

Flag Football 2025

Parent packet



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Welcome to the season!

This packet will include information to help you and your child have a successful flag football season.

The purpose of flag football is to:

- Have fun!
- Make new friends!
- Learn the game of flag football!
- Work on those football skills!
- Learn how to be a team player!
- Learn how to be coached!

As parents, we can help our child accomplish all of the above. Being positive, following the Code of Conduct and encouraging your child will go a long way for your child this season and for their future relationship with sports.

Important Things to Know:

- Games will begin on September 2
- Games are played on Tuesday, Wednesday, or Thursday evenings. You will only play once a week with your game falling on one of the three available nights.
- Games are played at Patriot Park. We use the outfields of the baseball fields so we have lights when it starts to get dark earlier at night.
- We will use the three east fields, Navy, First Responder, and Army.



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- The coach meeting is scheduled to be released August 18. Coaches will receive their team information at that meeting. Coaches will have the evening and most of the following day to correct any errors if any on rosters. Wednesday afternoon the rosters and game schedules will be released to parents.
- Once schedules are released an automatically generated email will be sent to parents letting them know it is public.
- Coaches are responsible for setting up their own practices. They can set them up when and where they would like. They are encouraged to hold practices where it is most convenient for the players on their team.
- Coaches should start to reach out to their teams once they have their rosters to give parents team info.
- Teams were put together by player requests, and local public school. All efforts were made to keep teams in their geographic area by public school. However, where volunteer coaches come from, player requests, and how many kids we had sign up from schools play a large part in how teams were made up.
- The team picture schedule will be sent to teams once we receive it from the picture company.



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Code of Conduct

Our job as parents, coaches, and Rec staff is to set an example of sportsmanship. Here are some of the big takeaways from the Code of Conduct:

- ✓ Treat all parties involved with dignity and respect.
- ✓ Use appropriate language, tones and volume when communicating.
- ✓ When in doubt, remain silent.
- ✓ Become knowledgeable, understanding and supportive of all established guidelines, rules, policies and procedures applicable to related programming.
- ✓ Recognize/acknowledge Saratoga Springs Recreational programming as a privilege that can be rescinded for violation of this Code of Conduct Policy

Coaches and parents are to “set the example” for good behavior, sportsmanship and professional courtesy.

- You may disagree with an official's call, do not make your comments personal, angry, or derogatory.
- Insist that your players and fans demonstrate good sportsmanship toward opposing coaches, players, and officials.
- Insist that all of your players shake hands after the game and demonstrate grace in winning and dignity in losing.
- Do not teach, tolerate, or allow taunting of other teams, “trash talking”, or foul language at any point.



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Coaches/Spectators/Players:

There will be zero tolerance towards any inappropriate or abusive behavior from coaches, spectators, or players towards game officials.

- Any coach, spectator, or player who feels the necessity to:
- Persistently or willfully question or challenge the rulings of the officials
- Berate or abuse officials, players, recreation staff, or parents
- Display conduct which is inappropriate in a youth recreation environment should expect to be removed from the game in question and be required to leave the facility.

This ejection may be issued without warning by the officials, site supervisor or any official representing Saratoga Springs Recreation.

Program Rules:

The rules for flag football can be found at the bottom of the flag football webpage on the city website.

Here is a link to the flag football webpage:

<https://www.saratogasprings-ut.gov/330/Flag-Football>



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TeamSideline

TeamSideline is a great resource and has many available tools. TeamSideline is the software the recreation department uses to organize the program.

When a team is created in TeamSideline a Team Site is created for the team. You can view all team information such as the roster and schedule on your team site. the Team Site can be accessed by SaratogaSpringsRec.com. Login to your account online that you used to register your child. Once the schedule has been released a link to your team site will be created in your account on your main dashboard.

In your team site you can subscribe to Team calendars and have the scheduled practices/games push right to your calendar. Another awesome feature, is inviting your friends and family to subscribe, they will receive alerts for upcoming games- no more trying to remember to send them schedules!

There is also an app!

The app is a quicker way to access team sites and schedules.



TeamSideline will send reminders and push notifications, make sure you're subscribed to receive these alerts! 100% of program communication will come through TeamSideline. Text messages can also be sent through the app, but all parents need to enable receiving those first. Follow this link for instructions on how to enable that:

[How do I enable receiving text messages in Team Sideline?](#)

If you'd like more instruction, here are some links!

[How to subscribe to your Team Site's Calendar using the Team Site App:](#)

[How do I add family and friends?](#)

[What does the red flag mean next to an email address?](#)



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Jerseys

Your coach should have your child's jersey for you at your practice/game if they haven't given you yours already. The home team on the schedule will wear the white side of the jersey and the away team on the schedule will wear the blue side of the jersey.

If you need to purchase a jersey or trade out sizes, please come to the Recreation office. We are located at 213 N 900 E- behind Public Works. Our normal office hours are 9 AM to 5 PM Monday through Friday.

If your child was put on the waitlist and then was called off, the system did not give you an opportunity to buy a jersey. You will need to come into the recreation office to purchase and receive your jersey.

Practices/Games

Practices are scheduled by your head coach. Coaches are encouraged to hold at least one practice a week for an hour.

Coaches/teams may hold additional practices by their own arrangements.

It is best if the player is dropped off for practices and parents/siblings do not stay.

Out of respect for our volunteer coaches, please be punctual for pick-up.



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Lastly, the flag football program could not run without our volunteer coaches.

Please help coaches out as needed, this could be covering a practice or a game if they ask, or volunteering to coordinate treat sign up. They attend a coach's meeting, coordinate practice times, have a background check done, take a Coach Certification training, pick up jerseys... all before the season starts. It's a lot of time and dedication and they do it because they ENJOY it! 😊

When at the park, please be respectful of the space.

Siblings should not be on the playing in the baseball field dirt. It may look like normal dirt but it is engineered and digging or piling up the dirt ruins the infields.

Also, educate your children to not pull up the base plugs. These plugs help us know where the base anchors are and keep the anchors free of dirt inside of them.

Please educate your children to not do this. If they are too young to understand and respect the fields then they are too young to be unsupervised.

Please clean up all trash when you leave. Leave the grass as clean or better than when you arrived.

If there is a concern that can be resolved on site, please talk to the Site Supervisor.

If there is a concern that cannot be resolved on site, please contact the Recreation Department. Given a head's up, we can usually correct the problem before the next game. Don't wait until the end of the season to let the department know of issues that occurred.

The Recreation Department's goal is provide mentally, physically, and emotionally safe programs for our citizens. It's an added bonus when the programs create a love for the game for our participants.

Thank you, have a great season!!

If you have any question or concerns, please contact Heston Williams
at 801-766-6510 or hwilliams@saratogasprings-ut.gov



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