



BELMONT JUNIOR MARAUDER FOOTBALL PARENT INFORMATION

TEAM RULE

We have one Team Rule and that we call the Do Right Rule:

1. Always do what is right
2. Do your very best in everything you do
3. Show people you care about them

We also make it clear to the kids that bullying teammates or classmates will not be tolerated.

PRACTICES

Time

- All practices are scripted beforehand so that there is no confusion amongst the coaches.

Equipment

- The first three practices are helmets only. Players need to wear their mesh practice jersey, cleats and mouth piece. Every player needs to have at least three practices in just a helmet and no pads regardless of when their first practice is.
- Players should bring their own water to practice.
- We will check all helmets for proper fit at the player's first practice. Any equipment that does not properly fit will be changed out at the field.

Attendance

- Every year, a parent emails asks if it would be a problem if their player misses a practice or practices. This is not a problem for the Jr Marauder Program, however, it may be a problem for the player who misses significant time. Football is a lot like math class in

that the players are taught offense, defense and tackling through progression. If a player misses a significant amount of time, they may find themselves behind.

- If your player is going to miss practice, please do not email us. Attendance is taken at every practice.
- Monday and Tuesday Practices are **MANDATORY** when school begins. If a player misses a Monday or Tuesday practice before a Wednesday varsity game, they will not be eligible to play in the game until the third quarter. Thursday practices are not mandatory but every player should make an effort to attend. Football is unlike all the other sports in that a total team effort is required, especially at this level. If one player doesn't know what they are doing or is not giving enough effort, a teammate will likely suffer. We would rather have a slow player going in the right direction, than a fast player going in the wrong direction.
- If your son or daughter will be staying at an after school program or is traveling from Boston to attend school, you will have to make arrangements to store his/her equipment during the school day. We are not a school program and are independent from the school. There are a few teachers in the building, Mr. Dyer is one, that are very supportive of our program and may be willing to help. In the past, students were able to receive passes from the Upper School Office as well as a place to keep their equipment. We can help make arrangements if needed.

Rain

- We will send out an email if we are canceling practice due to weather. We try to make a call on cancellation around 3PM.

PLAYING TIME

Seventh vs. eighth grade

- There is a big difference in terms of the physicality between seventh and eighth graders. All the teams we play, with the exception of Bedford, are mostly 8th grade teams. These other programs have a separate team for 7th graders. If we have enough 7th graders, we will make a 7th grade (junior varsity) team.

Physicality of the game & is the player ready?

- Often times, players will have to have their playing time limited because, physically, they don't match up well with the player(s) on the other side of the ball. Conversely, some teams we will play will not be as physical and we will be able to play a lot of kids in that game.
- When we run drills in practice, it becomes evident that some of the players are not ready for the type of contact that a game situation will bring. If we feel a player is not ready, they will not be put into a situation during a game or practice that will jeopardize their

safety and confidence. All these kids physically progress at different stages. This is only middle school football and means very little in terms of what kind of athletic success they will have if they choose to play sports in high school.

- The Coaches' goal is to get everyone into the game for a fair amount of plays, but keep in mind there are only 11 are on the field at a time.

Flow of the game and time of possession is beyond our control

- There are times when we wanted to get offensive players into the game but our opponent would possess the ball for most of a quarter or half, thus limiting the time for some of our players.

Positions

- Coach MacIsaac once had a quarterback that started as a sophomore and threw a BHS record 56 touchdown passes in three years. He went on to Captain the football team at the University of Chicago. When this QB was in the 8th grade he played center on the Belmont Watertown Pop Warner A team. Another player he coached, played center on the BHS freshman team and went on to play wide receiver at Plymouth State and captained that team. Two years ago year, BHS running back Chad Francis wore number 50 and played offensive guard for us when he was in the 7th grade. When he was in the 8th grade, Chad played running back and scored 15 touchdowns.

These examples are mentioned so you do not get hung up on what position your son or daughter is playing in middle school football. They are going to develop so much over the next couple of years that there is no telling what their potential will be. Kids that are big now will be average size when they are juniors in HS and smaller kids may get bigger, slower kids may get faster and so on.

IMPORTANT

If we have a large number of seventh graders sign up, we are hoping to have both a jv and varsity team this year.

