

2022 Flag Football Frequently Asked Questions:

1. Does my child need to wear a mask during flag football?

- a. No, Your child does not need to wear a mask during flag football practices or games. However, if your child feels more comfortable wearing a mask, they are welcome to.

2. How can I register my child for flag football?

- a. You can call or stop by the YMCA front desk to register your child. You can also visit www.cadillacareaymca.org/youth-flag-football to register them online. Payment is due at the time of registration. Please make sure your phone number and email address are up to date during registration so you can be easily contacted.
- b. Registration for the league is now open

3. Do I need to sign any waivers for my child?

- a. All waivers that need to be signed for your child, will be signed during the registration process. You can also read the waivers at the bottom of the flag football page, but no need to print them off and bring them back signed.

4. How do I know what team my child is on?

- a. Teams for both leagues will be made in mid to late August.
- b. 6-8: Players will learn their teams at the Kick-off event in late August.
- c. 9-11: Teams will be made after the skills combine in late August. Coaches will then contact you via phone with the team information. Please make sure your phone number and email address are up to date on your registration form.
- d. Coaches should be contacting you before labor day with your players' team and practice schedule.

5. What is my child's practice and game schedule?

- a. Once registration is closed (typically in mid-august), the flag football committee will get together to make teams and the game schedule for both leagues. Once coaches receive their teams, they will determine the practice day and time. They will then reach out to you via phone call to share that information with you.
- b. Practices generally are during the week beginning around 4:30pm and games are on Saturday mornings generally beginning around 8:00am.
- c. You can find the game and practices schedules on the Flag Football website - www.cadillacareaymca.org/youth-flag-football

6. Can I request for my child to be on the same team as their friend?

- a. We do not take requests for friends to be on the same team. We will put siblings that are in the same league on the same team unless otherwise specified.

7. Can I help coach a flag football team?

- a. ABSOLUTELY! We are always looking for coaches for both the 6-8 and 9-11 leagues. Just specify on your child's registration that you are interested in coaching. You can also email Mary Spalding to let her know that you would like to coach a team. (johnl@cadillacareaymca.org) You will then be contacted by August with more information. There will be 2 coaches per team. All coaches are required to fill out a volunteer application and pass a background check before coaching. They are also required to sign a coaching contract and complete the Heads Up Concussion online training prior to coaching.

8. Am I able to volunteer in the flag football leagues?

- a. Yes! We are always looking for additional volunteers to help on game day. Volunteers can help find parents to keep score during games, help set up before games begin and help put things away after the games are over. We are also looking for additional committee members to attend 4-5 meetings per year to help plan the leagues. Please indicate on your child's registration form that you are interested in volunteering.

9. Will there be a kick off event for my child's league?

- a. Yes!
There will be a 6-8 year old league kick off event so that players can get to know their team members and coaches before the season starts.
- b. The 6-8 Kick Off event will be at the YMCA in late August
- c. There will be a skills combine session for the 9-11 year old league so we can fairly place players on teams.
- d. The 9-11 Skills Combine will take place at the YMCA in late August. Players will be assigned an individual time slot to come and complete all the skill sessions. Please keep an eye out in your email for your players assigned time!

10. Where can I find the game and practice schedules?

- a. You can find the game and practices schedules on the Flag Football website - www.cadillacareaymca.org/youth-flag-football

11. What does my child need to play Flag Football?

- a. Your child doesn't need anything special to play flag football. The YMCA will provide all coaches with equipment for games and practices.
- b. Cleats are not required, but are recommended while playing.
- c. Mouth Guards are REQUIRED AT ALL GAMES AND PRACTICES FOR 9-11 PLAYERS. The YMCA also has mouth guards for sale at the front desk for \$5.

12. When will team and individual photos be taken?

- a. Team and individual photos will be taken on Saturday September 24th. Please refer to the game schedule to find out when your team's time is. We will be taking a team photo this year, so we ask that all players show up for photos even if you do not plan to purchase photos.

- b. Photo order forms will be sent home at practice the week prior to September 12.
Please have order forms filled out before showing up for pictures.
- c. Payment is due at the time of photos and the photographers accept cash or check only.

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Information subject to change.