

# FOLSOM YOUTH FOOTBALL AND CHEER

## 2011 Participation Handbook

Welcome to Folsom Youth Football and Cheer (FYFC). This handbook was developed to help our adult and youth members understand how our organization operates and what is expected of all players/cheerleaders and volunteers. While we can't cover every contingency in this handbook, you are asked to follow the spirit of what is outlined here, and allow common sense to prevail. FYFC was organized by and is operated entirely by volunteer members – your input is welcome!

### **MISSION**

Our mission is to teach football and cheerleading skills to youths between the ages of 7 and 14 that will help them meet their individual goals for their sport. The training will take place in an environment based on the ideals of good sportsmanship, honesty, courage, loyalty and respect for oneself and others.

### **ORGANIZATION**

FYFC, also known as the Folsom Jr. Bulldogs, is a nonprofit California Corporation, governed by By-laws on file with the Secretary of State. Members may download copies of these By-laws at any time at [www.folsomjrbulldogs.com](http://www.folsomjrbulldogs.com). We are affiliated with the Sierra Youth Football and Cheer (SFC). The SFC rulebook can be downloaded at

*Football* – there are five teams, based on age and weight policies established by SFC. There is a maximum of 35 players per team.

*Cheer* – there are six regular squads with up to 20 girls on each, ranging from Mascot to Midget based on age policies established by SFC. We also sponsor a post-season cheer competition team, comprised of members of multiple squads invited to be a participant of the competition team.

### **RULES AND POLICIES**

Every parent/participant is required to read this handbook and abide by the policies outlined here. All parents/participants are required to return a Parent/Participant Contract signed by both parents and participants certifying that they have read and understand this document.

In addition, every participant may download a copy of the official SFC rulebook at [www.sierrafootball.org](http://www.sierrafootball.org), and is required to abide by the policies, procedures, and guidelines outlined in the rulebook.

### **ELIGIBILITY**

Any Folsom residents. Membership may be granted to other individuals as space allows.

### **Boundaries**

There are NO boundaries – anyone may try out for football or cheer regardless of where they reside. However if a team has more than the maximum amount of participants non-Folsom participants may not be able to try out or, if allowed to try out, will be dropped from the roster (cut) first. However, within the city of Folsom, FYFC does not recognize an established boundary.

## **ROLES AND RESPONSIBILITIES**

FYFC is operated entirely by volunteers – every activity that is part of our program occurs through the efforts of volunteers. Board members, coaches and instructors donate approximately 200 hours or more per person, each season, to ensure we can offer the highest quality program to our children. It is critical that every volunteer be treated with courtesy and respect at all times.

There are a variety of levels of involvement within our program, as follows:

*Executive Committee* – these volunteers are elected to two-year terms by the general membership. They are responsible for management of all operations in the program, including oversight of the volunteer network.

General Board members: Other board members are appointed, as needed, for a one-year term, per the by-laws but have no voting rights.

*Football Coaches, Assistant Coaches, Weigh-masters and Instructors* – these volunteers manage all practices and games for FYFC. There is one head coach and at least one assistant coach per team. Football coaches are also the primary instructors for the players. They are responsible for supervision, teaching plays, running drills, and discipline on the field. Head coaches are responsible for parent relations and communications. All issues and questions should be directed to the head coach for resolution. Coaches/instructors will be required to sign a Coaches Code of Conduct per league guidelines.

*Cheer Coaches and Instructors* – There are up to seven coaches and instructors per squad, per League guidelines. The adult coaching staff is responsible for discipline, parent communications, planning squad events and programs, team building, instructor relations, and squad fundraising. Coaches/Instructors will be required to sign a Coaches Code of Conduct per league guidelines.

FYFC Cheer primarily uses current and former high school cheerleaders as instructors. The instructors are responsible for developing game and competition routines, teaching the routines, and strengthening cheerleader skills. They do not discipline cheerleaders, but they do help them stay focused. Parents may not discuss the routines or formations with the instructors; these issues should be directed to the head coach.

*Parent volunteers* – we need at least 100 volunteers for each home game to staff the snack bar, gate, and Bulldog store, etc. Every parent is required to volunteer a minimum of 10 hours for each child that you have in the program, including a minimum of three 2-hour shifts at football games. Documentation of volunteer hours will be kept to assure compliance. The parent/guardian of the participant will be required to sign a contract agreeing that failure to complete volunteer hours will result in fines of \$25 per 2-hour shift/assignment not worked and failure to show up for volunteer hours already scheduled will result in the child being “benched” the next game/competition.