THESE NUMBERS ARE THE SAME FOR ALL SPORTS

- 61,000 HS Football players or 6% will go on to play at all levels of college
- 6,000 of those will be scouted by the NFL or .6%
- 875 will sign an NFL Contract or .09%
- 1,023,412 high school football players will not play in the NFL or 99.97%
- 300 will one day make an NFL roster or .03%



BELMONT JUNIOR MARAUDER FOOTBALL REGISTRATION INSTRUCTIONS AND INFORMATION



Registration Forms may be dropped off or mailed to: 459 School Street, Belmont, MA 02478

Please read all instructions carefully

<p>The registration packet consists of:</p> <p>A. Registration Form</p> <p>B. Registration Fee</p> <p>C. Medical Clearance</p>	<p>No child will be rostered onto a team, given equipment or allowed to step onto the field without having ALL paperwork turned in. There will be no exceptions. Any incomplete packet sent to Belmont Junior Marauder Football will be returned to you and your child will not be registered until it is complete.</p>
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Instructions for each section:

- A. Registration Form**
1. Completely fill out the “Contact Info” form. Leave no blank spaces.
 2. Completely fill out “Release” form and initial each box. Leave no blank spaces.
 3. Don’t forget to sign the Parental Signature Line on the “Release” form!
- B. Registration Fee**
1. Registration for 7th and 8th grade football candidates is \$275.00 for each child
 2. Make checks payable to Belmont Junior Marauder Football.
 3. **There will be a \$25.00 service fee for any checks that do not clear.**
- C. Medical Clearance**
1. Parents must fill out all pertinent spaces on the form and send it to your doctor.
 2. The doctor must sign and stamp the form and make note of any medical condition BJMF should be aware of. **(A note from your doctor on his/her stationery stating your child is physically fit to participate in football is also acceptable and should be attached to the medical form)**
 3. PHYSICALS HAVE TO BE DATED AFTER AUGUST 1, 2024 & BEFORE AUGUST 1, 2025.

Direct questions to: jrmauderfootball@gmail.com

BELMONT JUNIOR MARAUDER FOOTBALL INFORMATION SHEET

(PLEASE PRINT)

PARTICIPANT INFORMATION:	CHILD'S FULL NAME:		
	DATE OF BIRTH/WEIGHT:	(DOB)	WEIGHT
	SCHOOL/GRADE (as of Sept. 2025):	(SCHOOL)	(GRADE)

CONTACT INFORMATION: (*If parents' addresses are different, please provide alternative address information on the back of this form)	PRIMARY HOME ADDRESS*:		

	Names of PARENT/GUARDIAN:	(1)	(2)
	HOME PHONE:	(1)	(2)
	CELL PHONE:	(1)	(2)
	E-MAIL ADDRESS:	(1)	(2)
	WORK PHONE:	(1)	(2)

EMERGENCY CONTACT:	If parents or guardians cannot be reached in an emergency, please contact:	
	NAME:	
	RELATIONSHIP:	
	PHONE #:	

MEDICAL INFORMATION:	FAMILY PHYSICIAN:	
	PHONE #:	
	ALLERGIES OR MEDICAL CONDITIONS (please specify):	
	MEDICATIONS (please specify):	

VOLUNTEER INFORMATION:	We need parent volunteers to help make this a successful program. Please indicate below what you can do to contribute:		
	√	√	
	TEAM PARENT		CHAINS (home games)
	FUND RAISING		
	ANYTHING NEEDED		EVENT PLANNING & EXECUTION

ADMINISTRATIVE USE ONLY:	REG. FEE \$ _____
	<input type="checkbox"/> CASH <input type="checkbox"/> CHECK/CHECK NO. <input style="width: 100px;" type="text"/>
NOTES:	

**BELMONT JUNIOR MARAUDER FOOTBALL, INC. RELEASES
HEREAFTER REFERRED TO AS THE "BJMF"**

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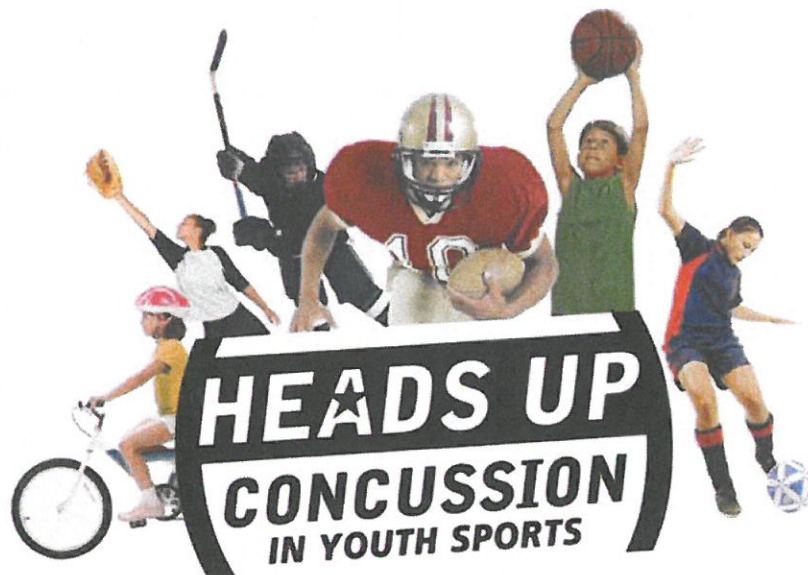
(Please read the following and initial the boxes below):

