



SEASON REMINDERS

Fall 2022 Flag Football

Parent Resources

At any time, you may visit www.onegoalsports.net to find all Game Day Schedules, Memory Verses, Devotionals, Rules, Weather Policies, etc. under the Resources tab.

Picture Day (Saturday, October 8th)- All team and individual pictures will be taken prior to your second game on Saturday, October 8th. Please see your photo order envelope for the exact time. Also, please arrive 15 minutes before your scheduled time with your completed envelope to speed up your shoot.

COACH AND TEAM INFORMATION

To find your coach's contact information, log in to your One Goal account at www.onegoalsports.net and scroll down to your child's name, click on the Team name under your child's name. You will also be able to view Team Specific info/pictures by clicking on "Team Page", type in your child's team name, click search and then click on "Team Page".

Weather

To check for **game day** cancellations, please check the website (www.onegoalsports.net), check email and/or opt-in to receive weather related text alerts. To opt-in, text "flagfootball2022clubs1427" to 1-334-310-2497. You can also follow us on Facebook and email for all alerts & updates. Please do not call or email the office. If there are no updates on the website or a text alert sent, then games are on as scheduled.

One Goal Sports will follow these guidelines regarding the heat index (not actual temperature):

95-99 degrees: shorten game by 2 minutes per quarter and have 5-minute break in-between quarters

100-103 degrees: shorten game by 3 minutes per quarter and have 7-minute break in-between quarters

104 degrees and above: cancellation of games

The heat index will be checked at the start of each game and at half time. How the heat index will be measured will be on the weather.gov app (set for Murfreesboro, TN) and the Heat Index Calculation and Chart sheet that is in the game day folder at World Outreach.

Practices will be at the discretion of the coaches and/or parents regarding the heat index. Water breaks should be given at 10-15 minute intervals of practice time. If at any point the heat index reaches 104 degrees before or during practice, practice is cancelled.

Continued.....

One Goal Policies reminders

- **Game Day Attire-** All players must wear their official One Goal football jersey and have a mouth guard. All shirts must be tucked in and shorts must be without pockets. Also, no jewelry or wrist bands are to be worn during games as stated on the Parent Code of Conduct.
- **Lost or missing uniforms-** As stated on the Parent Code of Conduct , each player MUST wear the appropriate jersey shirt for flag football to ensure league and sponsor recognition. Your child will NOT be allowed to play without the appropriate jersey, unless otherwise approved by the One Goal Staff. These jerseys cost upwards of \$20-30 when ordered after registration due to re-screening and shipping charges of just 1 shirt (compared to 600-800 shirts).
- **No Pets- Please do not** bring pets to games or practices, as stated in the Things You Should Know. We love pets, but they are too unpredictable around large groups of people. This policy is in place for the safety of all involved. Thanks for your understanding and cooperation in this matter.
- **No Tobacco Products** – Use of tobacco products (cigarettes, cigars, e-cigarettes, etc.) at the fields during practice or games is prohibited.
- **Parking** - Please make sure that you are parking in the parking lot spaces and NOT in the grass at both game day locations. Please park in **designated parking lot**.

We look forward to a great season! Please let us know if you have any questions!

One Goal Sports
615-896-7309
admin@onegoalsports.net

PLAY HARD. HAVE FUN. LOVE OTHERS.



Parents Code Of Conduct

1. One Goal Sports is CHRIST CENTERED!
2. I will be an imitator of Christ.
3. I will encourage good sportsmanship and model an attitude that is Christ-like by encouraging and lifting up players, coaches, parents, and officials at every game and practice.
4. I will not, under any circumstances, enter the field of play unless prompted by an official or coach.
5. I will help my child enjoy the game without reference to winning or losing.
6. I will encourage and help my child learn the weekly memory verses.
7. I will ensure that my child wears the appropriate jersey shirt for flag football to ensure sponsor recognition.
8. I will ensure that my child does NOT wear jewelry of any type (earrings, rings, wrist bands, etc) during game play. There will be NO exceptions. Your child will NOT be allowed to play with jewelry.
9. I will keep a sports environment healthy for my child that is free from drugs, tobacco (including e-cigarettes), and alcohol and will refrain from their use at all One Goal events. I will also refrain from profanity and inappropriate behavior, speech and conduct toward others.
10. I will remember that the game is for kids--not adults.

Attitude says a lot to your child. He/she will imitate the respect you show coaches and officials. Please keep a positive attitude and refrain from berating a coach or official. We encourage you to, with great gentleness and self-control, handle all matters in private with whom the issue pertains. If you need additional support please call the Director, Eddie Sally at 615-896-7309. The One Goal staff is here to help any way we can.

