

AMADOR JUNIOR BUFFALOS

2018 Participation Handbook

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

ORGANIZATION AJB, also known as the Amador Junior Buffalos, 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 Amadorjrbuffs.com. We are affiliated with the Mother Lode Valley Football League (MVFL), and are a feeder to the Amador High School Football program.

Football – there are four (4) teams, based on age and weight policies established by MVFL (Varsity, Jr. Varsity, Novice and Jr. Novice). A maximum number of players are allowed for each organization per the MVFL By-Laws. It will be the responsibility of the AJB Board of Directors to limit players in each division in accordance with MVFL By-Laws. The AJB Board will work with coaches when player numbers exceed 35 per level (25 at Jr. Novice level) to reduce the number of players via level transfer or dropping players. Dropped players will have the opportunity to apply for registration with a neighboring organization.

Cheer – there are four (4) regular squads with up to 25 participants on each, based on age policies established by MVFL.

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. Failure to do so will result in the ineligibility of your child to participate.

ELIGIBILITY Teams that are not filled by eligible participants (per the By-Laws) are open to non-residents in accordance with MVFL guidelines. Proof of residence or enrollment is required and all transfers must be reviewed by the MVFL board of directors annually. The AJB Board of Directors is not required to accept or sign any transfers.

ROLES AND RESPONSIBILITIES

AJB is operated entirely by volunteers – every activity that is part of our program occurs through the efforts of volunteers. Board members, coaches and advisors donate countless hours 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:

Board of Directors – these volunteers are elected to three (3) year terms by the general membership. They are responsible for management of all operations in the program, including oversight of the volunteer network. Other board officers are appointed, as needed, for a one-year term, per the by-laws.

Football Coaches – these volunteers manage all practices and games for AJB. 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, as well as management of parent relations and communications. All issues and questions should be directed to the Head coach before going to the Vice President.

Cheer Coaches and Youth Advisors– There are up to two (2) coaches and youth advisors per squad, per League guidelines. The adult coaching staff is responsible for discipline, parent communications, planning squad events and programs, team building, youth advisor relations, and squad fundraising. The youth advisors are responsible for developing game and competition routines, teaching the routines, and strengthening cheerleader skills. Parents may not discuss the routines or formations with the youth advisors; these issues should be directed to the Vice President Cheer.

Parent volunteers – we need at least 60 volunteers for each home game to staff the snack bar, gate, and AJB Apparel store, etc. Every parent is required to volunteer a minimum of 4 hours for each child that you have in the program, equal to two 2- hour shifts at football games. Documentation of volunteer hours will be kept to assure compliance and loss of child mandatory participation rules may be applied if volunteer time is not given. Volunteer hours may be “bought out” at a rate of \$75. per 2-

hour shift (scholarships excluded from buy-out option).

General membership volunteer hours must be completed during the following AJB events: AJB concession stand, home football games (including field preparation), AJB fundraising events requiring extra volunteers, and home postseason football games (including field preparation if applicable).

Volunteer hours will not be counted for events such as: football chalk talks, team building parties, or transportation. Volunteer hours not listed above may be completed if they are approved by the President prior to completing those hours. Such request must come in writing one week prior to event. In addition, volunteer hours may be waived if the need exists. This need must be documented in writing and supporting documentation may be required. Any request for waving of the mandatory volunteer hours is subject to AJB Board approval.

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 MVFL rulebook. They are expected to act with courtesy and respect, particularly when wearing AJB uniforms or other AJB 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

Amador Junior Buffalos are known for pride and respect – to each other, to MVFL associations and leadership, to coaches, parents, teachers and classmates. Any derogatory comments, mocking of others, 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 wellbeing of everyone involved, AJB provides these rules concerning parent conduct.

- (1) 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.
- (2) Alcohol, tobacco use or drugs at practices or games, or other AJB-sponsored activity during the regular season, play-offs or cheer competitions is strictly prohibited.
- (3) Parents must stay in the areas designated by the local association during all practice sessions and games. Parents are never allowed on the field, sidelines, or locker rooms during practice or games.
- (4) Parents are encouraged to cheer loudly for your team, but always in good taste and never in a way that is disparaging to the opposing team. Unsportsmanlike conduct is prohibited at all times, and can result in penalties to the team on the field.
- (5) 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.
- (6) 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.
- (7) Parents are responsible for getting all players to and from all games and practices, on time. AJB cannot be held responsible for the health and welfare of unattended children. Siblings of players and cheerleaders will not be

supervised and are not permitted on the sidelines or practice fields unless in an official capacity with the Program.

(8) Parents are responsible for the replacement of damaged or lost equipment.

Required Youth Conduct

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

- Good grades in school are encouraged. A "C" average is expected.
- Vulgarity, temper tantrums, and fighting are absolutely prohibited. Any player or cheerleader observed displaying conduct below the acceptable standards for an AJB may be subject to suspension.
- 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 may result in disciplinary actions being taken including being suspended from a game at the discretion of your coach.
- 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.
- Uniform is to be worn by the registered player or cheerleader.
- Participants are required to wear the complete official practice uniform and pads to each practice.
- Participants are expected to learn and know their plays (offensive and defensive) and cheer routines. Failure to learn plays and cheer routines place the participant and other participants in danger. Violation will be documented by the coaching staff
- Participants engaging in public displays of affection while in AJB approved uniforms are not permitted at any AJB sanctioned events. Violations may result in loss of mandatory play or participation in cheer presentations

Should violations of the Required Conduct or other policies outlined in this handbook occur, they will be handled in the following way and documented on the official AJB disciplinary forms. This form will be provided to the participant during practice and will be required to be signed by participant and parent and returned prior to further participation in the program.

