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C-Sports Parent Information

PLEASE READ THOROUGHLY

It is the mission of Christ United Church Recreation Ministry to offer Christ-centered character building, self-esteem, skill enhancing instruction, and spiritual nurturing to children and families of our church and community through our C-Sports program. As a sports program, we will always strive to increase skill development, game strategy, game rules, and enjoyment of sports. It is our hope that sports can be **Christ-like and competitive** with an emphasis on doing one's best while respecting the coaches, officials, and opponents. We as parents have a difficult job that offers great rewards. We must provide a safe, fun environment for our children to exercise and develop physical skills that will lead to a healthy and fulfilling lifestyle. We must encourage them positively with love and always remember that the most important thing to them is to have **FUN**.

We are a **Developmental League** which has certain rules that demand that our focus is not on winning games. Our program is designed to teach sports in a safe way in which each child is given an opportunity to learn skills, increase their knowledge of the game, gain self-confidence and enjoy being part of a team. Each coach is required to focus attention on all players.

League Player Game Rotations are put in place to make sure all players play an equal amount of time, start and finish games and receive an equal amount of time and attention from the coach. This means that coaches are restricted from adjusting the league required player game rotation. There may be a game where normally when behind in score, a coach could put all of the better skilled players in to increase their chance to win. But because of the rotation rule, it is not their turn to finish the game. This can be hard for some players and parents to understand but this is the nature of C-Sports.

On certain occasions when the score of a game becomes lopsided, we have a **Grace Rule** that requires the team in the lead to ease up, back their defense up to let the opposing team attempt to score all at the cost of losing a game. Another example may be requiring a coach to adjust their game strategy to use the grace rule during a mismatch of talent by asking the team to pass the ball 5 times before shooting. Sometimes it may be asking teams that are in the lead to not let the one player who has scored many points to not shoot again. This is what is called a developmental league. If a player is told not to shoot again and they do, they may be benched by their coach.

Winning is good but our purpose is to develop each player. This means that C-Sport's is not for everyone. Some parents and players would enjoy a more aggressive league where the main focus is winning as many games as possible or having as much playing time as possible. We understand that. We are developing sportsmanship and spiritual values more so than indulging an instinct to win. We want them to learn to win and lose gracefully. Due to this being a developmental program, this league is not beneficial for higher level experienced players and based on evaluations, those participants may not be able to participate in the league. While playing in a developmental league may keep them active in their sport, it can diminish their skills they've already developed. It is much more beneficial to those players to continue with higher level playing leagues. We are here to encourage the development of players in the beginning of their

skill learning.

LEAGUE POSITIVE AFFIRMATION RULES:

This program is built by the hard work of many people who are volunteering their time. All of our coaches are VOLUNTEERS. This means they are ready, willing, and able to give their gift of time serving to you and your child. Coaches, assistant coaches, team moms, officials and other volunteers are what make this league possible. These people work hard to ensure that all of the children who participate will experience God's love, peace and understanding.

Remember that C-Sports is a positive environment. We do not permit parents to speak harshly to their own children, other children or parents. We do not permit arguing with a referee or umpires. Coaches must never use negative comments to players, other coaches or officials. Please keep this in mind if you invite a guest to our campus and make sure they know our rules. We want our players to hear only cheers and see lots of smiles. These rules are in place to ensure that our focus is on what is best for our children. Children want to have fun and play the game. If you witness someone that you feel is not aware of these rules, please bring it to our attention. Please thank them every chance you get. Please review our campus rules below and instruct visitors you bring:

1. Always speak positively toward your child and/or any other player.
2. Always speak positively toward an adult (coach, volunteer or another parent).
3. Please direct any complaints regarding a call made by an official to **Marcia Gibney, Director of Recreation Ministry at 251.706.3326 or marcia.gibney@christunited.com**. Do not approach the official.
4. Please react in an appropriate manner regardless of your child's performance or team's performance.

VOLUNTEERS:

C-Sports is volunteer led. This means all of our coaches, team parents, and some officials are volunteers. We cannot form our league without the volunteers and their gift of time. Please consider volunteering to be a head coach, assistant coach, team parent, and also to help officiate. Volunteer coaching forms are online. No experience is required and we provide all the tools you need including a manual. This is a great chance for you to serve God through this ministry and spend time with your child. All coaches must complete a coaching packet located at the rec desk or on online at christunitedcsports.com/csports-volunteers. We need YOU...*Thank you in advance for volunteering!*

LEAGUE ASSIGNMENTS:

Our teams are formed by an evaluation process - not "try outs". Due to the nature of our drafting process in our developmental league, special requests for teammates are not accepted. Siblings in the SAME age group, as well as parent coaches, will be placed on the same team unless otherwise requested.

