



SULLIVAN HEIGHTS FOOTBALL



Dear Parent/Guardian:

Welcome to the 2019 Sullivan Heights Stars Football Program!

We are very excited to welcome your son/daughter to the team! Football is the purest team sport in the world. What other sport allows for so many athletes of differing sizes, shapes and abilities to come together to achieve success? Due to the large variety of skills and physical abilities that are required on a football team, there is an opportunity for every individual to play a role and be an important member of team. We never cut anyone, we only ask for a player's full commitment. Football teaches cooperation and team work, helps develop positive social skills and teaches respect for others. It helps build self-confidence, a positive self-image and self-worth. Most of all, football is incredibly fun at its best.

Our mantra here at Sullivan Heights Football is "Building Individuals of Character". This reflects our commitment to ensuring that our athletes succeed off the field as much as on it. Winning football games is great, and our coaches have all done so at various levels. However, learning the values of dedication, selflessness and hard work are far more important, as is a student's academic success. We truly believe in the phrase "student-athlete", as "student" comes first, and "athlete" second.

You should be aware that high school football is a full contact sport. Statistics prove that there are actually fewer serious injuries in football than soccer or basketball, but the occurrence of minor injury (muscle strains, ligament sprains, bruises) and serious injury (however rare) is possible. We are absolutely committed to safety-first football and we ensure that proper techniques are taught in all of our drills. Our coaching staff is led by some of the most experienced and highly skilled coaches in BC, with over 60 years of combined coaching experience, and we ensure that all our coaches undertake training in safe tackling techniques and concussion recognition and prevention. The equipment will be certified and upgraded every year to ensure that it is in good condition. We make sure that the players are properly fitted in their equipment to help reduce the possibility of injury.

Parent support and involvement on and off the football field is important! We invite you to attend practices and, more importantly, our games, as it is valuable that you support your child in his or her scholastic and athletic endeavours. We also encourage you to participate along with the other parents in the volunteer duties that are necessary to make the program successful.

Attached please find information regarding registration fees and deadlines. We ask you to complete all of the forms (registration, health history, athlete academic agreement and concussion consent form) and return them along with the fees as soon as possible.

On behalf of all the coaching staff and the parent organizing committee, thank you for taking the time to read and fill out the forms provided. Should you have any questions or need more information, please feel free to contact Coach Randall, via any one of the methods listed below.

Sincerely,

Gordon Randall (Head Coach & Director of Football Operations)

School: 604-543-8749

Cell: 604-341-6005

Email: randall_g@surreyschools.ca



SULLIVAN HEIGHTS FOOTBALL



2019 FOOTBALL REGISTRATION FORM

Birthdate (Month/Day/Year): _____ Grade (as of **Sept/19**): _____

Mother's name: _____ Father's name: _____

Address _____ **Postal Code** _____

Parent Contact Information

Student Contact Information

Home Phone: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Cell Phone: _____

Email Address: _____

Email Address: _____

Instagram Username: _____

Year Student Entered Grade 8: _____

Twitter Username: _____

Playing experience (in years): _____ Height: _____ Weight: _____

I authorize my child's photo to be published on the BC High School Football website.

Please circle: yes no

Parent/Guardian Signature

Date

CHECKLIST Please see attached fee schedule

**** all cheques to be made out to Sullivan Heights Football ****

- Registration fee cash/cheque
- Volunteer/Fundraising Bond cheque *\$300 - postdated Dec 15/2019*
- Equipment deposit cheque *\$400 - postdated Dec 15/2019*
- Registration form
- Health history form
- Football BC parent/athlete consent form
- Athlete Academic Agreement

If you require any further information, please feel free to call Gordon Randall at 604-341-6005 or send him an email at randall_g@surreyschools.ca.

When the forms and the cheque are ready, please deliver to Coach Randall in room C203, or to the main office.



