



Xpress Football & Cheer

Dear Parents,

The 2022 Xpress Football & Cheer Coaching Staff would like to welcome you to the Rhode Island Pre-Teen Youth Football program. We hope this season will be rewarding, successful and fun for the players, as our coaching staff is committed to these goals. The purpose of this letter is to clearly set expectations and inform our parents, in writing, of the team rules for the coming season.

Paperwork: Birth certificates (for new players) and a 2022 Physical must be turned in by August 8th. If you have a Dr.'s appointment scheduled I will just need to know the date of your child's physical. Please upload your players physical to your child's squad fusion account. Physicals will be good for 15 months from the original date.

Schedule: Practice times will be determined by each coach. Games will be played on Sundays, unless a game needs to be made up. Home games are played at Uxbridge High School

Flag – 9:00

JR PeeWee U8 10-11:30

JV U12 11:30 – 1:00

Varsity U14 1:00 – 2:30

PeeWee U10 2:30 -4:00

Fundraising: We will be selling Cash Calendars again this year. There will be more information coming when the season starts.

Equipment Needed For Football:

Flag: Every player will be given a set of flags, socks, and a Xpress Shirt. Parents are required to buy mouth guards, black sweatpants, and cleats.

Tackle: Each player will be given a certified helmet & chin strap, a home & away jersey, rib pads, socks, and shoulder pads. Parents need to provide black game pants, practice jerseys, and mouth guards. We continue to sell mouthguards at the snack shack during the season and we will be selling Xpress Practice Jerseys in late July/ August online.

Team Pictures: Flashpowder Photography is our contract photographer and provides team photos and individual picture packages parents may purchase if they wish. Team pictures will be scheduled as soon as possible after practice starts. Our Team Moms will be passing out picture package order forms.

Player Rules. Team rules will be uniformly enforced, and disciplinary action may include additional physical exercise, reduced playing time, game suspension or being expelled from the program depending on circumstances.

1. Players are expected to be at every practice and game. A Player may be excused due to illness or family emergencies, please notify the Head Coach before practice/game. If two or more practices are missed during the week the player may be held out of Sunday's game.

We understand that many families have a scheduled vacation during August, please let your coach know ahead of time if your child will miss time due to a scheduled vacation. Your child will not be penalized for missing practice due to a scheduled vacation

2. Players must be suited up and at practice/games on time. Arriving late may result in disciplinary action, and a pattern of tardiness will result in loss of playing time in games. If your schedule makes it tough to get your child to practice on time, please notify your coach.

3. Fighting, cursing, unsportsmanlike conduct, being disrespectful to the coaching staff or officials and failing to participate in team drills will not be tolerated and is subject to disciplinary action, loss of playing time or expulsion from the team depending on circumstances.

4. Any player with pierced body parts must be able to remove the jewelry before practices and games. No jewelry of any kind is to be worn by the players.

Parent Rules.

1. We must respect the property and rules of Uxbridge & The Meadows Practice Field, as a condition of using the facilities. On game days you can park in the parking lot and in the Middle School parking down the hill from the field. Parking on the street is prohibited, Police are known to ticket cars on the street. Consumption of any form of tobacco products is prohibited on school & practice fields. Pick up your trash and do your best to keep the facilities clean.

2. Hydrate your child before practice or games start as they need fluids in their bodies when they arrive at practices/games. Bring your child bottled water to every practice. With practice starting in the summer months this is essential.

3. Parents are not allowed on the practice or game field. Leave the coaching to the coaching staff, but more importantly this is a necessity for our liability insurance.

4. Parents should be a positive and supportive influence on their children in the program. Coaches and parents must constantly keep in mind the ages of these kids and remember this is not high school, college, or professional football. Boys and girls in this program must be encouraged to do their best whatever level of performance that is. Association officials, coaches, volunteers, or parents who cheer, taunt, make verbal threats, use profanity, or otherwise belittle our boys and girls shall be terminated from participation in this program.

5. Parents, association officials, coaches, volunteers and spectators who cheer, taunt, make verbal threats, or use profanity towards league officials, referees, or their counterparts from other associations and teams shall be terminated from participation in this program.

6. If you have a complaint that cannot be immediately and equitably solved calmly and in private with the coaches, you must wait 24-hours before you express your concern. The coaches have been instructed to not argue with you if emotional situations flare up in the heat of the moment. In most all cases an equitable solution to problems can be reached if the parties are rational and calmed down.

7. All parents are encouraged to volunteer their time in the concession stand, merchandise table, chain gang on game day or helping out at the gate. The Team Mom will arrange for volunteers for the team's assigned times. Please keep in mind without your help we will not be able to run this organization.

8. Parents must ensure that the Association's equipment and uniforms are kept clean during the season. At the end of the season you must thoroughly clean the uniform, bag up the equipment and uniforms with your child's name on the bag and turn into the coaches or Team Mom.



Xpress Youth Football will provide the following equipment to each player:

*Helmet *Shoulder Pads * Rib Pads * 2 Game Jerseys * Game socks

Equipment pick up will be scheduled by your coaches

ALL EQUIPMENT MUST BE TURNED IN AFTER THE SEASON IS OVER. THERE WILL BE A \$300.00 FEE BILLED TO YOU IF EQUIPMENT IS NOT RETURNED ON DESIGNATED DATES.

Players will need to purchase the following items:

Black Pants with pads that are sewn in (to be used for practices and games)

Practice jersey – XPRESS will have practice jerseys for sale on our website in July.

Mouth Guards

Football Cleats NO METAL SPIKES ALLOWED

Optional Equipment:

Extra pads: forearm/hand/elbow pads and can be used at the discretion of the player/parent/legal guardian

Football Gloves

Athletic Supporter

FOR ALL EQUIPMENT: Please have your child try on the above equipment to assure that the equipment fits properly. If you have any questions please feel free to see your coach and we can replace it immediately.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

SYMPTOMS REPORTED BY ATHLETE:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion



• Just not “feeling right” or is “feeling



SIGNS OBSERVED BY PARENTS/ GUARDIANS:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

DANGER SIGNS

Be alert for symptoms that worsen over time. Your child or teen should be seen in an emergency department right away if s/he has:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away • Weakness, numbness, or decreased coordination • Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation • Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY** A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**
Concussions take time to heal. Don't let your child return to play the day of the injury and until a health care professional says it's OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD'S COACH ABOUT ANY PREVIOUS CONCUSSION.**
Coaches should know if your child had a previous concussion. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no "concussion-proof" helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

HOW CAN I HELP MY CHILD RETURN TO SCHOOL SAFELY AFTER A CONCUSSION?

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

Talk with your child's teachers, school nurse, coach, speech-language pathologist, or counselor about your child's concussion and symptoms. As your child's symptoms decrease, the extra help or support can be removed gradually.



Please join us

Thursday August 18th from 4-9pm

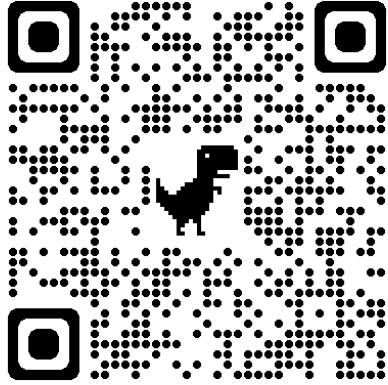
@ GoodStuff Smokehouse in Blackstone Ma.

10% of dine in or takeout (food only) will be donated
back to Xpress Football & Cheer.

Feel free to bring dinner to the field to enjoy!!



Practice Gear Store



This link will take you to the Print & Play website if you would like to purchase a personalized shirt that will fit over their pads for tackle.