



CANTON LIONS
JUNIOR FOOTBALL & CHEERLEADING CLUB
A Member of the Western Suburban Junior Football League

2019 Parent Handbook

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Welcome to the 2019 season!

Part of the Plymouth-Canton community since 1964, the Canton Lions has provided positive, character-building recreation for hundreds of children over the years. The focus is on having fun while learning the fundamentals of football and cheerleading; and the ultimate goal is promoting self-confidence, sportsmanship, fellowship and physical development. Participation with the Canton Lions also allows our young athletes to enjoy football and cheerleading in a safe and supportive environment.

This season promises to be exciting and rewarding for not only our athletes, but also our families, as they watch their kids grow in confidence and achieve their goals.

For schedule information, directions to games, news, announcements, fundraising events and, in general, to keep up with your favorite team, visit www.lionsfootballcheer.com. For more news and announcements, be sure to “like” the Canton Lions on Facebook: www.facebook.com/cantonlions.football.cheer.

THANK YOU TO OUR SPONSORS

Special appreciation goes to the organizations that provide crucial support to the Canton Lions Junior Football and Cheerleading Club. See this distinguished list at www.lionsfootballcheer.com.

To learn more about the variety of sponsorship opportunities available with the Canton Lions, please contact the treasurer at cantonlionstreasurer@yahoo.com.



START THE SEASON RIGHT!

Registration Paperwork

ALL registration paperwork must be turned in for athletes by the club’s stated deadline, **Tuesday, July 9, 2019**, which is before the first day of conditioning/practice. Athletes will NOT be permitted to participate until ALL required paperwork is turned in. This includes:

- Concussion form signed by parent/guardian and athlete (located on forms and flyers page of www.lionsfootballcheer.com).
- Two current 4x6/wallet/3x5 photos of the athlete (can be two copies of the same photo).
- Two copies of athlete’s birth certificate (for non-veteran athletes only).
- A current completed physical examination form, signed and dated by parent/guardian and physician (located on forms and flyers page of www.lionsfootballcheer.com). Physicals are valid one year from the date on the form. This policy must be followed in accordance to our insurance policy guidelines for the club.

Please forward registration paperwork and any written correspondence to the following address:
Canton Lions Junior Football Club | Attn: Registration | P.O. Box 871336 | Canton, MI 48187

Registration paperwork may also be dropped off to the Canton Lions football unit director or cheer unit director at a monthly parents meeting (second Tuesday of each month at the Summit on the Park). Registration paperwork can no longer be submitted electronically/via email.

Questions? Contact the football unit director (cantonlionsunitdirector@yahoo.com) or cheer unit director (cantonlionscheerdirector@gmail.com).

Additional Equipment

Please see the “equipment” section of this handbook for complete information. Athletes are issued the majority of the equipment needed for practice and game participation. Certain additional gear, such as footwear, is not issued by the club and must be purchased separately and independently by the athlete’s family.

The club partners with local sporting goods stores prior to the start of practice to offer special discount days. Board members and coaches are on hand at the events to answer questions and provide advice. See the “special events” section of this handbook for details. The events are also promoted at www.lionsfootballcheer.com and www.facebook.com/cantonlions.football.cheer.

Questions? Contact the football unit director (cantonlionsunitdirector@yahoo.com) or cheer unit director (cantonlionscheerdirector@gmail.com).

VOLUNTEERS

2019 Executive Board Officers

The executive board consists of seven parents who contribute an abundance of time and energy to the Canton Lions Junior Football and Cheerleading Club. Their responsibilities include formulating and carrying out club policies, attending league meetings, organizing and working at each game, attending all meetings, maintaining financial records, ensuring meeting minutes are kept, communicating information with our parents, maintaining equipment inventory and safety, and above all, creating a safe, positive environment for our children to learn and grow.

Are you interested in volunteering for an executive board position? Your participation is encouraged! Please talk to a current board member to learn more about the role(s). Executive board candidates are nominated at the September parents meeting and elected at the October parents meeting.

PRESIDENT

David Cooper
cantonlionspresident@gmail.com

VICE PRESIDENT

Megan Smith
cantonlionsvicepresident@gmail.com

EQUIPMENT DIRECTOR

Jerome Nichols

SECRETARY

Katy Cleveland
cantonlionssecretary@gmail.com

CHEER UNIT DIRECTOR

Tamika Banks
cantonlionscheerdirector@gmail.com

FOOTBALL UNIT DIRECTOR

Kirby Easley
cantonlionsunitdirector@yahoo.com

TREASURER

Noel Hornbacher
cantonlionstreasurer@yahoo.com

2019 Football and Cheer Coaches

JUNIOR FRESHMEN

Football Head Coach Andrew Hernandez

Assistant Coaches:

Norm Alexander, Chuck Fuller, Don Watson

Cheerleading Coaches

Lauren Cox, Amy Martin & Tamika Banks

FRESHMEN

Football Head Coach Jason Reinhardt

Assistant Coaches:

Michael Foley, Antoine Hall, Shawn Leonard,

Trenton Newby

Cheerleading Coaches

Rachel Greenwald & Nicole Partaka

JUNIOR VARSITY

Football Head Coach Landon Garrett

Assistant Coaches:

Eric Christensen, Aaron Scheffer, Scott Wetmore, Ken Young, Chad Balog (Stats), Kurt Cleveland (Stats)

Cheerleading Coaches

Lanaya Willis & Patrice Ingram

VARSITY

Football Head Coach Corey Williams

Assistant Coaches:

David Freeman, Joe Harris, Bernard Snell, Deon Willis

Cheerleading Coaches

Tai Beaudoin, Asst. Coach Ke-Era Jordan

2019 Committee and Activity Leads

Are you interested in volunteering to chair or participate on a committee? Your participation is encouraged! Please talk to an executive board member to learn more about the role(s).