C-SPORTS COMMUNICATIONS:

Every year we work well in advance to put together the details of the season so that you have information at your fingertips - literally on paper and digitally several ways. Please be sure you read this parent info THOROUGHLY and connect to the links below in order to stay updated.

- Parent Info Packet - part of your registration online instructions are to download this packet. This contains all of the details for the entire season, including a calendar of the season. You can print or download to this your device-you will need to refer to this often.
- Website - Our website has all of the information on all of our sports we do all year. Specific pages contain registration links, documents, schedules and other info for the sports currently in season.
 - christunitedcsports.com
- Social Media - Most all of our announcements, such as practice time changes or last-minute cancellations, as well as upcoming season reminders, will be posted on our Facebook and Instagram page as well as some snapshots and videos of some of the season. This is a must

if you would like that kind of information delivered to you immediately. Email servers can delay these last-minute information emails for hours - Facebook and Instagram are INSTANT.

- Facebook: facebook.com/christunited.recmin
- Instagram: @recmincsports

PARENT CONFERENCES:

All first time C-Sports participants families **MUST** view the parent conference video which is on the online registration form as well as on the C-Sports website at christunitedcsports.com/csportsabout.

PARENT EXPECTATIONS:

Parents are expected to be present at all practices and games. You must bring your child to the coach and you may not drop them off and leave. PLEASE SEE THAT ALL TRASH IS PUT INTO A RECEPTACLE!

PARENT & PLAYER RULES:

1. As representatives of Christ United Church, your words and actions will be reflective of *Christian Values*. No foul language at practice or games. Please do not bring alcohol or use tobacco at practices or games.
2. Please use Positive Affirmation toward all players, coaches & referees. Keep negative comments to yourself.
3. Each child, upon signing up for C-Sports, has agreed to play and abide by all church and C-Sports rules. Any rule/regulation not complied with will be brought to the attention of the Direction of Recreation and will be dealt with accordingly.
4. No insurance is provided.
5. **No refund of money will be allowed after the coaches meeting due to the advance payment required to order custom made uniforms.** Any refunds prior to coaches meeting will be charged a \$10 administrative processing fee. Any late registrations requesting a refund will not be refunded the late fee in addition to the administrative processing fee. In the event of a hardship or special circumstance, please contact the Director of Recreation.
6. Once on the roster, each player must notify the coach when unable to play or practice. Please have your child at the game 15 minutes before the start time.

PLAYER BEHAVIOR:

Any player who does not follow the league rules, referee calls, or coaches' direction may be disciplined by missing an opportunity to play, or may be asked to leave the game and go sit with their parents. Recurring situations will be addressed by the C-Sports Minister. Coaches and or Recreation staff will try everything possible to motivate each player before using this rule. The head coach or Recreation staff will first talk to parents of the child, with the child present, to warn them of the possible results of such behavior. If the coaching staff are not getting the proper response from the player, then the matter will be referred to the Director of Recreation Ministry. This rule is to help control games better, keep children who are not paying attention from getting hurt, and to give coaches the ability to coach the whole team with sportsmanlike attitudes.

REMEMBER: OUR COACHES ARE VOLUNTEERS.

When a player's behavior is unsportsmanlike at any time when on campus for a C-Sports event, the following steps will be taken:

1. Coach should talk one-on-one with player concerning the issue. This should be a one-time conversation.
2. Coach should talk with parents and player about issue privately and then communicate to C-Sports Minister results of meeting.

3. If behavior continues, the C-Sports Minister will invite the parent(s) to participate with the child on the field and to be on the bench with them at all times.
4. If the behavior continues or if parents are not willing to participate, the C-Sports Minister will inform the Director of the Recreation Ministry and they will facilitate further actions before the player is allowed to return.

In the event a child physically abuses another person at any point in time, immediate action will be taken:

1. The parents should be asked to immediately remove their child from the practice or game for safety reasons.
2. The closest Recreation staff should be notified asap. The C-Sports Minister will immediately meet with the families involved.
3. The Director of Recreation Ministry will facilitate further actions before player is allowed to return.

WAIVERS and RELEASES (these are signed by you on registration form at time of registration):

Liability Waiver

I, the undersigned applicant, parent or guardian of applicant for participation in the athletic program of the Recreation Ministry of Christ United Church, Mobile AL. do hereby release and discharge Christ United Church, the Recreation Ministry of Christ United Church, and its authorized agents, servants, employees, volunteers, representatives and staff from all liability of any kind and character which might be asserted on behalf of myself or applicant against said released parties. Furthermore, in the event of an accident if the said staff or representatives are unable to contact the parent(s) or guardian(s), we hereby grant permission to said staff or representatives to administer necessary first aid, and/or take applicant to the nearest medical facility for additional treatment.

Multi-Media Release

C-Sports offers a video of photos from the season for your enjoyment. By signing your child up to participate in this sport you agree to give CU permission to use these photos in publications, advertisements or video records approved by CU as related to this recreational activity. This acknowledges that your child's picture might be used in these publications.

JEWELRY:

No Player is allowed to wear jewelry to practice or games. No rings, bracelets, necklace or **EAR RINGS**.

PARKING AND SECURITY:

Please do not park on the grass on either side of the road, near or by the black fence, within 50 feet of driveway entrances (for the dirt parking area under trees). You are advised to please park in the paved parking lot. ALWAYS watch for others crossing the road from one parking lot to the next. Children have been known to "dart" across - please be careful!

DO NOT LEAVE ANY VALUABLES IN YOUR VEHICLES!!! Church parking lots are assumed to be "trusted" area - that is taken for granted. Please do not leave your valuables in sight!!

INCLEMENT WEATHER POLICY REGARDING OUTSIDE PLAY:

The Recreation Ministry will monitor conditions daily. Decisions on canceling practice or games **will not be made, in most cases, until practice or game time.** Games and Practice will be cancelled if the Recreation Ministry feels it would be unsafe to play. Unsafe: lightning, thunder,

torrential downpours, strong winds, extreme heat or cold temperatures, or high percentage of predicted weather of this nature. Soccer, football, running club & baseball practices and games may be played in the rain!! Coaches or referees may STOP a game or practice if the weather conditions warrant. Parents and coaches should be prepared with appropriate rain wear. We will notify coaches and coaches should notify the team parents. We will post any changes on Facebook and Instagram as well. Parents are encouraged to follow these social media platforms for instant information. If you have not heard from your coach, you should call the recreation desk at 706-3326 for weather decisions. The main thing we emphasize to all parents is *IT IS ULTIMATELY THE PARENT'S DECISION TO COME TO A PRACTICE OR GAME DURING INCLEMENT WEATHER.*

PLEASE NOTE: THERE WILL BE NO MAKE-UP PRACTICES OR MAKE-UP GAMES FOR WEATHER RELATED ISSUES. This is so that we can keep our format of teaching skills through repetitive drills, in-depth coaching, including one-on-one coaching as needed, during practice times because this is the time when players learn the most.

Indoor practices may be canceled due to dangerous traveling conditions with weather such as tropical storms/hurricanes, tornado warnings, hail, etc.

C-SPORTS EMERGENCY PLAN:

Lightning Disturbances:

1. Except in the case of a local storm emergency, lightening emergencies will only affect outdoor sports.
2. Staff should be assigned to monitor weather conditions prior to the event.
3. A 30 second or less "flash to bang" count calls for the removal of people from the playing fields to appropriate shelter.
4. Once play has been suspended, 30 minutes must expire after the last flash of lightening is witnessed or thunder is heard prior to resuming play.

National Federation of State High School Associations

COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES:

- While the risk for blood-borne infectious diseases and skin infections remains low in sports, proper precautions are needed to reduce the risk of spreading the condition to others.
- Proper hygiene is expected for all players, coaches, and associated personnel.
- Any known illness or condition that may be considered infectious should be evaluated by a physician before the participant comes to the event.
- C-Sports personnel reserve the right and responsibility to refer any participant for medical evaluation before allowing their participation.
- Wounds that are bleeding must be covered and blood-soaked clothing must be changed before the participant is allowed re-enter the game.
- Caregivers are encouraged to wear protective gloves to treat wounds.
- All contaminated surfaces must be cleaned with disinfectant before being used again.
- Any blood exposure or bites to the skin should be reported to the coach and league director as soon as possible.

