

Laramie Youth Football (LYF)

Standards & Expectations for Parents and Guardians



At Laramie Youth Football (LYF), our goal is to develop young men & young women of strong character, discipline, and resilience on and off the field.

- Parents and guardians are essential partners in this process. The following standards outline what families can expect from our program and what the program expects in return.

Mental Toughness & Competitive Mindset

We expect our players to compete with effort, focus, and resilience at all times. Football will challenge athletes physically and emotionally. Parents can support this growth by reinforcing:

- Competing every snap, regardless of score or circumstances
- Playing hard in difficult or adverse situations
- Controlling emotions and demonstrating positive body language

These habits build confidence, accountability, and long-term success beyond football.

Academics Matter

While Laramie Youth Football (LYF) is not a school-sponsored sport, we firmly believe that **student-athletes are students first**. Academic responsibility is a critical part of developing disciplined, accountable young men & young women.

Families are expected to support academic success by encouraging:

- Strong effort, organization, and accountability in the classroom
- Open communication with teachers when academic challenges arise
- Planning ahead for games, practices, travel, and assignments

Class, Character & Representation

LYF athletes represent their families, their school, and their community.

- Players are expected to treat teachers, officials, opponents, teammates, and coaches with respect
- We expect our athletes to represent LYF with pride at all times
- Character matters more than athletic ability

Parents play a vital role in modeling and reinforcing respectful behavior.

Coachability & Growth

Coaching is a key part of development.

- Great players seek feedback and apply it
- Good players accept instruction
- Growth stalls when coaching is resisted

We ask parents to support coaching decisions and reinforce a growth mindset at home.

Hard Work & Preparation

Our program is built on effort and consistency.

- Hard work is expected in practice, games, and preparation
- We emphasize doing the little things right
- Physical and mental preparation are equally important
- Being at practice is important for safety and team building, missing could result in reduced playing time.

Families can support this by encouraging accountability and consistency.

Football IQ & Decision-Making

We value smart, disciplined football.

- Players are expected to listen attentively to coaches
- Learning, watching, and applying instruction is critical
- Decision-making on and off the field reflects football IQ
- Playing with poise and composure is expected

Player Commitments & Attendance

Commitment is foundational to team success.

- Players are expected to be on time for practices, games, meetings, and team events
- Being late impacts the entire team
- Practices are mandatory unless excused due to illness or family emergency
- Please notify Coaches in advance if a player will be absent
- Injured players are still expected to attend practice unless excused

Rest, Nutrition & Health

Athlete performance depends on healthy habits.

- Adequate sleep is essential
- Nutritious food choices are encouraged
- Junk food, soda, and candy should be limited—especially on game days

Parents play a critical role in supporting these habits.

Dress, Appearance & Team Image

Players represent LYF at all times.

- Athletes should dress appropriately for weather and activities
- Clothing intended to draw negative attention is not permitted
- Team uniforms should be worn to school on game days! Team support and unity!

Sportsmanship & Self-Control

LYF holds athletes/parents and families to high standards of behavior.

- Respect toward officials, opponents, and teammates is required
 - You may be asked to leave an event or be banned from future events.
- Taunting, trash talk, profanity, and unsportsmanlike conduct are not tolerated
- Parents are never to address officials during games or practices.
- Parents should model sportsmanship, respect, and composure, reinforcing the values we teach players.
- The chain of communication is designed to protect players, support coaches, and maintain a positive environment for everyone involved.
- Players are encouraged to talk with coaches directly first, fostering communication and responsibility.

Parents are expected to model these same behaviors from the stands.

Facilities & Equipment

We take pride in our program.

- Players are expected to respect fields, locker rooms, and equipment
- Opponent facilities should be left in better condition than we found them

Playing & Communication

At Laramie Youth Football, every player who attends practice and shows up for games gets to play. Playing time is about effort, attendance, and participation, not competition for roster spots.

- Coaches will focus on ensuring all players are involved and developing skills during games.
- Parents should encourage effort, sportsmanship, and learning rather than comparing playing time.
- If you have questions or concerns, please schedule a meeting at least 24 hours in advance.

Communication & Concerns

At Laramie Youth Football, we value clear, respectful communication between players, coaches, parents, and board members. Following the proper chain of communication helps resolve issues efficiently and models accountability for our athletes.

1. Player → Coach

- Players are encouraged to talk with their coach first about questions, concerns, or conflicts.
- This helps develop communication skills, responsibility, and problem-solving.
- Players should approach coaches respectfully and at an appropriate time, such as after practice or by scheduling a meeting.

2. Parent → Coach

- If an issue is not resolved after the player has spoken with the coach, parents may reach out to the coach.
- Meetings must be scheduled at least 24 hours in advance.
- Parents should avoid addressing concerns on game days or during practices to maintain focus and respect for players and coaches.
- The focus should be on supporting the player's development and understanding team decisions.

3. Parent → Board Members

- If a concern remains unresolved after speaking with the coach, parents may contact the LYF Board.
- Communication with board members should be professional, specific, and solution-oriented.
- This step ensures that all parties have been involved and that decisions are handled transparently.
- All parents, coaches and board members can request a meeting to address issues and problem solves solution. Failure to attend meetings will result in dismissal of the complaint/issue.

This structure helps develop confidence, teamwork, and accountability while keeping the focus on learning, growth, and fun.

Parent & Guardian Expectations

Parents are essential to the success of LYF.

- Cheer positively and respectfully
- Do not coach from the sidelines
- Follow the 24-hour rule before addressing concerns
- Athletes should communicate with coaches before parent meetings
- Parents can watch practices from stands but should not interfere with practice.
- All communication regarding schedules and announcements will be sent through TeamSnap

LYF Player Attitude Standards

Families are encouraged to reinforce these core expectations:

- Compete with no excuses
- Play through officiating calls
- Sprint on and off the field
- Hustle to huddles and sidelines
- No profanity or negative body language
- Never quit on a play
- Support teammates at all times
- Be accountable
- Stay humble in victory and respectful in defeat

Parent/Guardian Signature: _____

Parent/Guardian Signature: _____

Date: _____