

**PENFIELD YOUTH FOOTBALL
AND CHEERLEADING**

2007 SEASON



**PARENT
HANDBOOK**

PO Box 141
Penfield, NY 14526

www.penfieldyouthfootball.org

WELCOME

Penfield Youth Football, Inc., was founded in June 1993, to teach the fundamentals of Football and Cheerleading to children 7 through 14 years of age. The program is open to all boys and girls who meet the age, weight and health requirements (see below). Although football has been primarily structured for boys, girls who choose to compete will not be excluded. Likewise, cheerleading squads are not limited to girls.

Penfield Youth Football is affiliated with the American Youth Football League. The main emphasis of the program continues to be participation. Every eligible team member who has learned his/her assignments and has met the practice requirements will play in every game. This will fulfill each child's natural desire to compete and help to ensure that everyone has **fun**. In order to accomplish this, we have limited the size of both the cheerleading teams and the football teams. This limitation has resulted in wait lists for a number of the teams. As a result, there will be no refunds of the registration for participants dropping after the first full week of practice has concluded.

As a non-profit volunteer organization, the Penfield Youth Football program relies on the participation of all parents and children for its success. The wide range of duties required to plan, maintain, and operate three football and cheerleading teams can only be achieved when everyone contributes. As caring and responsible adults, **all parents** have a vital role to play. By becoming actively involved in the association's functions, you help to guarantee the success of our program and you will have more fun.

STRUCTURE

Football Team Classifications

C Team: 8 and 9 year olds, maximum weight 105 pounds / 10 year old lightweights 70 lbs

B Team: 9, 10 and 11 year olds, maximum weight 125 pounds / 12 year old lightweights 85 lbs

A Team: 11, 12 and 13 year olds, maximum weight 150 pounds / 14 year old lightweights 115 lbs

Cheerleading Team Classifications

Same age requirements, with no weight restrictions.

All participants will be certified by the league to play in one of the above classifications. The team Board of Directors determines classifications with input from the parents. A birth certificate and physical are required to participate. **NO** participant will be allowed to begin practicing until a physical form has been submitted by the child's physician indicating the child may participate in our program. All football players are required to weigh in prior to each game. After the first game all weight restrictions will increase by one pound per week. **Football players are not encouraged to lose weight to participate. It is recommended that players and cheerleaders eat healthful meals consisting of fruits, vegetables, and water-rich foods.**

PRACTICE

Practice starts at Harris Whalen Park on July 30th. During the first week, we will practice Monday through Friday. After the first week and until school starts, we will practice Monday through Thursday. During this time period, practice will be from 6:00 pm until 8:00 pm. All football players and cheerleaders are required to participate in a total of ten hours of conditioning before they can practice with contact or in cheering routines. Once school starts, football and cheerleading practice will be on Tuesday and Thursday 6 pm to 8 pm and Saturday 10 am to noon. Practice times may be altered as necessary. Parents will be notified primarily through e-mail. Practice will proceed rain or shine, but not in the case of lightning. Parents must keep an eye on the weather and be prepared to pick up their children from practice. Parents are encouraged to watch practice but are responsible for supervising their children who are not registered on a team. Everyone should bring plenty of water to practices, not eat heavily immediately before practice, and use common sense in all matters.

PRACTICES ARE MANDATORY

Please be advised that the coordination of cheers, halftime routines, competitions, and offensive and defensive plays take a considerable amount of time and commitment. If your child is going to miss a practice or game, the head coach must be informed. During the school year, your child must attend at least 2 out of 3 practices during each week to participate in that week's game. We strongly recommend that your child attend the practice closest to Game Day. Excessive absences will result in limited participation or may lead to your child's removal from the team by the Board of Directors of Penfield Youth Football.

Cheerleading Attendance Policy

PYF&C have developed an attendance policy specific to the cheerleading teams within the organization. The organization expects every participant to attend and actively participate in every practice and game. Attendance means arriving before the coach begins warm-ups and staying until the coach adjourns the team. The organization stresses the safety for all participants, and places high value on developing teamwork from the start; teamwork is created best through demonstrated commitment to teammates, coaches and oneself.