EMERGENCY PROCEDURES:

There should be no Recreation Ministry sanctioned sports activities without CU personnel on campus and available in case of an emergency.

- C-Sports/Recreation Ministry personnel should have thorough knowledge of first aid resources and procedures.
- When an injury occurs, or a child/adult shows symptoms of a medical condition that may require attention, the coach must be notified at once. The coach will then notify CU Recreation Ministry staff and report the condition.
- Parents and family members will be the first resource if a child or adult needs transport to a medical facility or temporary care (ice bag on a knee, etc.)

- Injuries or symptoms that appear serious may require emergency medical personnel. 911 should be called as soon as that determination is made.

In the case of a potentially harmful situation on the field (angry fan, growling dog, etc.) children and adults will be moved away from the situation before or while C-Sports and/or Recreation Ministry officials deal with the situation. Any official may determine if emergency personnel are needed and call 911. Safety is our first concern.



Rose Farnell
C-Sports Activities Minister
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2024 FLAG FOOTBALL LEAGUE INFORMATION

C-Sport Flag Football is a coed, summer sport. Age leagues are formed based on the grade players have FINISHED for the most current school year. When registering, please put the grade your child should be in, based on the Mobile County Public School Age Requirements. Even if your child has been promoted or held back, regardless of the school they attend, they will be placed in C-Sports leagues according to the MCPSS chart below. Information about when season starts and other schedules will be found in this packet of information – PLEASE READ THOROUGHLY to keep from missing important deadlines and other information. You will not receive email reminders so please keep this information handy.

AGE LEAGUE:

K5: 9/2/2017-9/1/2018

1st/2nd: 9/2/2015-9/1/2017

3rd/4th: 9/2/2013-9/1/2015

5th/6th: 9/2/2011-9/1/2013

REGISTRATION FEES:

K5 - 2nd \$95.00 - After May 6th \$105.00.

3rd - 6th \$100.00 - After May 6th \$110.00.

- No refund of money will be allowed after the coaches meeting due to the advance payment required to order custom made uniforms.
- Any refunds prior to coaches meeting will be charged a \$10 administrative processing fee (to recover the online service fees charged to us by the financial institutions).
- In the event of a hardship or special circumstance, please contact the Director of Recreation.

EQUIPMENT & UNIFORM PROVIDED:

Registration Fee covers cost of t-shirt, and wrist play armband, player award, coach's award, assistant coach & team parent gift. C-Sports will provide footballs for practices and games. Sizing t-shirts will be available at the rec desk to view when you register. You must select the correct size you want. Parents who have to reorder for incorrect sizes will be charged for both uniforms. Uniforms will be handed out to only the coaches and or volunteer team parent the week prior to picture day.

ADDITIONAL UNIFORM PIECES (to be provided by parent):

Each child will need to have their own:

- Black shorts
- Football Cleats (soccer or baseball cleats can be worn)
- Mouth piece (optional).

Please put player's name on all equipment. Players **must** wear all of the equipment listed above to every game. Any issued piece of equipment that is lost must be replaced by said player before the next game.

REQUIRED EVALUATIONS: THURSDAY, MAY 9TH & FRIDAY, MAY 10TH.

All players **must** attend Evaluations during their age/grade league times. If you have more than one player, you may bring them at the same time. Evaluations are held inside the GYM. Children should wear tennis shoes (NO CLEATS). If your child is not able to attend evaluations, there will be one make-up evaluation available by appointment only. Any player that does not have an evaluation will not be placed on a team.

EVALUATION SCHEDULE:

K5: THURSDAY, MAY 9TH
6:00-6:30pm

3rd-6th: THURSDAY, MAY 9TH
6:30-7:00pm

1st/2nd: FRIDAY, MAY 10TH
6:00-7:00pm

COACHES MEETINGS:

- Coach's evaluation training will be on THE SAME NIGHT AS EVALUATIONS at 5:30pm.
- All coaches must attend coaches training and roster pick up meeting which will be on Monday, May 20th at 6:00pm in the Hospitality Room or Gym.