Asst. Cheer Director	Amy Martin	Lions Den	Jen Kondratowicz
Asst. Equipment Director	Terrence Banks	Medic	Josh Beaudoin
Banquet	Angie Johnson	Pep Rally	Tamika Banks
Car Wash	Noel Hornbacher	Photo Day	Tamika Banks
Cheer Rally	Tamika Banks	Snack Shack	Megan Smith
Club Website	Katy Cleveland	Team Moms/Dads	TBA
Family Picnic	Katy Cleveland	Volunteer Coordinator	Megan Smith
Fundraising	Carissa Strickland	Yearbook	Tamika Banks
Homecoming	Tamika Banks		

Game Day Volunteers

The club requires all parents to participate in five(5) home game day activities or special events per athlete registered with the Canton Lions during the football/cheerleading season.

VOLUNTEER REGISTRATION PROCESS

Volunteers will sign up for volunteer roles online via SignupGenius.com; the registration link will be emailed to club families Thursday, August 1, 2019 Don't delay signing up when volunteer registration opens, in order to obtain dates and times preferable with your schedule.

On home game days, volunteers must sign in at the volunteer table (located at the Lions Den, unless instructed otherwise) and report to the volunteer activity/station **a minimum of 15 minutes before game time.** IN THE EVENT A VOLUNTEER NEEDS TO CHANGE HIS OR HER VOLUNTEER DATE AND/OR TIME, IT IS THE VOLUNTEER'S RESPONSIBILITY TO FIND A REPLACEMENT OR SWITCH WITH ANOTHER PARENT IN ADVANCE.

Failure to comply with the five (5) volunteer activities participation requirements per athlete will result in a \$125 fine per unfulfilled volunteer role. The athlete will not be permitted to play/cheer or practice until the fine is paid in full via check or money order. The athlete will lose veteran status for the following year if the fee is not paid by the end of the current season.

RESPONSIBILITIES DESCRIPTIONS

<p>Pre-game Setup: Six (6) volunteers set up the field and snack shack prior to the first game. Volunteers may be required to convene at the Lions shed to assist with loading the truck with supplies.</p>	<p>Chain Gang: Volunteers hold down markers on the field during the home game. This is also a great way to see the game up close. Three (3) volunteers are needed for each home game.</p>
<p>Cleanup: Six (6) volunteers needed to assist in spectator and Snack Shack area cleanup after the varsity home games. Volunteers may be required to convene at the Lions shed to assist with unloading supplies from the truck.</p>	<p>Clock/Timekeeper: One (1) volunteer manages the time clock during each Lions home game.</p>
<p>Concessions (Snack Shack): At least Eight (8) volunteers prepare food and sell refreshments during each Lions home game. Because of liability reasons, no one under the age of 18 is allowed inside the Snack Shack!</p>	<p>Lion's Den: Two (2) volunteers sell team spirit merchandise during each Lions home game.</p>
<p>Field Spotters: Two (2) volunteers provide play-spotting assistance to the game announcer for each home game. One spotter assists with the offensive plays and one assists with defensive plays, accurately identifying players for the announcer.</p>	<p>Game Announcer: One (1) volunteer announces key plays, calls, referee calls, shout outs and players' identities during each Lions home game.</p>
<p>Shout Outs: Two (2) volunteers sell shout outs and relay them to the game announcer</p>	<p>Committee Positions: Snack Shack, Lions Den, Yearbook Committee, Banquet Committee, Picnic Help, Cheer Rally, Homecoming Committee</p>

PRACTICE INFORMATION

ALL registration paperwork must be turned in for participants BEFORE the first day of conditioning/practice or he or she will NOT be permitted to participate (see “start the season right” section for details).

Transportation

Parents are expected to provide transportation to ensure their athlete arrives and is picked up from ALL practices and games **on time**. Please be considerate and mindful that most of our coaches are parents of players/cheerleaders with their own family needs to attend to after practice.

It is of utmost importance — for the safety of our kids — that you do not drop off or pick up your children by the equipment shed. In recent years, while many children were crossing the drive to get to the shed for equipment return or to solve equipment problems, our parents dropping off and picking up at the equipment shed blocked the view for other drivers. This places our children in extreme danger. For the safety of our players/cheerleaders and small siblings, PLEASE abide by this safety rule, regardless of how quickly you think you’ll be.

Attendance Policy

It is important for all cheerleaders and football players to attend every practice for the purposes of conditioning, safety and education. The Canton Lions emphasizes commitment, responsibility, integrity and leadership and for athletes to think, act and participate like champions! Football and cheerleading are team sports, which means everyone shares the collective responsibility for success. Therefore, absences from practice are discouraged whenever possible and are managed as follows.

Note, due to the five-play minimum per half required for each football player, the absence penalties for cheerleading and football are different from one another. Definitions as described below, however, apply to both programs.