Board Members, Head Coaches, Assistant Coaches, and Instructors with children/siblings in FYFC will not be required to complete additional volunteer hours regardless of the number of children. Each Cheer team/squad will be allowed 10 hours of volunteer time for the Team Parent function should they choose to have a team parent and each Football team/squad will be allowed 20 hours of volunteer time for the Team Parent function.

General membership volunteer hours must be completed during the following FYFC events: FAA Fireworks Fundraiser, FYFC Concession Stand, Crab Feed, Home and Away Football Games (including field preparation) and Post Season Football Games (including field preparation).

Volunteer hours will not be counted for events such as: football chalk talks, team building parties, transportation, cheer curling parties, car washes, snack duty, mat rolling/unrolling, and other events of this sort. Volunteer hours not listed above may be completed if they are approved by the President and VP of Football or

VP of Cheer prior to completing those hours. Any suggestions should be brought to your team parent or coach who will bring it to the VP and President.

*Football players and cheerleaders* – every child is expected to put forth their best effort, both on and off the field, and to abide by the rules and regulations in this handbook and the SFC rulebook. They are expected to act with courtesy and respect, particularly when wearing FYFC uniforms or other FYFC apparel. They are also asked to perform their best at all games and competitions, and to be open to learning what they are taught.

## **CITIZENSHIP**

Jr. Bulldogs are known for pride and respect – to each other, to SFC associations and leadership, to coaches, parents, teachers and classmates. Any derogatory comments, mocking of others, bullying, gossip, or criticism that is not constructive in nature will not be tolerated.

All football players, cheerleaders, board members, coaches, instructors and parents are bound by the behavior guidelines outlined below:

### **Required Adult Conduct**

The support of parents is essential to the success of any youth program. This support should, however, be of the off-field variety in such activities as fundraising, promotion, equipment maintenance, team sponsorship, and other volunteer activities. On occasion, well-meaning parents can become overzealous and cause unwarranted problems. For the safety and well being of everyone involved, FYFC provides these rules concerning parent conduct.

- a) Parents should clearly understand that the purpose of this program is to teach children teamwork, good sportsmanship, fair play, and a love of the sport.
- b) Alcohol, smoking, chewing tobacco, or drugs at practices, games, or other FYFC-sponsored activities during the regular season, play-offs, championships or cheer competitions is strictly prohibited.
- c) Parents must stay in the areas designated by the local association during all practice sessions and games. Parents (except parent coaches or team parents) are never allowed on the field, sidelines, or locker rooms during practice or games. They should approach coaches before or after games and at practices.
- d) Parents are expected to cheer loudly for your team, but always in good taste and never in a way that is disparaging to the opposing team or the referees. Unsportsmanlike conduct is prohibited at all times, and can result in penalties to the team on the field.
- e) If a parent is unhappy with a coach during practice, game or cheer competition, they should use the 24-hour cooling off period before they talk to the Head Coach.
- f) Derogatory statements toward game officials or the opposing team are prohibited and can result in the forfeiture of a game, as well as suspension for the individual involved.
- g) A positive mental attitude, free from parent pressures, is an important ingredient for the success of any child in the program. Adults will refrain from open criticisms, especially in the presence of children of the program, coaches, or any personnel connected with the program.
- h) Parents should encourage attendance at all practice sessions. Absences impede progress for the rest of the team as well as for the child who is absent. Missing practice can lead to benching during all or part of a game or may result in suspension if excessive absences occur, subject to the attendance policy outlined below. Missing practice should be limited to illness or serious injury; children with minor injuries or mild illnesses can still benefit from observing at practice sessions. You must notify your coach if an absence occurs.
- i) Parents are responsible for getting all players to and from all games and practices, on time.

- j) FYFC cannot be held responsible for the health and welfare of unattended children. Siblings of players and cheerleaders will not be supervised by FYFC and should not be left at the field or practice. We ask that you pick your child up from practices and games on time.
- k) Volunteers are needed in order for FYFC to exist. It is mandatory that each family complete the required volunteer hours. Failure to complete volunteer hours or to show up for a scheduled shift will result in your child being “benched” for the next game/competition and possibly not attending the end of the year banquet or receiving the end of the year awards.
- l) It is up to each parent/guardian to ensure their children reach practices, games and events safely. All drivers should have a proper license, insurance and a vehicle in good mechanical condition. If your child is participating in a carpool it is your sole responsibility to determine if the driver(s) in the carpool have a proper license, insurance and a mechanically sound vehicle.
- m) Parents must sign the SFC Parent Code of Conduct as well as the Parent/Player Contract.

### **Required Youth Conduct**

Hard work and dedication will be required before you can wear the colors of your team. Being a member of the team requires much more than just learning about playing football or being a cheerleader.