The organization realizes that a cheerleader may have to miss a practice or a game, so we have allowed for an allotted number without being penalized. It is expected that if a cheerleader is going to miss a practice or a game that they notify the coach and/or parent advisors. If an emergency attendance issue arises, contact the parent advisors who will address with the cheer director(s) as needed. The following outlines the allotted absences.

Pre-season (Month of August) practices:

- Cheerleaders are permitted to be absent from no more than **four** practices during the period commencing on the first day of practice and running to the beginning of school.

School season practices:

- Cheerleaders are permitted to be absent from no more than **three** practices at anytime commencing from the beginning of school through the last scheduled practice.
- During the week of a competition, **NO** absences are allowed.
- Cheerleaders will not be allowed more than **one** absence from practice in a week.
- Cheerleaders are permitted to be absent from no more than **one** scheduled league game throughout the season.

Consequences for Excessive Absences:

Cheerleaders whose absences exceed those permitted by this policy will NOT be able to participate in any cheer competitions or half-time routines, but will be expected to attend the scheduled league games and participate in the sideline cheers during the season. *Excessive absences put the safety of all team members at risk.*

Tardiness to Practice and/or Games:

Cheerleaders are expected to be at practice and games in proper attire, this includes having all pieces of the cheer uniform and ready to begin practice. Generally all cheerleaders are required to be at the scheduled league games one hour prior to the start of the game, this will be at the discretion of the coaches and parent advisors. If a cheerleader is late for a practice or game, the following actions will be taken.

- 1st occurrence a warning will be given to the cheerleader and parent.
- 2nd occurrence will result in the cheerleader sitting out during the 1st half of the game.
- 3rd occurrence will result in the cheerleader sitting out an entire game, attendance at the game is still required.
- 4th occurrence will result in the cheerleader not being able to participate in competitions.

EQUIPMENT - FOOTBALL PLAYERS

All required equipment is to be supplied by Penfield Youth Football, except the athletic supporter. Children who wear glasses should obtain a pair of sports glasses for safety reasons. Special footwear is not required by regulation, but a pair of football cleats (no metal spikes) will provide better footing. Equipment supplied by the Football program will be:

- 1 • Helmet, facemask and chin guard
- 2 • Shoulder pads
- 3 • Two hip pads and one tail pad with girdle
- 4 • Two knee pads
- 5 • Two thigh pads
- 6 • Rib pads
- 7 • Game and practice pants
- 8 • Game and practice jerseys
- 9 • Game socks
- 10 • Belt
- 11 • Mouthpiece

Players are required to wear all their equipment to practice and games. During the first week of conditioning, all players should wear their practice jerseys and helmets with mouthpieces to practice. Inevitably some equipment will wear out during the year. For safety's sake, bring the equipment to the attention of one of the coaches or the equipment manager; and it will be replaced. Equipment that is lost or damaged beyond normal wear and tear will be replaced at the player's expense.

Practice jerseys and pants, girdles, and socks can be washed and dried in a normal fashion. The game jersey and game pants should be washed, no bleach, and air-dried. Helmets and pads can be wiped down with a damp cloth to keep clean. All equipment except socks, cup, mouthpieces, and cleats must be returned to Penfield Youth Football at the end of the year.

EQUIPMENT-CHEERLEADERS

Uniforms will be supplied by Penfield Youth Football and cheerleading. Additional equipment required for purchase is a bodysuit, cheerleading sneakers, pants, gloves, and headband. We will work to ensure the best pricing by bulk ordering. Vendor and pricing information will be communicated to you when established. We also require the purchase of "Cheer Curls" as they are a great time saver and provide uniformity in appearance. Personalized jackets are also available for optional purchase during our pre-season clothing sale.