SULLIVAN HEIGHTS FOOTBALL



2019 Registration Fees

Registration Fee (due upon registration, cheque payable to Sullivan Height Football)

\$325.00 Junior Varsity (Grade 8/9/10 in 2019-20) **\$375.00** Varsity (Grade 11/12 in 2019-20)

Fee Includes: All inclusive. Transportation (incl. Varsity trip to Kelowna, Nanaimo; JV trip to Victoria), equipment rental, all field bookings, officials' fees, player participation/registration fees with the provincial body.

*****We Will Ask For No Further Mandatory Fee to Participate*****

Early Bird Registration Fee (\$50.00 deduction)

Deadline: Friday May 10th, 2019
Junior Varsity **\$275.00** Varsity **\$325.00**

NOTE: IN ORDER TO ATTEND SPRING CAMP to try out the game, we need a \$25 deposit and the \$400 equipment deposit postdated to December 15, 2019 before we will issue you equipment. If you continue playing, \$25 will be credited to your fees.

Volunteer and Fundraising Bond (post-dated to December 15, 2019, cheque payable to 'Sullivan Heights Football')

\$300.00 One per player

This season, we have decided to expand this deposit to cover both volunteer duties and fundraising. We recognize that due to various reasons, a number of families are choosing not to actively participate in the program's fundraising initiatives. However, we still need the revenue fundraising provides to help keep registration costs down. You will notice that this year's registration fee is actually down from last year. However, we have increased this deposit from \$100 to \$300.

Between now and December 15th, we will track the amount of fundraising money brought in by each player in the program. For every dollar brought in, we will take a dollar off of that family's tab, up to \$200. We are also requesting that each family volunteer for a minimum of one duty (per registered player). Doing so will allow us to refund you the other \$100 from your bond. If anything remains on your account by December 15th, we will cash the cheque (and issue you a refund for whatever you have earned back).

If you don't foresee your family participating in fundraising or volunteering, please add on \$300.00 to your registration fee or date your \$300 cheque for the current date instead of post-dating. This allows the program to have that revenue to invest in the players sooner.

Equipment Deposit (post-dated to December 15, 2019, cheque payable to 'Sullivan Heights Football')

\$400.00 All Players

The equipment deposit cheque will be returned when all equipment is returned in good condition and clean. Our equipment manager will determine whether any lost or damaged items need to be paid for by the player.

If you are not sure what the amount of your registration should be, please check with Coach Randall to confirm.

**PLEASE WRITE A SEPARATE CHEQUE FOR EACH ITEM (FEES AND DEPOSITS)
& RETURN ALL COMPLETED FORMS WITHIN THE REGISTRATION PACKAGE**

If required, payment plans can be made for families struggling with the financial burden. Please contact Coach Randall at randall_g@surreyschools.ca to initiate this process.



SULLIVAN HEIGHTS FOOTBALL



Leaving the Program

If a player chooses to leave the program after registering, the following reimbursement rules will apply

1. Fully Refundable – prior to equipment being issued to a player
2. Fully Refundable, less \$50.00 administration fee – prior to the start of Fall Camp (August 18th)
3. Half of Registration Fee & Volunteer Bond (Equipment Deposit when applicable) – prior to team's first game (Varsity: Aug 31. Jr Varsity: Sept 6)
4. No Refund – once the player has appeared on a roster for any game (exhibition or league)

The refund policy will be applied based on the date at which the equipment is returned (in good condition and CLEAN) to our equipment manager.

Fundraising

As a start-up program, we have had to fundraise significant amounts of money. As much as possible, this cost has not been transferred on to the players and the families. We are still working through the increased budget of starting up, and have a number of expenses still forthcoming that we have pushed down the road from year one. This, in addition to our regular annual expenses, leads us to forecast a budget of roughly \$25,000 for this season. Please see the previous page for our policy on fundraisers this season.

We are always on the lookout for sponsors! Think you know a person or business who might be interested in sponsoring us? Please see below for details!