- (a) Good grades in school are required. If your grades slip below a “C” average (2.0) you will be suspended from the team until you can provide proof of a 2.0 GPA. No grade below a D-. When number grades are given, no "1" grade allowed. Grade checks may occur during the season.
- (b) Fighting, intimidating and bullying are absolutely prohibited. Any player or cheerleader observed fighting, intimidating or bullying will be suspended for one game.
- (c) Vulgarity and temper tantrums are prohibited and may result in a player or cheerleader being suspended for one game.
- (d) The use of alcohol, smoking, chewing tobacco or illegal drugs at practices, games or other FYFC sponsored activities during the regular season, play-offs or cheer competition is prohibited. FYFC has a zero tolerance for such activities.
- (e) If you are going to miss a practice or game, you must notify a coach. You are expected to arrive at games and practices on time, or to alert your coach if you will be late. Excessive tardiness of 10 minutes or more may result in disciplinary actions being taken including being suspended from a game at the discretion of your coach. See the rules on being late.
- (f) Report all problems to your coach immediately. It is your responsibility – not your parents – to keep your uniform and equipment clean and in good repair. Football and cheerleader uniforms must be cleaned before every game.
- (g) Participants must sign SFC Parent/Player Contract.

Should violations of the Required Conduct or other policies outlined in this handbook occur, they will be handled in the following way:

### **Youth**

- First incident – the head coach will contact the parent(s) and the child privately, documenting the incident in writing.
- Second incident – the incident will be reported to the VP of Football or VP of Cheer for documentation, and the child will be suspended for one game.
- Third incident – the incident will be documented and the child will be dropped from the roster.
- However, Folsom Youth Football and Cheer Executive Committee has established **a ZERO TOLERANCE POLICY FOR USE OF ALCOHOL, SMOKING, CHEWING TOBACCO OR DRUGS** at Practices, Games, or other FYFC-sponsored activity during the regular season, play-offs, cheer competitions or extended cheer season is strictly prohibited.

## Adults

- Folsom Youth Football and Cheer Executive Committee has established a **NO TOLERANCE POLICY FOR IMPROPER ADULT BEHAVIOR**. Each adult will be required to sign that they have read and agree to comply with the Adult Code of Ethics. Violation of the Adult Code of Ethics will result in immediate action being taken against the offending person up to and including termination of FYFC membership.

### Folsom Youth Football and Cheer ADULT CODE OF ETHICS - Copy

Folsom Youth Football and Cheer is a non-profit volunteer organization, with the sole purpose of promoting youth tackle football, competitive cheer leading and academic excellence. These goals cannot be achieved without the participation and cooperation of parents, guardians and other adults and youth volunteers.

#### I hereby pledge to provide positive support, care and encouragement for my child participating in this program by following this Code of Ethics:

- I will encourage and demonstrate by example the importance of good sportsmanship and positive support for all players, instructors, coaches and officials at all practices and games.
- I will place the emotional and physical well being of my child ahead of my personal desire to win.
- I will insist on a safe and drug-free environment.
- I will assist in teaching my child that rules are important and must be followed to win a team competition.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I understand that verbal and physical abuse is not to be tolerated against anyone in this association including profanity and foul language.
- I understand that racial epithets or negative innuendo related to a person's race, religion or ethnicity will not be tolerated.
- I will respect all officials, coaches, instructors and volunteers.
- I agree to not engage in divisive activity such as verbal or physical confrontation.
- I will not create conflict by slander, malicious rumors or threats, nor will I entice another to do so.

By signing below I understand that the FYFC has adopted a **NO TOLERANCE POLICY**. If I violate any of these Code of Ethics it will result in immediate action being taken against myself up to and including termination of my family's membership in the FYFC.

## **COMMUNICATIONS**

We welcome your ideas, concerns, and input at all times! If you have a question or an insight to share, you should begin with your child's head coach. If you do not feel the situation is resolved, you can next speak with the appropriate Vice President (Football or Cheer). If you still feel your concern has not been resolved to your satisfaction, you can take your concern to the Board of Directors by speaking with the President.

## **SCHEDULE**

Practice begins on the date specified by SFC, generally the last Monday in July.

### *Before the first regular season game:*

*Football* – Mighty Mites will practice from 4:30-6:30; Jr. Pee Wees and Pee Wees will practice from 5:30 to 7:30; and Jr. Midgets and Midgets will practice from 6:30 to 8:30, Monday through Friday on the FYFC football field. The head coach establishes the days of the week for practice at the beginning of the season. Coaches have the option of practicing 10 hours a week.

*Cheer* – The VP of Cheer establishes the days of the week for practice at the beginning of the season and teams may practice up to 10 hours a week. Typically cheer will practice Monday through Friday from 5:30-8:30, however an occasional Saturday and/or Sunday may be required.

