



BLUE STAR COWBOYS FOOTBALL PARENTS & COACHES HANDBOOK 2025

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MISSION & VALUES

OUR MISSION is to create a fun and competitive environment that champions athletes to positively impact the world around them.

S.T.A.R. Values

- **Strength**
 - We are strong mentally and physically

- **Teamwork**
 - We put the team above ourselves
 - We > Me!

- **Attitude**
 - We radiate positivity through our words, actions, and body language

- **Responsibility**
 - We take ownership for our actions and refuse to blame others
 - We strive to exceed expectations and not settle for status quo

COMMUNICATION, ATTENDANCE, PLAYING TIME

It is essential that every athlete attends and arrives **on time and prepared** for both practices and games. Consistent attendance ensures team preparedness and player development. Attendance and playing time policies rely on a combination of sound communication and common sense. Upfront communication will solve most problems.

Communication Expectations

- All absences and tardiness must be communicated in advance to allow coaches time to adjust plans accordingly.
- Excused vs. Unexcused
 - **Excused:** Prior communication with the head coach (and if applicable, the attendance coach) as soon as possible when the absence or tardiness becomes clear.
 - **Unexcused:** No prior communication with the head coach (and if applicable, the attendance coach).
- Exceptions: Family emergencies and extreme illnesses will not count as absences. Players returning under these circumstances will face no penalties.

Attendance Policy

- Unexcused absences will result in a one-game suspension.
- Unexcused tardiness will result in a one-quarter suspension.
- If a player misses two or more practices in a game week (excused or unexcused), they will not be eligible to play in that week's game.

Playing Time Policy

- Coaches will strive to meet the MYFL standard of six plays per game.
- Playing time is based on attitude, effort, attention, skill, and contribution to team success.
- Playing time is forfeited if the player violates the attendance policy.

CONFLICT RESOLUTION, SPORTSMANSHIP, SOCIAL MEDIA

Conflict Resolution

- If a parent has a concern:
 - Request a meeting. Call, text, or email to set up a face-to-face discussion. A board member or assistant coach must be present.
 - If the issue involves playing time or discipline, the player must be present.
- Parents must not:
 - Express grievance via text, email, or social media.
 - Confront coaches immediately after a practice or a game; allow time for productive communication.

Sportsmanship

- Blue Star has a zero-tolerance policy for unsportsmanlike behavior. This applies to coaches, parents, players, and spectators. This includes, but is not limited to:
 - Disrespectful behavior toward coaches, officials, players, or other parents.
 - Verbal abuse, taunting, or aggressive behavior at games or practices.
 - Encouraging or instigating negative behavior from players or spectators.
- Bench-clearing is strictly prohibited.
 - **No parent, player, or spectator may enter the field of play for any reason unless instructed to do so by a coach or an official.**
- Any violations will result in immediate removal from the event and possible suspension from future events.

Social Media

- Social media is for positivity and celebration ONLY.
- Grievances on social media are strictly prohibited.
- The Board may use social media to communicate any pertinent information regarding schedule changes, updates, reminders, and any other beneficial information pertaining to its football teams and cheerleading squads.

PARENTS COMMITMENT LETTER

By signing below, I acknowledge the following:

- I have read and agree to abide by the Blue Star Cowboys Football Parents & Coaches Handbook.
- I understand that failure to follow the policies set forth in this handbook may result in suspension or removal from Blue Star.
- I understand that by signing up my child for Blue Star Football, it is a **family commitment**. I agree to communicate expectations set forth in this handbook with anyone involved in the transportation of and in support of my child as it pertains to Blue Star Football.
- If there are any dates for practices or games that I know of at the time of signing that my child will be absent or tardy, I have communicated them to the head coach.

PARENT / GUARDIAN NAME:

SIGNATURE:

DATE:

COACHES COMMITMENT LETTER

A Blue Star coach is a coach who athletes can look up to. You are signing up to be a positive influence for the younger generation. Coaches are expected to model the S.T.A.R. Values, expected to commit to the mission over short-term success, and are responsible for the environment of their team – including other coaches, players, parents, and spectators.

Standards:

- I WILL arrive at least 15 minutes early for practices.
- I WILL arrive at least 30 minutes early for games.
- I WILL dress like a coach. If there is Blue Star coaches practice gear available, I will wear Blue Star gear at all practices. All coaches are expected to wear the same gameday gear.
- I WILL have a practice plan that reflects the mission and values and develops each athlete.

By signing below, I acknowledge the following:

- I have read and agree to abide by the Blue Star Cowboys Football Parents & Coaches Handbook.
- I understand that failure to follow the policies set forth in this handbook may result in suspension or removal from Blue Star.
- I understand that by committing to coach for Blue Star Football, it is a **family commitment**. I agree to communicate expectations set forth in this handbook with my family.
- If there are any dates for practices or games that I know of at the time of signing that I will be absent or tardy, I have communicated them to the head coach.

COACH NAME:

SIGNATURE:

DATE: