



Woodridge
PARK DISTRICT

Fall Youth
Flag Football League
Parent Packet

Athletic Supervisor:

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Welcome to the 2025 Fall Youth Flag Football League!

We are excited to get the season underway! But before we do, make sure to read through this packet as it contains all the information for the upcoming season. If you still have questions after reading through this packet, or if you have questions/concerns throughout the season, do not hesitate to contact me.

Jason Stubbeman – 630.353.3400 – jstubbeman@woodridgeparks.org

Sport Parent Code of Conduct

The Woodridge Park District (WPD), believes in holding all of its members (coaches, participants, parents, guardians, etc.) accountable to a strict code of conduct/behavior policy when playing, watching, or coaching any activity. This is a key principle to making sports, especially youth sports, a safe, fun, and positive environment.

- I pledge to conduct myself in a manner that will reflect positively on the WPD to show respect for all involved in the game including coaches, players, opponents, opposing fans and officials.
- I pledge to encourage in a positive manner the efforts of players and will refrain from yelling out instruction to my child or his/her teammates for I understand that this is the coach's responsibility and such instructions may conflict with their teachings. I understand that games are chaotic times for players to deal with fast-paced action and need the flexibility without ridicule to learn how to respectfully respond to game situations, opponents, teammates and coaches.
- I understand that mistakes are inevitable part of any game and that players need to learn from their own mistakes and I pledge to encourage their pursuit in advancing their skills and knowledge of the game and to not criticize their mistakes.
- I pledge to refrain from using alcohol and illegal substances during any practice or game whether on WPD property or elsewhere.
- I pledge to educate myself on the rules of the sport, so that I have a better understanding of the game and calls made by the official(s).
- I pledge to not use inappropriate language, profanity, obscene gestures, offensive remarks of a sexual nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- I pledge to refrain from confronting opponents, opponents' fans, coaches, or officials in a manner that would escalate any situation to a verbal or physical confrontation and I understand that it is in everyone's best interest to remain silent.
- I understand that it is a best practice to take a timeout (24 hours) prior to dealing with a coach about any player issues I have. I will not confront the coach in public, rather I will talk to the coach while calm and rational and will do so in a private manner. Public confrontation is embarrassing to the player and entire program and may result in myself being suspended from watching my child/player and/or result in my child/player being suspended from play for the team.

Signed Parent's Promise

At the beginning of the season, your coach will ask you to sign a form to confirm that you have read the Sport Parent Code of Conduct. ***Failure to comply with this code of conduct, will result in disciplinary actions being taken to resolve the issue. Actions may include but are not limited to verbal and/or written warnings, ejections and/or suspensions. Incidents will be handled how staff deems appropriate based on the severity of the incident.***

Team Information

Coaches have until Thursday, July 24 to contact their team. If you do not receive any contact from your coach, contact me (Jason Stubbeman) at jstubbeman@woodridgeparks.org on Friday, July 25 and I will have the information for you. When you are contacted by your coach, they will go over the following information:

- Name(s) and contact information of coaching staff
- Team Number & Name
- Practice Schedule
- Confirm your contact information
- Discuss any allergies or medical conditions of your player of which the coach should be aware
- Time and date of the Parent Meeting

Practice Information

- **Practices will start the week of July 28.**
- Teams will practice for 1.25 hours, once a week (Mon-Fri) at a local Woodridge park.

Game Day Information

- **Teams will play at least 8 games during the season, on Sundays, starting August 10 and ending October 5.**
 - No games will be played on August 31 (Labor Day Weekend), nor October 12.
- The top 4 teams for each division will play a 1-day tournament on October 19.
 - The Kindergarten division will not have a tournament.
- This program is a co-op with Lisle Football & Cheer and the Westmont Park District. Depending on the total number of teams within a division, you may play teams from one or both of these agencies.
 - Games will be located at:
 - Thomas Jefferson Junior High School, 7200 Janes Ave, Woodridge (on turf field) -OR-
 - Surrey Ridge Sports Complex, 2800 Abbeywood Drive, Lisle, IL 60532
- **The game schedule will be posted on the Woodridge Park District, Team Sideline website by Friday, August 1.**
 - Here are 3 differed ways to access the game schedule:
 - <https://www.teamsideline.com/sites/woodridgeparks/schedules>
 - Go to the Woodridge Park District website and click on the tab under the advertisement banner labeled "League Schedules & Stats". Then, click the "Schedules" tab at the top of the page.
 - Click on the "Team Sideline" link at the bottom of my email signature
- To have a plan for game start times, see the table below for the **projected** schedule for your division.

Kindergarten	1 st /2 nd Grade	3 rd /4 th Grade	5 th /6 th Grade	7 th /8 th Grade
9AM	9AM – 11AM	10AM – 1PM	10AM – 1PM	12PM – 2PM

- If there is a cancellation due to inclement weather, games will be rescheduled to either an earlier/later timeslot, a Saturday or at the end of the season.
- All spectators must be at least 5 yards away from the perimeter of the field during games. This is for the safety of the kids who are playing the game as well as those who are watching the game. Spectators are not allowed on the team bench.
- Tents/canopies are not allowed on the turf.
- Please help us keep our parks safe and clean by picking up your garbage after games and practices.

Player Equipment

- Mouth guards are not required; however, it is strongly encouraged for all players to wear.
- Players must wear their NFL Flag Jersey and Flag Belt to every game. These items will be given to you by your team coach.
- We recommend players wear shorts or pants *that do not have pockets* (fingers can get caught in these while grabbing for flags).

- Players can either wear gym shoes or cleats. However, cleats with exposed metal are NOT allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed.
- For safety, have your player remove any jewelry and hard-billed hats before their game. This includes wristbands, necklaces, and earrings. Winter beanies are allowed.

Picture Day

Picture Day is scheduled for Saturday, September 6th. I will email you the picture day timeslots as we get closer to the date. You can plan for your picture times to be between 12PM and 4:30PM. Pictures will arrive towards the end of the season.

Weather Cancellations

In the case of severe weather, cancellations will be posted on the Woodridge Park District Rainout Line.

(<https://www.woodridgeparks.org/rainout-line/>) You can manage your text and/or email subscriptions by selecting the activity and facility categories, and establishing the length of time you want to receive notifications.

Volunteer Coaches Make It Happen!

We are extremely grateful for the volunteer coaches in our leagues! These programs do not have the success without them. Throughout the season, they may ask for help at practice or on game day. If you can, please step up and volunteer to help the team. The league rules can be found on the Team Sideline website under the “Downloads” tab.

Helpful Resources

Whether this is your first time being a sports parent or you have been doing this for a long time, you can always learn how to better support your athletes, their teammates, and coaches. Below is a list of different resources to help you as a sport parent throughout the season.

- [Guidelines For Parental Involvement In Youth Sports](#)
- [10 Tips For Sports Parents](#)
- [8 Sideline Behavior Tips For Parents On Gameday](#)
- [Silence On The Sidelines Lets Kids Learn And Coaches Coach](#)
- [Parents Need To Stop Trophy-Chasing And Let Their Kids Learn](#)
- [Why Kids Staying In Sports Is Important](#)
- [My Kid Acts Disinterested In Sports But Says She Loves It](#)
- [Maintaining Support For A Coach During A Losing Season](#)
- [WHY AND HOW PARENTS CAN SUPPORT REFEREES IN YOUTH SPORT](#)