### *After the first regular season game:*

March 2, 2011

*Football* - Contact practices will not exceed three in a seven-day period, for a total of six hours per week. Typically having a Saturday game will result in having practices Tuesday – Thursday. Film sessions may occur and will not constitute a practice (SFC rulebook).

During the playoffs contact practices will not exceed four in a seven-day period, not to exceed eight hours. Typically having a Saturday game will result in having practices Monday – Thursday. Film sessions may occur and will not constitute a practice (SFC rulebook).

*Cheer* – Practices are held in school multi-purpose rooms as assigned by the Folsom Department of Parks and Recreation and or the FCUSD. VP of Cheer sets the schedule for the teams and from the first day of school to 30 days before the SFC competition practice will be 6 hours per week and can occur anytime between Monday-Friday 5:30-8:30pm, an occasional Saturday and/or Sunday may be required. Four weeks before SFC Cheer Competition team may increase their practice time to 8 hours per week.

Cheerleaders may participate in tumbling or exercise classes that are open to the general public and that do not conflict with FYFC-sponsored practices, camps, games, or competition.

## **FEES**

A registration fee for each football player and cheerleader is assessed prior to the beginning of each season. The fee covers all FYFC services provided directly to the child(ren); a summary of how this fee is allocated is in Appendix A of this handbook. On-line registration with credit card payment is available at the Folsom Jr. Bulldogs website (<http://www.folsomjrbulldogs.com>) A transaction fee will be charged and after 30 days the transaction fee is non-refundable.

*Football* – the base registration fee is \$400 and includes \$280 in registration costs, a \$100 equipment deposit, and \$20 to cover additional expenses such as coaches' fund. The \$400 registration fee applies if registered on or before May 5<sup>th</sup>, 2011 or \$420 if registered after May 5<sup>th</sup>, 2011, yet before June 16, 2011 (mail in registrations must be postmarked before June 16, 2011), \$450 if registered after June 17, 2011 and \$500 on or after July 17, 2011. **At most \$385 will be refundable**, see below for more information. These dates also apply for those choosing to register on-line. **FYFC ENCOURAGES EARLY REGISTRATION.**

*Cheer* – the registration fee is \$225. An additional \$75 car wash fee or \$125 opt out fee, if opting out of participating in the car wash is collected to cover additional expenses such as coaches' fund. Fees for the Competition Team will be provided at competition team tryouts.

A multi-child discount will be available. Each child after your first child that is participating in football or cheer with FYFC in the current season will receive a \$25 discount for each additional child. Discounts will be in the form of a refund after final teams have been selected.

Scholarships are available for participants who cannot afford to pay the registration fee set on a case by case basis. Football Players on scholarship are required to pay \$120 if registered prior to May 5, 2011, or \$140 after May 5, 2011. This includes the \$100 refundable equipment deposit, \$20 coaches' fund plus the \$20 fee for the sports pack when applicable. Cheerleaders on scholarship are required to pay the additional \$75 or \$125 coaches fund fee, all camp/clinic fees and uniform/practice wear charges.

Registration fees for football or cheer will be refunded within one week after a player drops or is cut from the program and returns all football equipment. Football: Prior to April 1st 100% refund will be issued, after April 1st and prior to Jamboree a \$35 processing fee will be deducted from refund. Fees are only refundable prior to Jamboree, unless your child is forced to drop due to injury, the registration fee is then prorated less \$35 processing fee.

Cheer: Non refundable 10 days prior to the first day of clinic, whether your child does or does not make the team. Registration fee: \$125 of the \$225 fee, refundable if child drops within 7 days of making the team. Camp fees and pack: 100% refundable if child drops within 14 days of making the team. Car Wash Tickets: 100% refundable up to 4 weeks before the car wash. Uniforms: Uniforms, including camp wear, shoes and personalized bags are custom made and non-refundable. Participants are responsible for paying the entire bill whether or not their child continues to cheer. They are also non-exchangeable or returnable. The Treasurer will mail your refund check.

The football equipment/participation deposit will be refunded when all volunteer hours are met and when the equipment/uniforms are returned, **clean** and without damage. Equipment must be returned by the final equipment return date for your child's squad. If equipment is not returned by the final equipment return date for your child's squad your child will not be able to attend their banquet and will not receive their award. Damage not considered normal wear and tear will be deducted from the equipment deposit in December.

In order to attend the banquet parents must fulfill their volunteer hours. In the event that volunteer hours are not fulfilled your child will not be able to attend the banquet and your child will not receive their award(s).

Any participant with outstanding debts and/or equipment shall not be allowed to attend the banquets and shall not receive the end of year award. **Equipment may not be returned at any banquet and must be returned at the equipment hand-in time(s) assigned to your team** or you will forfeit your deposit.