Our registration fees compare favorably to many comparable activities for teenagers:

Closest Comparable Fees (All Verified by the Organization's Official Website):

Surrey Minor Hockey – Midget House Fee: Early Bird - \$665, Regular: \$775 (+\$180 for Rep)

Central City Breakers FC – U10-U18 House: \$700 **U13-U18 Metro:** \$1150

Delta Coastal Selects (Coastal FC) – U13-U18 New Player Fee: \$760 **Returning Player Fee:** \$585

Surrey FC – U13-U18 House: \$650 **U13-U18 Metro:** \$700 (more for 2 prac./week)

Surrey United (Fall/Winter season only) – U13-U18 Rep: 700 **U13-U18 Div. 4 (House):** \$310

BC Tigers FC – U5-U18 House: \$525 **Metro:** \$975

Cloverdale Minor Baseball – Midget AA (House): \$275 **Midget AAA:** \$570

White Rock/South Surrey Little League – U18 House: \$275

Surrey Rebels Box Lacrosse – Midget (U17): \$440

White Rock Minor Football – Bantam/Midget (9-Man): \$365

North Delta Longhorns Football (for Spring Flag Football) – Bantam/Midget: \$255

North Surrey Minor Football – Midget: \$285

New Westminster Hyacks Secondary School Football – JV/Varsity: \$285

Seaquam Secondary School Football – JV: \$350 **Varsity:** \$375

Earl Marriott Secondary School Football (2014 most recent figure available) - \$280

The Message: WE ARE VERY AFFORDABLE!

Please note that much of our communication is done through email and notices posted on Instagram/Twitter/Facebook. Please search for @shstarsfootball on all three platforms and check your email regularly to stay in the loop.

NO KID WILL BE LEFT ON THE SIDELINES!

There are various charitable organizations dedicated to helping underprivileged children participate in sports. If you are facing challenges in paying our fees, please contact Coach Randall to confidentially create alternate arrangements, or go to:

KidSport: www.KidSportcanada.ca

Jumpstart Foundation: jumpstart.canadianfire.ca

Athletics for Kids: www.a4k.ca



SULLIVAN HEIGHTS FOOTBALL



HEALTH HISTORY & EMERGENCY INFORMATION

This form will be kept on file with your child's respective coaches. Please contact the Head Coach and/or trainer if there are any changes in your child's medical information throughout the season of play. It is recommended that you consult with your family physician in order to determine whether or not your child is fit to participate in sports or contact sports.

STUDENT'S NAME (first and last): _____ GRADE: _____

DOB (MM/DD/YY) – i.e. May/10/02: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

PARENT'S NAMES: (Mother) _____ (Father) _____

PARENT'S HOME PHONE: _____ CELL PHONE(Mother/Father): _____

PARENT'S WORK PHONE: (Mother) _____ (Father) _____

PARENT'S EMAIL: _____ BC CARE CARD NUMBER: _____

1. Is your child currently taking medication, including asthma medications? (please list)

2. Does your child have any allergies? (med, foods, pollen, etc.) (please list)

3. Please circle yes or no for the following questions:

- a. Has your child ever passed out during exercise? Y / N
- b. Has your child ever been dizzy during exercise? Y / N
- c. Has your child ever had chest pains? Y / N
- d. Has your child ever had high blood pressure? Y / N
- e. Has your child ever been told he or she has a heart murmur? Y / N
- f. Has your child ever had a head injury / concussion? Y / N
- g. Has your child ever lost consciousness? Y / N
- h. Has your child ever had a seizure? Y / N
- i. Has your child ever had a stinger, burn or pinched nerve? Y / N
- j. Has your child ever had heat cramps? Y / N
- k. Does your child use special pads or braces? Y / N

Please explain any "yes" answers here and any other concerns (use the back side if necessary):

PARENT'S SIGNATURE: _____ Date: _____



SULLIVAN HEIGHTS FOOTBALL



“Thank You!” to our Gracious Sponsors from last Season!