DEFINITIONS

Approved absences from practices and games must all be accompanied by a note on appropriate letterhead, as noted below, and will include:

- Any school-graded function. Functions must be documented by a letter on school letterhead.
- Religious education. The club requests that, when possible, religious education be scheduled on a non-practice day. However, if that is not possible, religious education will be excused when it is documented on a letter from the religious organization on letterhead.
- Medical reason(s) ONLY when accompanied by a note from the doctor.

Excused absences include any absence that a parent or adult family member notifies the coach of one hour prior to the start of practice or games. Some examples include, but are not limited to:

- Illness or injury without a doctor’s note.
- School dances/functions.
- Vacation.

Unexcused absences include absences in which the coach is not notified prior to practice/game.

Game day absence is defined as any absence (approved, excused or unexcused) on game day.

IMPACT OF ABSENCES TO PARTICIPATION ON GAME DAY

When an athlete is required to sit out any portion of a game, the athlete is still required to attend the game and support his or her team. During the time in a game(s) when a football player is under any disciplinary action, including attendance sit outs, his or her minimum play will be forfeited.

- Approved absences — No impact to playing time/cheering during games.
- Excused absences — Absences affecting participation time are counted beginning with the Monday/Tuesday prior to the game day. Excused absences will accumulate from the first day of that week's practice through the last day of that week's practice. For every two excused absences, the football player will be required to sit for one half of the next game. For cheerleaders, the sit out will apply to sideline cheering. If the sit out extends beyond the first half, then the sit out will also include the half time performance. All sit outs will begin at the start of the game.
 - *FOOTBALL Example #1 — Football player has two accumulated excused absences; athlete sits the first ½ of game. After sitting ½ of the game, the football player starts again with a clean slate for the next week of practice leading up to the next game. If the football player has an additional two excused absences after sitting for a ½ of a game, the football player will sit another ½ at the next applicable game.*
 - *CHEER Example #1 — Cheerleader has two accumulated excused absences; cheerleader sits the first ¼ of game. After sitting a ¼ of the game, the cheerleader starts again with a clean slate for the next week of practice leading up to the next game. If the cheerleader has an additional two excused absences after sitting for a ¼ of a game, the athlete will sit another ¼ at the next applicable game.*
 - *FOOTBALL Example #2 — Football player has four accumulated excused absences prior to game day; the football player will sit for the entire game. If absences accumulate after sitting out a game, the football player will be required to sit again at the next applicable game.*
 - *CHEER Example #2 — Cheerleader has four accumulated excused absences prior to game day; the cheerleader will sit for half of the game. If absences accumulate after sitting out a game, the cheerleader will be required to sit again at the next applicable game.*
 - *FOOTBALL Example #3 — Football player has six accumulated excused absences prior to game day; the football player will sit for the entire game, and for half of the next scheduled game. If absences accumulate after sitting out, the athlete will be required to sit again at the next applicable game(s).*
 - *CHEER Example #3 — Cheerleader has six accumulated excused absences prior to game day; the cheerleader will sit ¾ of the game, including half time. After sitting ¾ of a game, the cheerleader starts again with a clean slate for the next week of practice leading up to the next game. If absences accumulate after sitting out, the cheerleader will be required to sit again at the next applicable game.*
 -
- Unexcused absences — Unexcused absences will accumulate from the first day of practice through the last day of practice of the week prior to the next game. For cheerleaders, each unexcused absence will result in sitting for ½ of the game. For cheerleaders, the sit out for unexcused absences will apply to sideline cheering, and if the sit out extends to the second half of the game, then the sit out will also include the half time performance. Sit outs will begin at the start of the game. For football players, each unexcused absence will result in sitting for the full game.
 - *FOOTBALL Example #1 — Football player has one unexcused absence; the football player will sit for the full game. After sitting for the full game, the football player starts again with a clean slate for the next week of practice leading up to the next game. If the athlete has additional unexcused absences after sitting for a full game, the football player will sit again at the next applicable game.*
 - *CHEER Example #1 — Cheerleader has one unexcused absence; the cheerleader will sit for ½ a game. After sitting ½ of the game, the cheerleader starts again with a clean slate for the next week of practice leading up to the next game. If the cheerleader has additional*

unexcused absences after sitting for ½ of a game, the cheerleader will sit again at the next applicable game.

CONSISTENTLY RECURRING ABSENCES

Consistently recurring absences include any amount of time missed from practice or game day on a consistent basis. Parents are requested to discuss recurring absences with coaches, unit directors or the board of directors as applicable. Absences that recur in a consistent manner will be managed by the coaching staff, unit director and the board of directors. Every effort will be made to manage recurring absences of a similar nature in consistent manner for each unit (football and cheerleading) and team.

POST-SEASON ABSENCES AND EVENTS

Reaching the post season is a tremendous accomplishment for our athletes. As such, special consideration will be given to absences that could impact post-season playoff games, the Super Bowl game and the Cheer Rally. Coaches, unit directors, board members and families will consult on individual situations so an acceptable solution can be reached for the athlete and the team.

Sharing in the success of our children during the post season is a rewarding experience for our athletes and their families. Full attendance by both football and cheerleading units, coaches and board members is expected at all post-season events including, but not limited to, the playoffs, the Super Bowl and the Cheer Rally. Non-attendance is inexcusable.

SPECIAL CIRCUMSTANCES

The attendance policy cannot possibly cover every scenario or situation a family may be managing. Please consult with your coach and/or board member if you have unique circumstances that need to be addressed.