You must be in good standing with Folsom Jr. Bulldogs before you can try out for our teams. Before being allowed onto the field all football players and cheerleaders are required to be paid in full and have a signed medical release form on file with FYFC.

The following are guidelines for fundraising within the FYFC organization:

1. Football and Cheer may have mandatory fundraiser(s). These funds will be used for the players/cheerleaders/instructors at the discretion of the Head Coaches.
- 2.
3. Cheer garage sales or other fundraisers will be added to the coach's funds. Typically Cheer holds a Car Wash fundraiser, which requires 100% participation from the cheerleader and 1 parent if you choose the \$75.00 option. If you choose the \$125.00 buy out option, you will not receive 15 car wash tickets and you are not required to attend and participate in the car wash.
4. If you choose the \$75.00 car wash option and fail to show up to the car wash the following applies:
  - a) Pay a \$250 fee, payable to FYFC within one week of the carwash date.
  - b) The absence will be counted as 2 unexcused absences.
  - c) Failure to pay the fee will result in the child being dropped from the squad with all fees/payments non-refundable.
  - d) This fee is above and beyond the \$75 fee paid for car wash tickets.

**This fundraising DOES NOT affect your minimum volunteer hour requirements**

5. There is a coaches fund fee that is included as part of the registration fees for football. These funds are used to help offset the costs the coaches incur during the season. Mandatory fundraiser(s) may offset this fee.
6. Cheer squads may require cheerleaders to participate in a second mandatory fundraiser. These funds may be used to offset coaches' fund and/or program expenses during the season and are not used to offset individual cheer balances.

7. If you sponsor FYFC as a Corporate/Business sponsor, this sponsorship **DOES NOT** affect your volunteer hour requirement.
8. All fundraising may be managed by the Event Coordinator (Board Member).

## **TRYOUTS**

Because we are limited in the number of football players and cheerleaders on each team/squad, tryouts are required if there are more applicants than available positions. Anyone owing a balance from a prior season will not be eligible to participate until the balance is paid in full.

*Grades* – In order to tryout for FYFC all players and cheerleaders must have a 2.0 GPA excluding P.E. with no grade below a “D-”. When number grades are given, no “1” grade allowed. For Cheerleaders a copy of a 2nd trimester/3rd quarter report card will be required prior to attending the clinic. For football players an end of the year report card will be required prior to try-outs. Summer school may not be used to make up grades.

*Football* – Tryouts run for two weeks, Monday through Friday. Players are to wear the items from the sports pack with last name written boldly on the back of the shirt, either directly on the shirt or written on tape on the back of the shirt. Players may wear football cleats (refer to the SFC rulebook to determine what types of cleats are allowed). Players may NOT wear home jerseys from a previous year during tryouts. A first cut (to 45 players) may be made at the end of the first week, and the final cut (to 35 players) is made at the end of the second week. The coaching staff evaluates players during this two-week period.

**These two weeks are mandatory for ALL players.** Any player that does not complete the two weeks of tryouts and has one or more unexcused absences can be dropped and not eligible for selection by a coach. A player will only be allowed two excused absences during the two-week tryout period. Excused absences are 1) medical/injury [with a doctor’s note]; 2) Academic [with proof of a field trip or other school-required activity]; 3) religious [worship or education]; 4) family emergency; and 5) activity in which he/she has been involved for several weeks [playoff/championship, such as All-Stars baseball]. **Family vacations are NOT excused absences.** Any player that has more than two excused absences may be dropped and not eligible for selection by a coach. If a player has the excused absences described above, that player will not be allowed to participate in contact drills until their 5 hours of conditioning are completed. Absences will affect a coach’s ability to evaluate that player and make-up try-outs are not offered.

Players may not participate in contact drills without being in the defined age/weight categories (SFC Rulebook).

Players must be within 2 pounds of the age/weight categories on the last practice day before Jamboree. Being more than 2 pounds over the maximum weight on the last day of practice before Jamboree may result in being dropped from the team. All players must certify for their age/weight category by the third game of the season. (SFC Rulebook). Players will weigh in weekly and must make weight in order to play. The age and weight charts for football are available in the SFC Rulebook, at [www.sierrafootball.org](http://www.sierrafootball.org).

*Cheer* – Tryouts are held in April/early May each year. Applicants participate in a four-day clinic, during which time they are taught a cheer/dance routine. They perform this routine in small groups before three independent judges, who choose the 100-member squad. The VP of Cheer then assign girls to squads based on age and position. Extra points are awarded for those who demonstrate unassisted proficiency in aerial tumbling (back handspring, back layout, back tuck) during the clinic week. Attitude and attendance during the clinic are also included in the evaluation.

