches will follow **proper protocols** to ensure safety.
- Any injuries off the field must be **reported immediately** to the coaching staff.
- Players and parents are expected to **follow safety guidelines** at all times.

Final Notes

We're honored to have your player and family as part of the South Range Little Raiders Football Family! Your partnership and encouragement help us create a positive, safe, and inspiring experience for all athletes.

If you have questions, please reach out to your coach or Athletic Director.

Let's have a great season! 

The South Range Little Raider Board and Coaches