ADMINISTRATION OF ATTENDANCE POLICY

Attendance will be taken by a designated person for each team, who will be identified at the start of the season. The designated attendance keeper will be responsible to turn in attendance records on a weekly basis and prior to the start of all games. The club will communicate in a consistent manner with impacted athletes and families when an athlete is required to sit out any portion of a game.

Any parent or guardian may inquire at any time about the number of absences their child has.

Practice Cancellations

Practices are rarely cancelled due to rain. However, if LIGHTNING occurs, practice will be suspended, and all athletes will seek shelter as directed by the club/their coaches, for 30 minutes from the last lightning occurrence.

Practice cancellation will be determined by the executive board of directors. Should practice be cancelled for weather or any reason, Canton Lions volunteers will remain with the athletes until everyone has been picked up. **As a courtesy to our volunteers, if thunderstorms/severe weather is in the forecast on practice days, please either remain at the fields during practice or be prepared to pick up your child early, in the event practice gets cancelled.**

If practice should be cancelled for any other reason, the football unit/cheerleading director and/or the head coaches will communicate the cancellation. A representative of the Canton Lions will be at the field to inform parents of the cancellation.

Football

Football Age and Weight Requirements

Team	Age Group, Birth Date Between:	Weight
Junior Freshmen	Sept. 1, 2013–Sept 2, 2010	Max 110 lbs.
Freshmen	Sept. 1, 2008–Sept 2, 2010	75–125 lbs.
Junior Varsity	Sept. 1, 2008–Sept 2, 2006	75–145 lbs.
Varsity	Sept. 1, 2007–Sept 2, 2004	100–175 lbs.

Conditioning/Practice Schedule

Western Suburban Junior Football League rules require four weeks of football conditioning/practice prior to the first game to help reduce risk of injury. **ALL football teams** will convene for conditioning Monday, July 22, 2019, 6–8 p.m. at the practice fields at Heritage Park. Conditioning takes place Monday through Friday, **July 22–July 31, 2019**.

Practice, with partial or full equipment, as specified by the club/head coach, begins **Thursday, Aug. 1, 2019**. Practice takes place Monday through Friday each week through the Friday before the first regular-season game.

After the first game, freshmen, junior varsity and varsity athletes will practice four days per week (Tuesday–Friday) 6–8 p.m. at the practice fields. Junior freshmen athletes will practice three days per week (Tuesday, Wednesday, Thursday), also 6–8 p.m. at the practice fields.

Once it begins to get darker earlier, the practice start time will change to 5:30 pm. Any change in practice schedule and/or practice time will be communicated by the club/head coach.

Practice Location

The practice field is located off of Canton Center Road, one mile south of Cherry Hill, behind (west of) the Canton Township fire station.

Practice Attire

Players should wear football shoes (non-metal cleats), shorts and a t-shirt. Camp gear (a pair of shorts and a Canton Lions t-shirt) will be provided for each athlete on or prior to the first day of conditioning. Athletes should wear their camp gear, or similar attire, during conditioning. For the first two weeks of conditioning/practice, athletes must have their last name printed across the back of their shirt or printed on tape placed on the back of the shirt.

Prior to practice beginning, head coaches will instruct athletes of proper gear to wear (helmets, mouth guards, etc.). Football players will be issued practice pants and jersey; families may also wish to purchase their athlete (and themselves!) a practice jersey personalized with the athlete's last name and number. Purchase of a personalized practice jersey is optional. Purchase details will be shared and posted online at www.lionsfootballcheer.com.

Cheerleading

Cheerleading Age Requirements

Team	Age Group, Birth Date Between:
Mascot	Sept. 2, 2011–Sept. 1, 2014
Junior Freshmen	Sept. 2, 2010–Sept. 1, 2012
Freshmen	Sept. 2, 2009–Sept. 1, 2010
Junior Varsity	Sept. 2, 2006–Sept. 1, 2009
Varsity	Sept. 2, 2004–Sept. 1, 2007



Conditioning/Practice Schedule

Western Suburban Junior Football League rules require four weeks of cheer conditioning/practice prior to the first game to help reduce risk of injury. **ALL cheerleading squads** will convene for conditioning Monday, July 22, 2019, 6–8 p.m. at the practice fields at Heritage Park. Conditioning takes place Monday–Friday, **July 22–Aug. 2, 2019**.

Beginning the second week of practice, **Monday, July 29, 2019**, the freshmen, junior varsity and varsity squads practice five days a week (Monday–Friday) 6–8 p.m., while the junior freshmen squad will only practice Tuesday, Wednesday, Thursday and Friday. Once the games begin, freshmen, JV and varsity cheerleaders will practice three days a week (Tuesday, Wednesday and Thursday); junior freshmen will only practice on Tuesdays and Thursdays.

Practice Location

Practice will be indoors and outdoors throughout the season. The outdoor practice field is located off of Canton Center Road, one mile south of Cherry Hill, behind (west of) the Canton Township fire station. The indoor practice location, to allow time on the mats to practice tumbling and stunting, is located at Premier Sports Academy at 2625 E. Michigan Ave, Ypsilanti.

In October, cheerleaders will transition to indoor practices only. The cheer director will provide a detailed practice schedule.

Practice Attire

Cheerleaders should wear loose-fitting shorts (no jean shorts or button pants), supportive gym shoes and a plain t-shirt (no spaghetti straps). Jewelry, hair beads, nail polish and makeup are **not allowed** to be worn at practice **or** games. **No exceptions!**

Camp gear (a pair of shorts and a Canton Lions cheer t-shirt) will be provided for each athlete on or prior to the first day of conditioning. Athletes should wear their camp gear, or similar attire, during conditioning.