*Cheer Competition Squad* – The competition squad will be by invite extended to FYFC Cheerleaders of the current season. Competition Cheerleaders will be required to maintain a 2.0 GPA and will be verified during the season. Once on the competition squad all fees are non-refundable and dropping from the competition squad

(with the exception of a serious injury) will impact your ability to participate on the competition squad the following year.

*Final Rosters* - When final cuts are made for each sport, final rosters are posted on the FYFC Website and football rosters will also be posted on the trailer at the football field for those who do not have Internet access. Should a player or cheerleader be unable to participate after final rosters are posted, alternates are called based on rankings during tryouts.

FYFC utilizes volunteer coaches for both cheer and football. Football coaches will provide all instruction and training. Cheer coaches supervise teenage instructors and manage squad activities and communications. Because the coach duties are different for each sport, the following summarizes how coaches are selected.

## COACH SELECTION PROCESS

Coaching Folsom Youth Football and Cheer is a very rewarding experience, and the number of applicants often exceeds the number of vacancies. The most difficult task for Vice Presidents and the Board is choosing head coaches from among people who we know all care about kids and who are our friends.

Those selected to coach are the individuals who have the best skills, leadership and experience to lead a particular team for the particular coming year.

1. Interested applicants should download the application from the Web site, [www.folsomjrbulldogs.com](http://www.folsomjrbulldogs.com).
2. Completed applications for football and cheer should be turned in per the instructions on the application.
3. Head coach applications are due in January each year and will be reviewed by the board for consideration.

## FOOTBALL and CHEER:

### Head Coaches

- Board screens head coach applicants. If only one person applies and has FYFC experience that is acceptable to Board, an interview may not be necessary.
- The Executive Committee interviews head coach candidates IF the applicant is new to FYFC or if there is more than one applicant.
- Assistant Coaches and instructors are nominated by the VP of Football/Cheer with input from the Head Coaches.
- The Board makes the final selection, with the input from each Vice President.
- The Vice President notifies all applicants after approval of the board.
- Board approves all coaching/instructing rosters.

## ATTENDANCE

### **ATTENDANCE AT ALL PRACTICES AND GAMES IS MANDATORY FOR BOTH FOOTBALL AND CHEER.**

**Football:** Each participant is allowed only four unexcused absences from practices/games per season (approximately July-Dec) and can be dropped from the team/squad at the fifth absence. A participant will not be issued additional unexcused days due to the longer season in playoffs. Participants are allowed only five excused absences.

**Cheer:** Attendance at all practices, camps, stunt camps, mandatory fundraisers and games are mandatory. Each participant is allowed only three unexcused absences from practices/games per season, and can be dropped from the squad after the fourth absence. Participants are allowed three excused absences and can be dropped after the fourth excused absence.

Excused absences are as follows:

1. Medical/Injury (with a doctor's note)
2. Academic (with proof of a field trip or other school-required activity)
3. Religious (worship or education)
4. Family emergency
5. Another activity in which he/she has been involved for several weeks and is in a playoff/championship (such as All-Star baseball) during try-outs, if the other activity overlaps tryout hours.

If you cannot attend practice or a game, your parent must notify your head coach directly (do not tell another child or parent to tell the coach for you) prior to practice. If you do not show up and have not notified your coach, it will be counted as an unexcused absence.

*Football* – After the season starts a player who misses more than one day of practice in a week is not eligible to play in that week's game. This applies to the regular season as well as post-season/playoff games.

*Cheer* - Because of the importance of stunting and teamwork in cheer, any absence can have a negative impact on the squad, particularly close to competition. For that reason, excessive unexcused tardiness and/or early dismissals are not acceptable. Any cheerleader with an absence after October 1<sup>st</sup> can be moved to another position in the routine or dropped from the competition routine altogether.

**UNIFORMS**

FYFC has adopted the practice, game day, and competition uniform requirements established by SFC.

Whenever players, cheerleaders, coaches, instructors or board members are in an FYFC uniform, they are expected to conduct themselves with pride and respect at all times. Any game or competition uniform worn by players and cheerleaders, whether owned by the participant or by FYFC, is not to be worn outside of games or competition at any time. This includes:

*Football* - pants, pads, helmets, jerseys

*Cheer* - skirts, vests, bodyliners, shoes, cheer socks, bows

*Exceptions* - Football players are encouraged to wear home jerseys to school on Fridays before each game. Cheerleaders are encouraged to wear warm-up jackets to school on Fridays before each game.