SOME THINGS YOU SHOULD KNOW...

1. **BATHROOMS-** There will be port-a-potties set up at World Outreach Church.
2. **CLEATS** should be taken off when entering any church.
3. There should **be no entrance to ANY of the churches** at any time.
4. Please park in **DESIGNATED PARKING LOT**.
5. **Each child is required to have a parent or responsible adult at each practice/GAME for the entire practice/GAME.** This person should know what to do in case of a medical emergency and will provide transportation for the child in case of a weather-related cancellation. A coach may only be responsible for his/her own children. You should never drop your children off at practice or game.
6. **Parents must be responsible for all children they bring to practice.** If a brother or sister comes along, they must be under the parent's supervision the entire time. Do not let children wander around the property.
7. We love pets, but they are too unpredictable around large groups of people. **Please do not bring pets to practices or games. PETS ARE PROHIBITED AT ALL OGS EVENTS.**
8. Please be respectful to the churches allowing us to use their property. This includes picking up trash and ensuring that your children treat all on site property properly. Thank you!
9. One Goal Sports, Inc. Director and/or Field Assistants have the authority to remove any individual from the site.



Flag Football 2022 Memory Verses

1. Do not let your hearts be troubled. Trust in God; trust also in me. – *John 14:1*

It is difficult to go through your life without worrying about something. Whether you are a kid, a teenager, or an adult, there will always be problems to deal with. If you spend your time worrying, you are not trusting God. Jesus said that we shouldn't let the problems we have trouble us. Rather, we should ask God for help through prayer and trust him to give us the strength, courage, and resources we need to solve problems. That is the cure for everyone's worries.

2. Keep your tongue from evil and your lips from speaking lies. – *Psalms 34:13*

When you play soccer, control is very important. For a team to be successful, they must have good ball control. A midfielder who can dribble the ball and make good passes to set up teammates with good shots on goal is crucial to having success on the soccer field. Your mouth is like the midfielder of your body. If you cannot control your tongue and the things that you say, it can lead to a lot of trouble. By lying and saying hurtful things, you can tear others down and eventually lose your friends. On the other hand, if you can control your mouth and say helpful things, people will be drawn to you, and you can be a positive influence. What you say goes a long way in helping others who you are.

3. And we know that in all things God works for the good of those who love him, – *Romans 8:28*

Why do bad things happen to good people? This is a question a lot of kids and adults don't know the answer to. It is difficult to understand why things don't always work out the way we think they should, but one thing that we can be sure of is that God has our best interest at heart. Sometimes God takes us through difficult times to teach us something. God has a plan for you and in everything he is working to make a better person. God loves you and only wants the best for you. Always trust that what He is doing is for your own good.

4. Humble yourselves before the Lord, and he will lift you up. – *James 4:10*

Being humble is not an easy thing to do. The opposite of humility is pride. God tells us to be humble, but human nature is to be proud and to make other people think more of us. It is especially easy to become proud when you play sports. If you are winning, you might think that you are better than everyone else. If you are losing, you might think you are too good to play on a losing team. Being humble is all about putting your focus on other people's feelings instead of your own and knowing how to handle success as well as failure. God wants us to have an attitude of humility. Let God take care of making you look good. Your job is to build others up.

5. Where your treasure is, there your heart will be also. – Luke 12:34

If I gave you a \$100 bill today, how would you spend it? Would it be on a new toy for yourself, would you buy something for someone, or maybe a friend or family member? Chances are that you will spend your time and money on the things that mean the most to you. The Bible says that the places and people that we spend most of our time, money, and talents on are the things we really care about. Where is your treasure? Do you spend your time and money on things that show your love for God? Whether it is putting money in an offering plate or helping your parents with household chores, show God's love to the world around you and put your treasure in Him.

6. Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity. – 1 Timothy 4:12

Have you ever been too young to do something that you really wanted to do? Maybe you weren't tall enough to get on a ride at an amusement park or couldn't stay up as late as your older brother or sister. There are a lot of things that you must wait to do until you're older, but God can use you no matter how old you are. The Bible tells us that everyone can be an example in the way we live our lives, even kids. The things you say, what you do, and how you live your life all matter to God, and He wants us to be an example to people around us. Just because you're young, doesn't mean that you can't make a big difference in this world. You can, and God says so!

7. Do everything without complaining or arguing. – Philippians 2:14

Imagine a soccer team on which every team member complained about the position they were playing and argued with the coach about game strategy. Do you think that would be a very successful team? It probably wouldn't. A team must work together and agree on a game strategy. If a team is always complaining and arguing, they would not be a team. They would be a big group of people with different ideas about how to play soccer. They would never do well because they could not work together. God tells us He wants us to go about what we do without bickering and complaining. This way we can get along with others to accomplish great things for Him, and besides, no one wants to be around someone that complains all the time, do you?

8. Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. – 1 Peter 3:18

Do you know exactly how much God loves you? He loves you so much that He gave His only son just so we could live with Him in heaven when we die. Because we can't be perfect like God wants us to, God sent Jesus Christ to live a perfect life for us so that we could have His reward of heaven! Without Jesus, we could never have a relationship with God. Think about how much love it takes to give your life. When Jesus died, He paid the price for all the things we could ever do wrong. All that is left up to you is to believe that Jesus died for you, and He rose up out of the grave! All so we could live with God forever!

Game-Day Checklist

Picture Day – October 8th @ team's scheduled time

Pictures will be taken at World Outreach Church fields in grassy area near parking lot and porta potties. Please arrive 15 minutes before your scheduled TEAM picture time for player arrangement.

Don't Forget

Team Jersey – Please grab the correct team jersey (tucked in)

Mouth Guards – Required for play

No Pocket Shorts- If your shorts have pockets tape will be available at fields.

Water Bottle

Hand Sanitizer

Folding Chair or Blanket

Umbrella – Rain or sun protection

Sunscreen – If needed

Hats – Baseball hats and all other hats that protrude from the head or have hard materials are prohibited.

No Sunglasses or Glasses (unless prescription)

No Jewelry

INJURY PARTICIPATION

CASTS/BOOTS/BUBBLE WRAP – CHILDREN REQUIRED TO WEAR A CAST OR MEDICAL BOOT FOR A BROKEN OR FRACTURED LIMB **WILL NOT** BE ALLOWED TO PARTICIPATE IN OGS SPORTS. BUBBLE WRAP IS NOT AN OPTION.

Caring for Your Child After a Concussion

Your child has been diagnosed with a concussion. A concussion temporarily changes how the brain works. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. Follow these instructions to keep your child safe and help him or her get better.

What are the common symptoms of a concussion?

Physical symptoms

- headaches
- feeling sick to your stomach
- throwing up
- dizziness
- balance problems
- having trouble seeing or focusing
- getting tired easily
- sensitivity to light or noise
- sensitivity to smells, tastes
- ringing in the ears
- numbness

Mental symptoms

- feeling “foggy”
- feeling slowed down
- having a hard time remembering things
- having a hard time concentrating

Sleep symptoms

- feeling drowsy
- sleeping less or more than usual
- having a hard time falling asleep

Mood symptoms

- being easily bothered
- feeling sadness
- feeling more emotional than usual
- feeling nervous

Do's and don'ts

It is okay for your child to:

- take Acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil) for headache.
- use an ice pack on the head or neck
- go to sleep
- rest

There is no need to make your child stay in bed or wake up every hour.

Do not let your child:

- drive while having symptoms
- exercise or lift heavy weights
- drink alcohol
- participate in sports or high risk activities

Call your child's primary care provider or return to the nearest emergency department right away if:

- your child's headaches get worse
- your child has a seizure
- your child has an unusual change in behavior
- your child cannot stop throwing up
- your child is lethargic (so tired you cannot wake him or her up)
- your child's speech is slurred
- your child is very irritable or annoyed
- your child cannot recognize people or places
- your child is more and more confused
- your child is not responding like normal
- your child has neck pain
- your child's arms or legs are weak or numb
- your infant will not stop crying
- your infant will not nurse or eat

Follow these care instructions carefully. If your child has problems that we did not list or you have any other concerns, call your child's primary doctor right away.

When should we follow-up with the doctor?

Contact your child's primary care doctor for a concussion follow up appointment within 1 to 2 weeks. If your child's symptoms last longer than 1 to 2 weeks, ask your child's doctor if your child should see a specialist at Monroe Carell Jr. Children's Hospital at Vanderbilt.

For sports-related concussion follow-up contact Vanderbilt Sports Concussion Clinic at (615-875-8722).

For non-sports related concussion follow-up contact Pediatric Neurosurgery Clinic at (615-322-6875).

How do I help my child return to normal, daily activities?

Your child will need help from you, teachers, and coaches to help manage his or her activity level.

We recommend rest for the first 48-72 hours after injury, then your child should slowly advance their activity. They could begin to participate in light aerobic activities, such as walking or stationary bike. If your child's symptoms worsen with these activities, then your child should stop these activities and rest.

Do not let your child participate in:

- **any high-risk activities** that may result in another head injury, until your child is checked and cleared by a doctor. High-risk activities include things such as all sports, physical education class, and riding an all-terrain vehicle (ATV).