Practice Schedule for Cheer Rally

Two weeks prior to Rally, all cheerleaders are required to practice every weekday (five days a week).

EQUIPMENT ISSUANCE

Only athletes with paid registration will be permitted to pick up their uniform. If an athlete experiences a problem with the fitting of a piece of equipment, he or she should see the head coach. **Please do not wait until game day to try on game pants, jerseys, skirts or shells!**

Additional gear, such as footwear, must be purchased/provided by the athlete/athlete's family. The club partners with local sporting goods stores prior to the start of practice to offer special discount days. Board members and coaches are on hand at the events to answer questions and provide advice. See the "special events" section of this handbook for details. The events are also promoted at www.lionsfootballcheer.com and www.facebook.com/cantonlions.football.cheer.

Questions? Contact the football unit director (cantonlionsunitdirector@yahoo.com) or cheer unit director (cantonlionscheerdirector@gmail.com).

Equipment Care

Parents/guardians are responsible for the equipment that is issued to their athlete. Please use proper care and washing to ensure the uniform remains intact and properly fitting throughout the season. Please follow the washing instructions on the inside of the garment. Please do not machine dry football or cheer uniforms. Please air dry! **Uniforms are only permitted to be worn at authorized Canton Lions functions. The following replacement fees are subject to change without notice.**

Football

FOOTBALL EQUIPMENT (provided by the club)

The following equipment will be provided to each football player as part of the regular program registration fee. For damaged, ruined or lost equipment, however, parents will be charged the following replacement fees:

• Helmet	\$275
• Game Jersey	\$150
• Pads	\$ 95
• Game Pants	\$ 95
• Practice Jersey	\$ 45
• Practice Pants	\$ 40
• Belt	\$ 20
=	\$720 Total Replacement Cost

ADDITIONAL FOOTBALL EQUIPMENT (to be purchased by parents)

If you have any questions, please contact your child's coach before purchasing anything.

- Football shoes, which shall consist of stitched or molded construction, of leather, canvas or synthetic material with no less than eight (8) cleats per shoe. Soles shall contain composite molded one-piece cleats or screw-in cleats with no exposed metal and not exceeding more than ½ inch in length.
- Girdle/athletic supporter with a hard protective cup. Each football player must wear this equipment to all games and practices. *Note: Girdle pads will be supplied by the club.

Cheerleading

CHEERLEADING EQUIPMENT (provided by the club)

Cheerleaders must bring **all** equipment to games, including shoes and wind suits. Failure to do so will result in sitting out the game. **Do not loan, borrow or give** your equipment to anyone.

The following equipment will be provided to each cheerleader as part of the regular program registration fee. For damaged, ruined or lost equipment, however, parents will be charged the following replacement fees:

• Running Suit	\$150
• Shell	\$ 75
• Shirt	\$ 75
• Crop Top	\$ 50
• Cheerleading Bag & Tag	\$ 40
• Pom Poms	\$ 30
• Rain Jacket	<u>\$ 30</u>
=	\$450 Total Replacement Cost

ADDITIONAL Cheerleading EQUIPMENT (to be purchased by parents)

If you have any questions, please contact the cheer director before purchasing anything.

- Cheer shoes and socks.
- Underpants/brief.
- Hair ribbon/bow.

REFUND AND CHECK POLICY

Refund Policy

All refund requests must be submitted in writing and emailed to:

cantonlionspresident@gmail.com

cantonlionstreasurer@yahoo.com

cantonlionssecretary@gmail.com

- **Up until 11:59 p.m. on June 30, 2019:** If an athlete decides not to participate in the 2019 season, the parent/legal guardian will be refunded the registration fee — minus \$25 per athlete for administrative costs.
- **From July 1, 2019, until 11:59 p.m. the Sunday before the Monday of the third week of conditioning/practice (Sunday, Aug. 4, 2019):** 50 percent of the registration fee will be refunded.
- **As of the Monday of the third week of conditioning/practice (Monday, Aug. 5, 2019):** No refunds will be issued.

In addition, for parents/legal guardians who have chosen the “buy-out” option for fundraising, all monies are required to be turned in to the club prior to any refund being issued. The buy-out fee is nonrefundable.

Check Payment Policy

It is the Canton Lions Junior Football Club policy to prefer checks or money orders for all club payments in an effort to minimize the amount of cash handled as well as provide the necessary accounting documentation. If you must pay with cash, you should always expect a receipt.

In the event that your check is returned from the bank, you will be charged a \$25 administrative processing fee. Additionally, you will need to remit payment immediately in the form of a money order. Once a check is returned, the Canton Lions will no longer accept checks from you for the

remainder of the season. Make all checks and money orders payable to: CANTON LIONS JR. FOOTBALL CLUB

SIBLING DISCOUNTS

Because the Canton Lions encourage all children to join, the club offers a discount for siblings of current, registered football players and cheerleaders. Once the full registration fee has been met for your first child, each child thereafter can participate for a registration fee of **\$25 less** per player or cheerleader. There is no discount on the mandatory fundraiser buyout or other fees required per child.

PARENTS' ROLE IN THE CLUB

The athlete's experiences and the club's success can only be achieved with the help of **all** parents. The club understands spare time is very valuable and that many parents of our Canton Lions football players and cheerleaders work outside of the home. However, the club still strives for there to be an understanding and cooperation among players, coaches and parents. The progress an athlete makes depends, to a great extent, on this relationship.