Some uniform elements are provided by FYFC, the balance is provided by parents, as follows:

FOOTBALL		CHEER	
Owned by FYFC	Owned by Player	Provided by FYFC	Owned by Cheerleader
Helmet/chin strap Shoulder pads	Rubber cleats Game socks	Briefs Bows	Skirt, vest, bodyliner warm-ups

Game pants Practice pants Hip Pads Belt Girdle Away jersey Equipment bag	Mouth piece Home jersey Any extra pads such as arm/elbow pads	Socks Competition Fees	Shoes Practice uniforms Camp wear Personalized Back Pack bag Pom Poms
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*FYFC assumes no responsibility for player owned equipment.*

### Practice Attire

*Football* – After the season starts players are required to wear practice pants, pads, shoes, socks, a belt, helmet with chinstrap, mouthpiece, and practice jersey with name on the back at each practice. Players may wear their jersey from a prior year after final cuts have been made. Jewelry (rings, earrings, necklaces, etc.) may NOT be worn during practice or games. If you forget or lose your mouthpiece, you may purchase another mouthpiece from the Equipment Manager if there is one available. If you do not have proper gear for practice, you may be suspended from practicing (unexcused absence). Game pants may NOT be worn to practice. Cleats must abide by the SFC Rulebook.

*Cheer* - Participants may be required to wear specific practice wear at practices. These are considered uniform pieces and should be kept clean without tears and stains. If damaged, participants may be required to purchase additional pieces. If coaches have free dress days, participants will wear knit shorts or sweats with loose fitting tops for practice. Tops must have at least 1 inch shoulder straps and midribs must not be seen. Participants may not have bra straps showing. No denim, tight-fitting, or non-stretch garments. Apparel may not have hoods, pockets, zippers, rhinestones, or snaps. Lycra leggings may be worn during cold weather. Tennis shoes (without loops or buckles) with socks (no nylons) and shoelaces are required at all times. Participants may not wear jewelry, make-up, fingernail polish or false nails, or have fingernails that extend beyond the end of fingers. Hair must be worn up in a pony tail during games, practices, camps, stunt camps and clinics, with bangs out of the eyes and secured. All earrings or other body piercing(s) must be removed. Participants in inappropriate wear will call parents to bring appropriate attire and will not participate until in correct attire. First Offense: Call parent for correct uniform piece and extra conditioning at practice. Second Offense in the same week: repeat consequence for First Offense and Sit out during 1<sup>st</sup> quarter of the next game. Third Offense during the same week: repeat consequence for First and Second Offense plus 2 additional hours of volunteer time will be added to your volunteer commitment.

### Game Day Attire

*Football* - players will wear game pants, socks, cleats, shoulder pads, girdle and pads, pads for pants, belt, helmet with chinstrap, mouthpiece, and jersey. Socks pulled over cleats, tape around belts, or anything else use for decorative purposes will not be allowed when in uniform on game days.

*Cheer* - skirt (or warm-up pants), vest, shell (or shell and body liner), socks, shoes, briefs and game bow, as directed by individual coaches. Warm ups and a change of clothes will be in your cheer bag at all times. Cheerleaders must wear their full uniform or be completely in street clothes. Individual pieces of the uniform may not be worn.

FYFC is not responsible for providing forgotten Game Day Attire (as described above); parents must retrieve equipment. Participants are also expected to arrive on time. Failure to bring all required equipment to games or practice or late arrival at games will result in the following consequences:

*Football* – benched for one quarter (if the equipment is brought back to the game in time for half time).

*Cheer* –First Offense: Sit out 1<sup>st</sup> quarter of the game for forgotten equipment . Late arrivals: For every 10 minutes your child is late to a game, child will sit out 1 quarter. If more than 30 minutes late, child will sit out the entire game but will be allowed to participate in the half time at the VP of Cheer discretion as this could pose a safety issue with the half time performance. Second Offense: repeat consequence for First Offense and 2 additional hours of volunteer time will be added to parent volunteer commitment.

## **GAMES**

All football players must certify before each game, including Jamboree. Cheerleaders must certify at Jamboree and at the annual SFC Cheer Competition if required by league or any other time SFC requires. SFC rules require that any participant who does not certify will be suspended from that game or from competition. Football players and cheerleaders are required to arrive 60 minutes before the scheduled start of their game to weigh-in and warm up (football) or warm up (cheer). Football players who arrive late may be weighed in at halftime, if the opposing team permits it, and will not be permitted to join the game until the second half.

## **COMPETITION**

Cheerleaders participate in at least one SFC-sponsored competition each year. An additional outside-sponsored competition held prior to December 15<sup>th</sup> may also be scheduled.

*Other outside competitions* are held throughout California. We encourage each squad to participate in one outside competition prior to the winter holiday break.