Make sure your child gets good sleep at night. Let him or her take naps, if needed. Do not let your child stay up late or have sleepovers until symptoms are gone.

What about going back to daycare/school?

If your child cannot concentrate for more than 30 to 45 minutes, you may need to keep him or her at home until symptoms improve. When your child is well enough to go back to school, let your child's teachers, school nurse, school counselor, and administrators know about your child's injury and symptoms. Teachers and school administrators can help your child return to school safely by:

- giving at least one rest break per day
- reducing workload and being flexible with due dates
- keeping your child out of noisy areas
- holding off giving standardized tests
- as symptoms improve, these adjustments can be removed

School personnel should watch for signs of worsening symptoms, especially:

- problems paying attention, remembering, or learning new information
- needing a longer time to complete a task
- increased irritability

- unable to cope with stress

Whataboutreturningtosports?

Tennessee Youth Concussion Law states that a child with a concussion may not return to any physical activities or sports until he or she is cleared by a licensed health care provider. Because symptoms may last for several days and sometimes more symptoms show up over time, your child will not be cleared to return to activity by the emergency room provider.

You must follow up with your child's primary doctor or specialist for clearance to return to full activity. Until cleared to return to activity, your child cannot participate in physical education class, practices, or games. Tell the physical education teacher and all coaches of the injury and symptoms. Your child may feel frustrated, sad, and even angry because he or she cannot return to sports or recreation right away. After a head injury, it is important to wait for a full recovery before going back to sports. This will lower the chances of getting hurt again.

What is the stairstep program to return to sports?

When your child's symptoms are gone and his or her doctor gives the okay to return to activity, your child may **slowly** increase activity following these steps:

1. no activity and rest
2. light aerobic activity (walking, gentle swimming, gentle stretching exercises)
3. heavier aerobic activity (running, cycling, or other ways to increase heart rate)
4. sport-specific training conditioning drills
5. non-contact practice drills
6. full-contact drills with no restrictions
7. game play

Do not let your child go to the next step until his or her body is ready. If symptoms return with a new step, your child should start back at Step 1 and follow-up with the doctor. It is very important to report any concussion symptoms. Having symptoms means your child's brain has not fully healed.

KEEP YOUTH ATHLETES SAFE

Reduce the Spread of COVID-19 in Youth Sports

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs

Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use

Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community)

Identify small groups and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure

Implement plans to **space out spectators by 6 feet** at games or competitions. Limit nonessential visitors, spectators, and volunteers.



Lower Risk

Higher risk



Skill-building drills at home



Within-team competition



Full competition from different areas



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

SITUATION	RETURN TO PLAY
Positive COVID-19 Test	After 5 day isolation <u>AND</u> 24 hours without fever (without fever reducing medication) <u>AND</u> improvement of symptoms
COVID-19 symptoms with confirmed alternate diagnosis (non-respiratory)	Per medical provider guidance <u>AND</u> 24 hours without fever (without fever reducing medication) <u>AND</u> improvement of symptoms
COVID-19 symptoms with confirmed alternate diagnosis (respiratory)	Per medical provider guidance <u>AND</u> 24 hours without fever (without fever reducing medication) <u>AND</u> improvement of symptoms <u>AND</u> a negative Covid-19 Test
COVID-19 symptoms, <u>AND</u> a negative COVID-19 test	After 24 hours without fever (without fever reducing medication) <u>AND</u> improvement of symptoms <u>AND</u> a PCR negative Covid-19 Test *You do not need an alternate diagnosis with a negative COVID test*
COVID-19 Symptoms <u>And</u> NO testing	After 5 day isolation <u>AND</u> 24 hours without fever (without fever reducing medication) <u>AND</u> improvement of symptoms
Close contact (closer than 6ft for >10minutes) with an individual with suspected or confirmed COVID -19	After 5 -day quarantine <u>AND</u> no symptoms have developed <u>AND</u> no contact with positive individual
Close contact (closer than 6ft for >10minutes) with an individual with suspected or confirmed COVID -19 that can not be isolated	After 5 -day quarantine that starts after positive contact has finished home isolation of 5 days <u>AND</u> no symptoms have developed <u>AND</u> no contact with positive individual <u>AND</u> no positive COVID-19 test. *A negative test does not override the 10 day quarantine*
Close contact (closer than 6ft for >10minutes) with an individual with suspected <u>OR</u> confirmed COVID -19 or with an individual with suspected <u>OR</u> confirmed COVID -19 that can not be isolated <u>AND</u> has documentation of a positive COVID-19 test within 90 days of the last contact with the case	Does not need to quarantine