The following guidelines are offered to help foster this relationship and so we can work together to help each athlete reach his or her full potential. (See also the "Games" section/"Code of Conduct.")

- Be positive and supportive with your athlete. An athlete's self-confidence and self-image will be improved by support at home. The greatest contribution you can make to your athlete's progress is to be a loving, supportive parent. Let him or her know that you are proud he/she is part of a team. Focus on the benefits of teamwork and personal discipline.
- Allow your athlete to perform and progress at a level consistent with his or her ability. Athletes mature at different ages; some are more gifted than others. Over the course of a season, players usually improve.
- Promote having fun and being a team player.
- Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team. Be slow on sympathy. You love your child and want what's best for him or her. Football is not a comfortable sport. Athletes are tired, sore, pushed mentally and physically and will not be happy all the time. Be a positive support, but let him or her work through these challenges themselves.
- Insist on positive behavior in school and a high level of performance in the classroom.
- Let the coaches do their job and support them when decisions are made. When parents interfere with opinions about how the player should perform or train, it causes considerable, and often times insurmountable, confusion for the athlete. Encourage your child to excel, but recognize that there might be times when things do not go the way you or your child wishes.
- Cheer for our team and players. Opponents and referees also deserve respect. Parents who publicly criticize players or coaches at games or practices embarrass themselves, their children, the coach and anyone else within earshot. This type of behavior also serves as a poor example to our children.

Parent Participation

The Canton Lions Junior Football Club is highly respected within the Western Suburban Junior Football League (WSJFL). This reputation is earned, in part, through the efforts and involvement of our volunteers. The club **requires all parents** to participate in **Five (5) homegame day** activities or special events **per child** during the football/cheerleading season. *The **only** exceptions to the volunteer requirement are executive board members, head coaches and up to four (4) assistant coaches, because of the extensive time they've already committed to fulfill these critical roles. Any

other exceptions to the five (5) volunteer-activities requirement must be approved by simple majority vote of the executive board and communicated to the parent league.

On game days, there are four games, each lasting approximately two hours. Parents are required to sign up for game day activities following the mandatory parent meeting, or as communicated by the club.

Monthly Parent-Board Meetings

Please try to make a point of attending the monthly parents meetings in order to be a part of the planning, management and decision-making process for the Canton Lions Junior Football Club. The club meets the **second Tuesday of each month**, except December, at 8:30 p.m. August–November, and 7 or 8 p.m. during off-season months. To confirm meeting dates, times and locations, please visit the Canton Lions website for the most up-to-date information, www.lionsfootballcheer.com.

After you attend at least three monthly parent meetings in the calendar year, you've earned the right to vote in organization elections. Remember, our Canton Lions family is always changing as our athletes grow and move up to the high schools. You are the future of the Canton Lions, and we hope to see you at the next parents meeting!

Parent–Coach Communication

To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, athletes and coaches. Listed below are some guidelines for effective communication between parents and coaches.

Communication Parents Should Expect from Coaches

- Coach and program philosophy.
- Individual team expectation.
- Location and times of all practices and contests.
- Equipment/attire specifications for practices and games.
- Procedure, should your athlete be injured during participation.
- Discipline/Behavior that may result in the denial of your athlete's participation on the team.

Communication Coaches Should Expect from Parents

- Concerns expressed directly to the head coach, according to the concern-resolution process.
- Notification of schedule conflicts and vacation well in advance.
- Support for the program; dedication, commitment and responsibility that are essential to success.

Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically.
- Ways to help your child improve and develop in a sport.
- Concerns about your child's behavior.

Issues Not Appropriate to Discuss with Coaches

- Playing time (Exception: WSJFL minimum-play rule for each participant).
- Play calling.
- Position in cheer formations or sidelines.
- Team strategy.
- Other athletes.

Concern-Resolution Process

If you have a concern with a coach, please follow the procedures outlined below.

There are situations that may require a conference between the athlete, coach and parent(s). These are to be encouraged. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be used to help promote resolution.

Use the "24-hour rule." Wait until 24 hours after the event or practice to discuss a situation with a coach. The situation may look and feel very different after you have had time to reflect upon a concern. **Please do not attempt to confront a coach before or after an event or practice.** These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. Please make an appointment with the coach so all parties are prepared to discuss concerns in an appropriate time and place.

Chain of Command to be Followed:

- Athlete talks directly with coach. If needed, parent makes appointment to talk directly with the head coach.
- If needed, unit/cheerleading director is contacted and director determines who will be attending the meeting.
- Next steps TBD by unit/cheerleading director if the situation is still unresolved.

FUNDRAISING

Overview

Fundraising is readily embraced by some ... and looked upon with less enthusiasm by others. Yet raising funds is a necessary activity for not-for-profit organizations, such as the Canton Lions. Registration fees only begin to cover the very basic operational costs, such as field rental fees and equipment certifications; any additional necessary items, such as replacing old and worn-out uniforms as just one example, must come from funds raised by our families. Because our organization is fully volunteer led, every dollar raised goes directly to the expenses responsible for making our organization better and stronger.



All Canton Lions participants are required to participate in one annual mandatory fundraiser involving the sale of an item, while the majority of fundraising takes place via restaurants, grocery rewards-card designations, parent activities (golf outing, casino night), etc.