<p>I. PARENTAL CONSENT:</p> <p>_____ Initial</p>	<p>I, the parent or legal guardian of: _____ (please print child's name)</p> <p>a candidate for a position on the BJMF Football Team, do hereby grant permission for His/her participation in Belmont Junior Marauder Football (BJMF).</p>
<p>II. RELEASE FROM LIABILITY:</p> <p>_____ Initial</p>	<p>I, agree to assume all risks and hazards incidental to participation on a football team, including those arising from transportation to and from activities. I do hereby waive, release, absolve, indemnify and agree to hold harmless, Belmont Junior Marauder Football, and its employees, officers, directors, sponsors, volunteers, participants, persons transporting my child to and from any and all team activities (including out-of-state activities), and other agents from any and all claims, losses, liabilities or damages (including without limitation, attorneys' fees and court costs) of any kinds whatsoever, arising out of participation in the football team whether resulting from negligence or other causes.</p>
<p>III. MEDICAL RELEASE:</p> <p>_____ Initial</p>	<p>Because your child is involved in a active sport, there may be an occasion when an injury occurs that requires medical treatment and we are unable to contact you. This situation may occur at team functions, practices, or at games, both at home and away (possibly out of state).</p> <p>I hereby grant permission to the Belmont Junior Marauder Football , (the "BJMF") to administer first aid, secure proper treatment, consent to medical treatment on behalf of my son/daughter/ward. In consideration of the BJMF agreement to provide such first aid, treatment, consent and authorization, I hereby agree to release, absolve, and hold harmless the BJMF and its employees, officers, directors, sponsors, volunteers, and other agents from any liability of any kind whatsoever, arising out of any such first aid, treatment, consent to medical treatment, or authorization provided or obtained by the BJMF</p> <p>BE SURE TO PROVIDE CONTACT & EMERGENCY NAMES & PHONE NUMBERS ON FRONT PAGE, PROVIDE MEDICAL INFORMATION/ALLERGIES/MEDICATIONS/ETC. ON FRONT PAGE.</p>
<p>IV. SCHOLASTIC FITNESS:</p> <p>_____ Initial</p>	<p>I am of the opinion that my son/daughter/ward is scholastically fit and would benefit by participation in this program.</p>
<p>V. REFUNDS/ UNIFORMS/ CONDITIONING</p> <p>_____ Initial</p>	<p>I understand that:</p> <ol style="list-style-type: none"> 1. No refunds after July 1, 2025. 2. Uniforms are the property of the BJMF. If lost or damaged, I will be charged for the replacement. 3. Football, like any other sport or physical activity, can be dangerous. <ul style="list-style-type: none"> ➤ It is important that my child attends all practices to insure proper conditioning, thus minimizing the risk of injury. ➤ Not consistently attending practice undermines the goals of the team and organization.

PHYSICAL

1. MUST BE ON PHYSICIAN'S LETTERHEAD OR STAMPED WITH PHYSICIAN'S NAME, ADDRESS, DATE AND SIGNATURE.
2. PHYSICALS HAVE TO BE DATED AFTER AUGUST 1, 2024 & BEFORE AUGUST 1, 2025.
3. A COMPLETED PHYSICAL MUST BE IN, OR THE FOOTBALL CANDIDATE WILL NOT BE ALLOWED TO PARTICIPATE IN ANY RELATED ACTIVITIES UNTIL A PHYSICAL IS SUBMITTED.

Medical Forms can be submitted up until August 1, 2025



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

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

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 adolescent or teenage athletes will often under report symptoms of injuries. And concessions are no different. As a result, education of administrators, coaches, parents and students is the key for student athlete's safety.

A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.

You should also inform your child's coach and school nurse if you think that your child may have a concussion. Remember, it is better to miss one game than miss the whole season. And when in doubt, the athlete sits out. For current and up to date information on concussions you can go to:

www.cdc.gov/concussion/HeadsUp/youth

I have read and understand the Belmont Junior Marauder Concussion guidelines.

Date: _____

Participant's Printed Name: _____

Participant's Signature: _____

Parent/Legal Guardian Printed Name: _____

Parent/Legal Guardian Signature: _____

Statement of Concussion History

Has the student athlete ever sustained a suspected concussion (been taken out of a practice or game)?

yes ___ no ___

If yes how many times and how long was the student out of play _____

Has the student athlete ever had a concussion diagnosed by a medical professional?

Yes ___ no ___

If yes when did this occur, how long was the recovery period _____

Parent/Legal Guardian Signature: _____