TEAM/LEAGUE ASSIGNMENTS:

- Players will be assigned to teams by the Recreation Ministry based on abilities of players as determined by an evaluation process of skills. Most children in the same age group will have the same practice night and time. We do this so all teams have beginner, seasoned and advanced players so that the teams will be balanced.
- Team assignments are a week-long process after evaluations and make up evaluations are complete. Teams are not assigned their coaches until the coaches meeting (date and time listed above).
- *Special requests for teammates are not accepted due to the way we draft teams. Coaches will coach their own children and siblings in the same age league only will be placed on the same team.*
- PARENTS WILL BE CONTACTED ABOUT THEIR CHILD'S TEAM ASSIGNMENT FROM A COACH **AFTER THE COACHES MEETING**. *Please wait to hear from your coach and refrain from calling the rec desk prior to this. Coaches have more detailed information to share with you, specific to that team.* If you do not hear from a coach by the FIRST day of your child's age league's practice day, you may then call the recreation desk at 251-706-3326.

AGE LEAGUE PRACTICE SCHEDULE:

K5: Mondays 5:30pm

1st/2nd: Tuesdays 5:30pm

3rd/4th: Tuesdays 6:30pm

5th/6th: Mondays 6:30pm

PRACTICES:

- Parents are expected to be present at all practices and games. You must bring your child to the coach and you may not drop them off in the parking lot and leave.
- Practices begin on **Thursday, May 23rd & Friday, May 24th**.
- All practices are on the CU sports fields.

OPENING CELEBRATION AND PICTURE DAY: Saturday, June 1st 8:45am-12pm.

All teams need to be at the gym and seated with their teams by 8:45am. Celebration starts at 9am, followed up with team & individual pictures. Picture schedules will be given out at the practices the week prior to this date.

TEAM SERVICE PROJECT:

In line with the ministry of Christ United Church each team participating in a C-Sports sponsored or related sport is asked to perform at least one service project during their season. Please contact your Coach or Team parent for additional information.

GAMES:

All games will be played at CU Fields on Thursday or Friday evenings. Game schedules will be mixed, meaning each team will play some 5:30pm games and some 6:30pm games and each team will have some Thursday games and some Friday games.

Each game consists of a 5-minute warm-up and then at least 45 minutes of play. Have your child at the game at least 15 minutes early. After the game, parents and coaches can gather off or away from the main playing field/player area. This allows the next teams to get set up.

Please be present at all practices and games. Parents are not allowed on the field for games. Players will be expected to be on the bench if they are not on the field. Additional parent volunteers are needed during games! There must be an adult to help manage the bench at all times for those children waiting their turn on the field. Players will be expected to be on the bench if they are not on the field. It's distracting and difficult to keep up with them if they are running to their parents at will. This will allow coaches to make sure everyone is accounted for and gets their proper turn to play. Please encourage your child to follow this rule. Game schedules will be available online on or before Opening Celebration.

PLEASE BE SURE YOU READ THE INCLEMENT WEATHER POLICY REGARDING CANCELLATIONS!!!

You are the key to your child's development and enjoyment. Work with them at home. Be encouraging - you are their best cheerleader!!

Thank you again for allowing us the opportunity to work with your children. We take this responsibility very seriously and we will do all that we can to meet the goals detailed at the beginning of this informative parent information packet. Please call us if there is anything you need or that we can do. We welcome both compliments and criticism (constructive, of course). If you see something that Christ United Church can do better, please speak up!

"In all thy ways acknowledge Him and He shall direct thy paths." Prov. 3:6

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				9 Flag Football Evaluations	10 Flag Football Evaluations	11
12	13	14	15	16	17	18
19	20 Flag Football Coaches Mtg	21	22	23 Flag Football Practice #1	24 Flag Football Practice #1	25
26	27 CLOSED	28 No practice	29	30 Flag Football Practice #2	31 Flag Football Practice #2	

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Opening Celebration/ Picture Day
2	3 Flag Football Practice #3	4 Flag Football Practice	5	6 Flag Football Games #1	7 Flag Football Games #1	8
9	10 Flag Football Practice #4	11 Flag Football Practice	12	13 Flag Football Games #2	14 Flag Football Games #2	15
16 Father's Day	17 Flag Football Practice #5	18 Flag Football Practice	19	20 Flag Football Games #3	21 Flag Football Games #3	22
23	24 Flag Football Practice #6	25 Flag Football Practice	26	27 Flag Football Games #4	28 Flag Football Games #4	29
30						

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Flag Football Practice #7	2 Flag Football Practice	3	4 CLOSED NO PRACTICE	5 NO PRACTICE	6
7	8 Flag Football Games #5	9 Flag Football Games #5	10	11 Flag Football Games #6	12 Flag Football Games #6	13