We understand not everyone can attend every event, but we would be most grateful if everyone could come to a few throughout the year. The organization will make every attempt to host these fundraising events outside of practice days, starting with preseason.

A special thank you goes to all families who already participate to provide that extra support for the Canton Lions. If you would like to volunteer to help with the planning and execution of fundraisers, please contact Canton Lions vice president, cantonlionsvicerepresident@yahoo.com.

2019 Fundraising Plans

The fundraising committee plans one to two events per month and target a majority of events pre-season or not conflicting with practice and game times. Most events are open to all athletes, friends and family members.

Mandatory fundraiser — All families are required to pay either the club mandatory fundraiser fee (buyout) of \$150 or to participate in one of the club's mandatory fundraiser alternatives to offset or cover 100 percent of the fundraiser fee. If you choose to buy out of the mandatory fundraiser, a \$150 credit card payment, check or money order is due to the Canton Lions Jr. Football Club on or before the **Wednesday, Aug. 14, 2019. No exceptions!**

For the 2019 season, families not selecting the \$150 buyout will be given an option between two mandatory fundraisers. If at all possible, please turn in one check or money order only for total payment of funds raised; cash **will not** be accepted. The total payment is due to the fundraising chairperson or designated individual on or before **Wednesday, Aug. 14, 2019. No exceptions!**

- **Hungry Howie's** — Each pizza certificate is sold for \$7. Families are asked to sell a minimum of 35 certificates, or subsidize the balance with a portion of the buy-out fee. The certificates allow the buyer to redeem at an area Hungry Howie's for a medium, one-topping pizza (the certificate cost is less than the actual menu cost). From each sale, \$4 comes back to the club.
- **Charity Mania Football Cards** — Each football card is sold for \$20. Families are asked to sell a minimum of 12 or subsidize the balance with a portion of the buy-out fee. FootballMania is an exciting sweepstakes fundraiser based on the regular-season weeks of the professional football season. Those who purchase the sweepstakes cards have the opportunity for substantial winnings! All game cards have an equal chance to win prize money based on the performance of the football teams, which are printed randomly on the back. Learn more at www.charitymania.com/footballmania.

Below is a list of fundraising initiatives and events, to date, for 2018.

Bottles and Cans Drive: ongoing — The Canton Lions are holding an ongoing returnable drive, all year long. Whether you drop your empty bottles and cans at the practice shed every week during the season or volunteer to help us recycle on home game days ... all proceeds from the returned bottles and cans will benefit our club.

Car Wash: Saturday, Aug. 10, 2019 — Athletes and parents are asked to participate in our annual car wash. This is also a fun, teambuilding event for athletes and coaches!

Community Rewards — The Canton Lions are enrolled with the Kroger community rewards program. Please be sure to link your Kroger Plus card to the Canton Lions, and a percentage of your everyday shopping comes back to the club. Simply shop, swipe your rewards card ... and Kroger donates to our Canton Lions. Details for enrollment are found on the Canton Lions website (www.lionsfootballcheer.com), are available at all parent meetings, or can be shared upon request.

Parents Night Out / Casino Night: Saturday, Aug. 17 — A charter bus will take all adult participants (you must register for this event) to Greek Town Casino. From there, guests may choose to stay at the casino, or even go on their own to dinner. If you'd like to head to the casino, Greek Town Casino provides \$15 free-play, \$5 Food credit for each participant. Cost is \$45 per person/\$80 Couple. All proceeds from this event, minus actual transportation cost, go directly to the Canton Lions.

Restaurant Fundraisers — Families are asked to come out for lunch or dinner at the designated locations and dates. A percentage of proceeds from the day are donated back to the Canton Lions. Restaurant events are held approximately once per month at different locations throughout Canton. Find dates and details at www.lionsfootballcheer.com.

Other new ideas are always being considered for addition to our program. Please let us know if there is something you would like us to consider or do differently by contacting Canton Lions treasurer, cantonlionstreasurer@yahoo.com.

FUNDRAISING AND OTHER SPECIAL EVENTS

The schedule and details for special events are posted on the calendar at www.lionsfootballcheer.com. Check back often, as new events are being planned!

Mandatory Parents Meeting: Sunday, June 9.

Canton Lions Free Mouth Guard Clinic at Today's Orthodontics: TBA

Canton Lions Shopping Days at Dick's Sporting Goods: Saturday–Sunday, July 13–14 — With 20 percent coupon (www.lionsfootballcheer.com, forms & flyers page).

Annual Family Potluck Picnic: Sunday, July 21, 5 p.m. — Heritage Park North Pavilions (behind/west of the fire station). The annual Canton Lions Family Picnic gathers all participants for a cookout, fun and to meet and greet coaches, board members, teammates and parents. This gathering is a perfect way to start the new season!

Car Wash: Saturday, Aug. 10— At Tony Sacco's Coal Oven Pizza, Canton.

Downtown/ Casino Night: Saturday, Aug. 17(adults only).

Pep Rally: Friday, Aug. 23—After the last practice prior to the first game, Canton Lions practice fields.

Photo Day: Monday, Aug. 26 — Heritage Park/Canton Lions practice fields. No practices will occur on photo day. For 2019 yearbook purposes, **every** football player, cheerleader and coach should have their individual picture taken by the photographer.

Homecoming: Dearborn Tractors, Sunday, Sept. 22, 2019— Join us for an extra-special day of football, cheers and 55th Anniversary celebration in a Wizard of Oz Theme. An on-field ceremony will take place prior to each game, with the respective players and their families.