The league will provide each cheerleader with:

- 1 • *A skirt (must be returned in the condition it was received in)*
- 2 • *A vest (must be returned in the condition it was received in)*
- 3 • *A jacket if needed (must be returned in the condition it was received in)*
- 4 • *Lollypop panties yours to keep*
- 5 • *Socks yours to keep*
- 6 • *Hair bows yours to keep*

Skirts, vests, and jackets can be washed in cold water and hung or laid flat to dry. They must never be dried in the dryer or ironed. Replacement costs will be levied if the uniforms are damaged beyond repair.

No jewelry or piercing may be worn to practice, games, or the competition. No acrylic nails or nail polish can be worn to games or practices. In addition, fingernails must be kept short at all times during the season. Cheerleading is a sport, and practice attire must reflect that. Shorts should be elastic waist soccer style, and shirts must be short-sleeved with no pockets, no spaghetti straps. Athletic style, (tie up, full shoe) sneakers must be worn. No sandals or sneakers with platform soles. Hair must be pulled back in a ponytail for all practices, games, and competitions. Failure to abide by the required attire will result in the child not being allowed to participate in games or practices.

GAMES

Home games are played at Harris Whalen Park. Maps to away games will be provided before the start of the season or posted on the Internet website.

The 2007 schedule is:

Please check: <http://www.penfielddyouthfootball.org/> for updates.

The 2007 Season Opener will be on September 2nd. **For the 2007 Season, the Game times are: C Team: 11:30 am, A Team 1:30 pm, B Team 3:30 pm.** Saturday games will be: C Team: 3:00 pm, B Team 5:00 pm, A Team 7:00 pm. All players and cheerleaders must be on the field for warm-up, practice, and weigh in at least **one hour** before the game starts. Weigh in for B Team and A Team will be during halftime of the prior game. Players and Cheerleaders should verify times with their head coach to facilitate any exceptions. Football players and cheerleaders must attend at least two practices in order to play in that week's activities. Everyone should dress for the weather, as games will be played in rain, snow, or shine.

VOLUNTEERING – (See Page 7 for Position Descriptions)

Penfield Youth Football is an **ORGANIZED SPORT**. The effort to equip, manage, coach, and produce games requires hours of volunteer labor. *"Many hands make light work..."* should be the motto of any volunteer organization. With all the demands that a parent experiences these days, it is hard to imagine flipping burgers or producing a yearbook in your "spare time," but these duties and many others are needed in order to produce football and cheerleading squads. Luckily, in this endeavor there is a payoff-- community spirit, pride, and the fun of contributing not only rewards the volunteer, but it provides our children a positive example of what hard work will create. Families with one child in PYFC are required to volunteer for **3** positions. Families with more than one child are required to volunteer for **5** positions. The sign-up book will be available starting **August 6th**. Families will sign up for all duties before the season begins or their child will not be allowed to participate. Volunteers will be reminded via e-mail before each game. It is imperative that volunteers are in place for their assigned duty at the appropriate time. There will be Team Parents to sign-in with before each game. If you are unable to attend a game where you are assigned a duty, you must find your own replacement and notify the Team Parent. Failure to perform the assigned duty will result in the child sitting out during the next game.

FUND-RAISING

In addition to our solicitation of local businesses, each family will be required to sell \$100 in raffle tickets. Tickets will be distributed at equipment handout and during the first week of practice. Raffle money is due no later than September 1st. Failure to turn in ticket money at that time, may lead to your child's inability to participate on game day.

TEAM PICTURES

Announcements will be made regarding the times for team pictures. Team pictures will be by Cardinal Sports Imaging. Scheduled pictures dates will be communicated via e-mail.

CHEERLEADING COMPETITION

All cheerleaders are required to participate in the cheerleading competitions. Details will be provided at a later date. Parents and Football players are strongly encouraged to attend and help recognize the accomplishments of your child and the teams.

SCRIMMAGES

At this time, we have scheduled one football-only scrimmage in August at Webster. Details will be provided at a later date.

RULES OF CONDUCT

The following applies to all fields used in practice or for games. The fields constitute adjoining playgrounds, parking areas, and buildings.

