

Rocket Football League Information

Pre-Season Information:

- Rocket Football [Equipment Guidelines](#)
- Zeeland Rocket Football participates in the [West Michigan Junior Football League](#)
- League Dates (all schedules will be on Team Sideline)
 - [Player Evaluation Information](#): Aug 10, 2026 – Aug 12, 2026
 - Once teams are formed, team communication will be managed through your team site on Team Sideline.
 - Regular Season Practice: Begin Week of Aug 17, 2026
 - Games: Saturdays, Sep 12, 2026 – Oct 17, 2026
 - The first four game weeks (Sept. 12, 19, 26 and October 3) will feature scheduled games. Two (2) additional games will be scheduled for Weeks 5 & 6 (October 10 and 17)
 - Scrimmage: Aug 29, 2026 – Locations and times TBD
 - All-Star Tournament (5th-6th Gr Only): Oct 24, 2026
 - Details will be shared with coaches and families during season
 - Youth Night at Varsity Game: Oct 2, 2026

League Communication:

- Zeeland Rec → Coaches → Participants
 - League Updates / Info; League Schedules / Modifications; League Wide Questions / Concerns
 - [Team Sideline](#) – Team Placement + Schedules
 - Weekly Reminders / Updates
- Weather Decisions:
 - Weekdays: Decisions by no later than 5:00pm
 - Saturdays: Decisions by no later than 7:30am
 - Communication: Team Sideline + website + social media + weather line
 - If no weather decision is announced, all events are on as scheduled
 - ZPS Policies: If ZPS cancels school due to inclement weather all K-8th grade events district wide are cancelled
- Reporting Concerns/Questions
 - Team Assigned Coach
 - Mande Matzke: Youth Sports Coordinator | 616-748-3228 | mmatzke@zps.org
 - Robyn DeYoung: Programming Secretary | 616-748-3230 | rdeyoung@zps.org

League Structure

Description	3rd-4th grade	5th-6th grade
Games	6	6
# of players on field	11 v 11	11 v 11
Team formation practice	YES	YES
Ball Size	Pee-Wee	Junior
Team Size (Ideal)	20-25	20-25
Primary Practice Field		
Woodbridge Elementary	x	x
Roosevelt Elementary	x	x
Main & Fairview Complex	x	x
Primary Game Field		
Zeeland Stadium		x
Practice Field (next to stadium)	x	
League Details Information		
Practice times (range)	5:30-8:00pm	5:30-8:00pm
Game start times (varies)	9am-2pm	9am-2pm
# of practices during regular season	1-2 per week	2-3 per week
Full contact practice time limit	180 minutes/week	180 minutes/week
Travel to other local communities	YES	YES

Core Values for Youth Sports Programs

- **Build Character:** Encourage teamwork, good sportsmanship, and resilience.
 - Teach players how to win and lose with grace, respect opponents and officials, and handle adversity by learning from mistakes, fostering a growth mindset.
- **Have Fun:** Promote an atmosphere where enjoyment is a key priority.
 - Use positive reinforcement and celebrate both small and large successes.
 - Prioritize the process and effort over results.
- **Develop Skills:** Focus on both sport-specific skills and competitiveness that contribute to success in future athletics.

Coach Expectations

- **Be a Role Model:** Treat all officials, participants, and spectators with respect.
 - Use positive language and model sportsmanship in both victory and defeat.
- **Equal Playing Time:** Provide all participants with equal opportunities for playing time in games, ensuring inclusion, focusing on development rather than the scoreboard.
- **Multiple Positions:** Ensure every child gets a chance to play and learn multiple positions and roles on the team.
- **Winning Should Not Determine Decision-Making:** Prioritize player growth and enjoyment over winning when making decisions.

Parent Expectations

- **Be Flexible:** Coaches, officials, and players are all human. Be flexible when mistakes are made in practices, games, etc.
- **Be Respectful:** Never acceptable to yell, curse, threaten, intimidate, or use physical aggression (coaches, opponents, refs, etc.)
- **Enjoy the Game:** Youth sports are supposed to be fun! Learn the game your child is playing and cheer them on!
- **Addressing Concerns/Communication:**
 - Wait 24 hours
 - Player and/or parent/guardian addresses coach (phone or in-person strongly recommended)
 - If not resolved after conversation with coach, contact Youth Sports Coordinator (phone or in-person strongly recommended)
 - If not resolved after conversation with Youth Sports Coordinator, contact Recreation Director (phone or in-person strongly recommended)