Cheerleading Rally: Saturday, Nov. 9 — Hosted by WSJFL, taking place at Belleville High School. The annual WSJFL Keith Demolay Cheer Rally showcases the cheer squads from all organizations in the league. The winners are recognized with gold, silver or bronze medals for cheer and dance routines.

Super Bowl: Sunday, Nov. 10 —The top two teams in each division will earn a chance to compete in the WSJFL Super Bowl. Playoffs will take place over the weekend of Nov. 2-3. Schedules and information will be shared following the playoff games.

2019 Banquet: Sunday, Nov. 17, noon–4 p.m. — Hellenic Cultural Center, 36375 Joy Road, Westland 48185. Join the celebration with families, coaches and teammates. The banquet is a special time to recognize team and season successes. Purchase tickets in advance. Football players and cheerleaders are admitted free of charge.

GAMES

For convenience, the schedule, time, dates, addresses and other important information regarding games are posted at www.lionsfootballcheer.com. There are no games over Labor Day weekend.

Game Attendance

It is recommended that parents make every possible effort to attend all home and away games. The football players and cheerleaders are expected to put forth their best efforts at all times, and parental support helps to encourage this. Parents are also encouraged to invite family and friends to attend the games. The games are lively and most enjoyable when everyone becomes involved!

Code of Conduct

Every athlete's parent or guardian has read and accepted the Canton Lions Parent's Code of Conduct Contract during the registration process. It is the responsibility of the parent/guardian to also share the code of conduct expectations with any other friends and family members who may also attend Canton Lions games and events, as all are expected to adhere to the policy.

Violating the code of conduct may result in disciplinary action which may include, but is not limited to, restrictions placed on fan access to practices, expulsion from games and suspension or termination of an athlete's participation with the Canton Lions, without the refund of fees.

The code of conduct may be read in its entirety at www.lionsfootballcheer.com.

Student Athlete Grade Checks

It is important that our athletes put effort on the field and in the classroom. Periodically during the season, the club will ask for the athletes to provide their grades and teacher signature/comments to make sure they are keeping up in the classroom. If there are issues, we can help the athlete in coursework with tutoring and mentoring. Playing time will not be affected.

Football Minimum-Play Rule (From WSJFL Rule Book)

"Every freshmen, JV and varsity player who is in uniform for a game must play at least five (5) plays in each half, except in compliance with the 21-point rule or (if) the other team has been notified that a player cannot participate because of injury, sickness, weight disqualification or disciplinary action." With the sanctioning of junior freshmen being added to the WSJFL league, the minimum play rule has changed and now requires that every junior freshmen player who is in uniform must play at least seven (7) plays in each half, except in compliance with the rules noted earlier.

Game Times

Home and away standard game times are: junior freshman, 10 a.m.; freshman, noon; JV, 2 p.m.; varsity, 4 p.m. The Canton Lions board and/or head coaches will inform athletes in the event there are any changes to game times.

Cheerleaders: Cheerleaders must be at the field 60 minutes prior to kickoff of their respective squad's game, for stretching and conditioning.

Football players: At the last practice prior to game day, coaches will inform all players of the time they are expected to be at the field. This is typically 60 minutes prior to kick off, for stretching and conditioning.

Game Schedule

2019 CANTON LIONS GAME SCHEDULE

UPDATED AS OF 7-1-19

Unless otherwise noted, Canton Lions home games are played at Plymouth-Canton Educational Park Varsity Turf Field, 8415 Canton Center Road, Canton 48187.

Opponent field addresses can also be found at www.lionsfootballcheer.com.

**Please confirm details with your coach, as game details are subject to change. **

DATE	OPPONENT	LOCATION
Sunday, Aug. 25 10 a.m.-6 p.m.	Westland Comets	LIONS HOME FIELD
Sunday, Sept. 8 10 a.m.-6 p.m.	Redford Eagles	LIONS HOME FIELD
Sunday, Sept. 15 10 a.m.-6 p.m.	@ Michigan Panthers	PANTHERS HOME FIELD *NEW* <u>Detroit Catholic Central</u> 27225 Wixom Road, Novi, MI 48374
Sunday, Sept. 22 10 a.m.-6 p.m.	Dearborn Tractors **Homecoming**	LIONS HOME FIELD
Saturday, Sept. 28 10 a.m.-6 p.m.	@ Dearborn Thunderbirds	THUNDERBIRDS HOME FIELD <u>Edsel Ford High School</u> 20601 Rotunda Dr, Dearborn, MI 48124
Saturday, Oct. 5 10 a.m.-6 p.m.	@ Garden City Cougars	COUGARS HOME FIELD <u>Garden City High School</u> 6500 Middlebelt Rd, Garden City, MI 48135
Saturday, Oct. 12 10 a.m.-6 p.m.	@ Westland Meteors	METEORS HOME FIELD <u>Wayne Memorial High School</u> 3001 4th St, Wayne, MI 48184
Sunday, Oct. 20 10 a.m.-6 p.m.	Dearborn Heights Redskins	LIONS HOME FIELD



ROUND 1 PLAYOFFS: Oct. 26-27

ROUND 2 PLAYOFFS: Nov. 3-4

CHEER RALLY: Saturday, Nov. 9

SUPER BOWL: Sunday, Nov. 10

Please contact any of the executive board members with questions not addressed in this handbook.

GO, LIONS!

www.lionsfootballcheer.com