- 1 • No smoking
- 2 • No alcoholic beverages
- 3 • Use only sportsmanlike language and conduct
- 4 • Do not park in no-parking areas or block driveways
- 5 • Use trash receptacles
- 6 • Act as a role model for others

THANKS

After all the details that are required to make this organization work, let’s not forget what this will produce. A beautiful fall day, crisp air full of the smell of food from the concession stand, lots of friends and neighbors watching our children, and wonderful memories for our children. The Penfield Youth Football Board thanks you in advance for your support of the team and for being a positive role model for good sportsmanship, attitude, and cooperation.

Volunteer Position Descriptions “Many hands make light work”

Remember, without many volunteers we would not be able to give our children the program that has earned the respect of it’s participants and the community and, hopefully, many fine memories that will last a lifetime.....

Below are descriptions of the volunteer positions that will be required to be signed up for the first week of practice.

Football Team Parent

The Team Parent will work with the Volunteer Coordinator to make sure that volunteers are notified and participate in their assigned task.

Field Painters

On Saturdays before Sunday games and FRIDAYS before Saturday games people are needed to paint the numbers, names, logos and lines on the football field. This is weather permitting – may need to be done on another day due to weather issues. This usually requires two to three hours time.

Field and Concession Stand Set-up

On game day (8:00 am on Sundays and 10:00 am on Saturdays) people are needed to set up the concession stand, field and announcer’s booth. This usually requires two hours time.

Concession Volunteers

People are needed to prepare and deliver food and accept monies and make change. The times for the different shifts are as follows.....

- 1 1. **C Game** – 1st shift.....One hour prior to game time until the END of half time.
- 2 2. **C Game** – 2nd shift.....The BEGINNING of half time until the start of the next game.
- 3 3. **B Game** – 1st shift.....The beginning of the game until the END of half time.
- 4 4. **B Game** – 2nd shift.....The BEGINNING of half time until the start of the next game.
- 5 5. **A Game** – 1st shift.....The beginning of the game until the END of half time.
- 6 6. **A Game** – 2nd shift.....The BEGINNING of half time until the end of the game.

Field Spotter

One individual is needed to assist the announcer in the announcer's booth spotting player's names and numbers on the field as the plays take place. This is needed for the entire game.

Game Day Announcer

One individual is needed to announce over the PA system player names and numbers during the games as special plays take place and all the players and cheerleaders prior to the start of the game. This is needed for the entire game.

Score and Time Keeper

One individual is needed to keep the time clock and the scoreboard in the announcer's booth. This is needed for the entire game.

Music

One individual per game will play music during pre-game, time-outs and will help with the half-time cheerleading presentation. PYF&C has CD's that can be played or you can bring your own providing it is music that is 'acceptable' for a family audience.

Player Monitor

One individual is needed to be on the opposing sidelines during the game to keep track of the number of plays the opposing players have executed. Each player has to have five plays per half. Someone from the opposing team will assist you.

Chain Gang

The chain gang consists of three people who are on the sidelines during the game and are taking care of the down marker and the first down chains. Due to the popularity of this position, we are requesting you work only **once** as a chain gang volunteer and choose two other volunteer items to complete your requirement.

Medical Assistant

This is one of the most important volunteer roles we have. We NEED to have one person for EACH game on the sidelines who has medical experience equal to or greater than the experience of an E. M. T. This person would be required to address injuries for severity and proper first aid administration. P.Y.F. & C. has always felt that erring on the side of caution is an acceptable procedure.

Teardown Crew

These folks would be required to stay following the final game (A game) and take down the concession stand, the field items and the announcer's booth. This usually takes approximately one hour if we have the volunteers that we need.

****Three volunteer positions are the minimum. Please be generous with your time and help us as much as possible. If there is a situation that hinders you from being able to volunteer this must be discussed with a board member and then voted on before your child will be able to continue participation in the program. Our waiting lists to get into the program are extensive and there are many other folks who would be happy to volunteer their time if their child is able to participate. Thank-you, in advance, for making this a fun and hassle free season!**