*Competition Team* - FYFC will select and invite cheerleaders in late September/early October. Your attitude, attendance, and citizenship during July, August and September will be included in the Competition Team evaluation. A GPA of 2.0 will be required by all members of the competition team. Instructions for submitted grades will be provided to those invited. Our competition team will continue through March, and parents may incur additional costs for the extended season. This handbook is still in effect during the competition cheer season.

## **FOOTBALL PLAYOFFS**

The SFC Rule Book outlines playoff requirements for football. Qualifying teams are invited to participate based on season record and other criteria, and move up through multiple levels of playoffs (including the championship game) as long as they continue to win. Cheerleaders are expected to attend playoff and championship games for their respective teams. Exceptions to this would be vacations with ticketed travel or out of state travel.

## **SAFETY**

Your child's safety is our highest priority. The following safety measures will be followed at all times:

*Food and water* – coaches, instructors, board members and players should not eat on the field during practice. Water breaks will be taken as needed, and all participants are responsible for bringing clearly labeled adequate-size water jugs to each practice and game. Water bottles should not be shared between players or cheerleaders. **No sodas or “energy” drinks during practices or games. Only water and Gatorade type drinks (PowerAde) are allowed.**

Healthy snacks and water will be provided during halftime of each game by a parent volunteer, on a rotating basis. Snacks may also be provided after the game, at the direction of the team parent.

*Physicals* – every participant is required to provide proof of a physical dated after April 15th of the current year by a recognized medical doctor prior to the first week of practice at the family's expense. The physical must be signed and stamped by the medical doctor per SFC rules. Children may see their own doctor.

*Conditioning* – conditioning exercises will be part of each practice, to ensure children are able to keep up with the rigors of their sport.

*Equipment* – all football equipment is evaluated by outside vendors to ensure quality and safety. Cheerleaders will stunt with proper supervision and only on grass or mats that are at least ½" thick (FYFC cheer/tumble mats are 2" thick). Cheerleaders will not stunt with non-FYFC participants.

*Certification* – cheer stunt groups will be evaluated at each stunt level, and will not be allowed to advance until they have consistently demonstrated proficiency. Stunt groups will not be mixed unless they have been evaluated for proficiency and certified in all possible stunt group combinations.

*Injuries* – an EMT on duty will manage injuries during games. Only certified personnel can manage injuries, which may include deferring to a licensed medical professional. In the event of any injury, parents who are licensed medical professionals should identify themselves to the staff person in charge but should not intervene until asked. Injuries during practice will be managed by a coach or board member certified in First Aid. Children with injuries to the head, neck or back will not be moved and an ambulance will be summoned to the field. Children with other injuries who state they are unable to continue with practice will be taken to the sidelines and parents will be summoned. Some board members and coaches are certified in first aid, CPR, or sports first aid; a copy of each certification document is on file with FYFC.

*Support devices* – casts or braces with extensive metal or hard plastic may not be worn during practice or games at any time. Cheerleaders with extensive metal or hard plastic cast or braces are still required to attend all practices and games and should be dressed in appropriate practice wear and/or uniforms.

## **CAMPS**

To further reduce risk of injury and increase proficiency, while not mandatory, participants and coaches are strongly encouraged to participate in camps and clinics we provide. Due to the cost involved in cheer camps and clinics, they are mandatory for all cheerleaders.

*Football* – a football camp will be hosted annually by FYFC. Registered players will be notified of other camps in the area, should they become available.

*Cheer* – a cheer and stunt clinic led by a professional cheer organization or our instructors will be hosted annually by FYFC. In addition, older squads may participate in a 4-day overnight camp. Additional stunt clinics may be scheduled as needed.

*Coaches/Instructors* – SFC provides a coaches clinic during the required certification process. In addition, the football and cheer camps offer clinics during the camps hosted by FYFC.

## **ACADEMICS**

FYFC is as committed to your child's academic success as well as their athletic success. For that reason, we require a minimum grade point average 2.0 for all football players and cheerleaders. Grades will be checked at time of registration and can be requested at any point during the season to assure children continue to meet basic academic expectations. For Cheerleaders a copy of a 2nd trimester/3rd quarter report card will be required prior to attending the clinic. For football players an end of the year report card will be required prior to try-outs. Summer school may not be used to make up grades. Progress Reports (when applicable) will be used to verify GPA. No grade below a D-. When number grades are given, no "1" grade allowed. Any participant

under a 2.0 will be suspended from any games until such GPA can be reached. Any participant who falls below a 2.0 at anytime will be required to do weekly grade checks for the remainder of the season. *Note:* The Competition Cheer Team minimum GPA is 2.0.

Participant's who excel during the season, earning a 3.0 GPA or better, may apply for the FYFC Excellence in Academics and Athletics Award. Information on this program is made available to all participants later in the season.