Platinum Sponsor: High Street Marketing (\$15000 in donations last season)

Thinking about **Moving?**
We Can Help!
 List with the proud sponsor of
The Sullivan Stars Football Team

HIGH STREET
 MARKETING
 778.999.8406

RE/MAX
 LITTLE OAK

Gold Sponsors (\$2500+): Pulse 107.7 FM, Sullivan Heights Dental

Silver Sponsor (\$1000-\$2500): Steve Nash Fitness World

Bronze Sponsors (\$500-\$1000): Reflex Supplements (North Delta), Sports City Butcher, Khalsa Credit Union, TD Bank, Canadian Western Bank, James Sullivan (Blakes LLC), Fresh Street Market

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FOOTBALL

CWB | CANADIAN
 WESTERN BANK

Blakes

Know of any potential sponsors in the area? We offer great sponsorship packages to help promote our partners! Please contact Mr. Randall or visit www.sullivanstarsfootball.com for a sponsorship package with all of the information you need!



SULLIVAN HEIGHTS FOOTBALL



Athlete Academic Agreement & Code of Conduct

We consider our athletes to be leaders in their school and community, and hold them to high standards to reflect that status. As such, athletes are expected to conduct themselves appropriately, both on and off the field. Failure to do so will result in disciplinary action, and may ultimately result in removal from the team. Remember, our motto is ***“Building Individuals of Character”***. Our athletes are expected to:

- Have **ZERO** unexcused absences in their classes.
- Attend all classes on time.
- Participate actively in all classes. This means no napping, no cell phone issues and no behavioural complaints from your teachers.
- Complete Bi-Weekly Academic Status Reports filled out by their teachers, during the season to monitor attendance, punctuality and effort.
- Attend all practices, unless they are previously excused by Coach Randall. Coach Randall **must be notified before practice starts** in the event of an unavoidable conflict.
 - o **Acceptable Excuses:** *Legitimate emergency, illness and any individual circumstance previously discussed with the coach (i.e. specialist appt., other sport)*
 - o **Unacceptable Excuses:** *a date, birthdays, work, babysitting, dentist or doctor's appointment (unless scheduled by coaches for injury).*
 - o **If you are injured:** *You are expected to attend practice. Players can receive treatment from our trainers and can still learn with and support their teammates*
 - o **Homework:** *is not an acceptable reason to miss practice. No student has enough homework on a daily basis that they can't spare two hours for practice. Academic support is available from our program for struggling learners.*
 - o **“I have two projects and a test due”** *puts our coaches in a very difficult position. Students in this situation are almost always there due to mismanagement of their time. Teachers do not assign projects to be completed in a day. In this situation, we will have no choice but to excuse you from practice, but your playing time will be affected.*
- Arrive on-time for every team function. For practices, this means on the field, fully suited up and ready to practice at the time practice is scheduled to start.

*****Please contact Coach Randall in advance if any issues arise, as we are reasonable in managing individual circumstances in both academic and personal life*****

Failure to meet any of the above expectations will result in:

First Offense: Warning from the coaches.

Second Offense: Suspended for one half.

Third Offense: Suspended for a full game.

Fourth Offense: Possible dismissal from the team.

I have read and understand the entirety of this document, and I agree to abide by all of its policies:

PLAYER'S SIGNATURE: _____

PARENT'S SIGNATURE: _____

DATE: _____



CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, ***all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.*** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays lack of coordination
- Answers questions slowly
- Slurred speech
- Shows behaviour or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any changes in typical behaviour or personality
- Loses Consciousness



What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescents or teenage athletes will often under report symptoms of injuries and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athletes' safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new Football BC policy now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines. The complete Football BC concussion policy can be downloaded at playfootball.bc.ca/files/FBCCConcussionPolicy2012.pdf.

You should also inform your child's coach if you think that your child may have a concussion. **Remember, it's better to miss one game than miss the whole season and...when in doubt, sit them out.**

For current and up-to-date information on concussions, please visit www.thinkfirst.ca.

PARENT-ATHLETE CONSENT FORM

Athlete Name Printed Athlete Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date

Parent or Legal Guardian Printed Parent or Legal Guardian Signature Date
By signing above, the signees acknowledge they have read the Football BC concussion policy and understand the risk of head injuries associated with playing a contact sport. The signees also agree to abide by all the guidelines set out by the Football BC concussion policy.

Parents/Athletes: Please return the signed form to your coach.
Coaches: Please collect all signed forms from your team and keep them in your records. You will need to produce these forms to Football BC if/when requested.



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