Youth

- First incident – the head coach will take the child aside and speak with them privately about the behavior and consequences. The incident will be documented in writing and Mandatory Play Rules may be affected.
- Second incident – the head coach and either the Vice President or, President or another level Head Coach will meet with the parents and the child privately, documenting the incident in writing. Mandatory Play Rules will be affected.
- Third incident – the incident will be reported to the Vice President for documentation, and the child will be suspended for one game.
- Fourth incident – the incident will be documented and the child may be dropped from the roster. Additional game suspension/s may also occur.

Any step in the discipline process can be skipped or bypassed if the situation warrants and will be at the discretion of the AJB Board of Directors in conjunction with the Head Coach. Disciplinary action is cumulative and remains in force until written notification is provided to the parent and participant.

Adults

- Amador Junior Buffalos Executive Board has established a **NO TOLERANCE POLICY FOR IMPROPER ADULT BEHAVIOR**. Each parent or guardian (adult) will be required to sign that they have read and agree to comply with the Adult Code of Ethics (copy below). Violation of the Adult Code of Ethics will result in immediate termination of AJB membership.

Amador Junior Buffalos Youth Football and Cheer

Amador Junior Buffalos Youth Football and Cheer is a non-profit volunteer organization, with the sole purpose of promoting youth tackle football, competitive cheerleading 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 wellbeing of my child ahead of my personal desire to win.
- I will insist on a safe anti-tobacco 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.

I understand that AJB has adopted a **NO TOLERANCE POLICY**. If I violate any of the Code of Ethics it may result in termination of my child's and my participation from any AJB activity for not less that the balance of the current season, or as determined by the AJB Executive Board, the loss of my membership permanently.

COMMUNICATION - Football/Cheerleading

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. 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 Vice President and/or President. You must complete and submit an official complaint form in writing for Board review. No complaint will be considered if not in written form. You may obtain a copy of the complaint form from the appropriate Vice President or Secretary.

SCHEDULE

Practice begins on the date specified by MVFL.

Before Jamboree: Football & Cheer – Jr Novice, Novice, Jr. Varsity, and Varsity will practice from 6:00 – 8:00 pm Mon-Fri (10 hours per week) at designated practice fields.

After Jamboree: Football - Contact practices will not exceed three in a seven-day period. Practices will be Tuesday–Thursday from 6:00 – 8:00 pm. Film sessions may occur and will not constitute a practice per MVFL. Cheer - Contact practices will not exceed three in a seven-day period. Practices will be Tuesday–Thursday from 6:00 – 8:00 p.m.

During the playoffs: contact practices remain the same as regular season unless a day of the week change is granted by the Board to the Head Coach.

FEES - FOOTBALL & CHEERLEADING

A registration fee for each football player and cheerleader is assessed prior to the beginning of each season. The fee covers all AJB services provided directly to the child. The breakdown for the cheer registration fee will be disbursed

by the Vice President of Cheer.

Football Fees

New/Existing first year players = \$150.00

Cheer Fees

New and Existing first year participants = \$100.00

Registration fees for cheer or registration fees for football will be refunded if a player drops (before Jamboree) or is dropped under the terms and conditions of the MVFL By-Laws. The Treasurer will mail your refund check only after all required equipment has been returned to AJB.

The following are guidelines for fundraising within the AJB organization:

- Football and Cheer will have at least 1 mandatory fundraiser.
- If you sponsor AJB as a Corporate/Business sponsor, this sponsorship **DOES NOT** affect your volunteer hour requirement.
- All fundraising will be managed by the Fundraising Coordinator

Mandatory Fundraising requirement of \$100.00 must be paid prior to start of conditioning week or players will not be issued their equipment. Dropped players will only receive a refund of fundraising fees after raffle tickets have been returned. Players who drop themselves will not be issued a refund for fundraising.

SCHOLARSHIPS

Each year the AJB board reviews requests for scholarship players. Scholarships are generally limited to one participant per age group, and will not be given to the same player over multiple years. Parents of scholarship players will be expected to volunteer a minimum of 8 hours for each child granted a scholarship. 4 hours per player will be required prior to the end of the first varsity home game. The remaining hours must be completed prior to the end of the third varsity home game. Failure to complete the required volunteer hours within the time requested will result in the player being removed from the roster. Parents of scholarship players will remain responsible for the mandatory \$100 fundraising fee required prior to equipment handout.

Football Player Requirements

Players must meet weight requirements within their age/weight categories per the MVFL By-Laws on the last practice day before Jamboree. Players who do not meet the weight requirements for their age division before Jamboree may result in being moved to a different level at the discretion of the Board and coaching staff, or be dropped from the roster. All players must certify for their age/weight category by the jamboree per MVFL rules.

Cheer Training Camp

Cheer – Training Camp is held in March each year. Applicants participate in a one to two-day clinic, during which time they are taught a cheer/dance routine. They perform this routine in small groups before independent judges. Extra points are awarded for those who demonstrate unassisted proficiency in tumbling during the clinic. Attitude and attendance during the clinic are also included in the evaluation. Additional Clinics may be offered

AJB utilizes volunteer coaches for both cheer and football. Football coaches 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.

Cheer Coach Selection Process

1. All parents and prior season coaches are invited to submit an application once the regular season ends.
2. Requirements are good communication skills, demonstrated teamwork experience, a willingness to work well with other coaches, and an understanding of the needs in the age group they work with.
3. Any coach applicants who were not actively involved during the prior season will be interviewed by the Board of Directors. While we recognize that there are advantages to having a coach/coaching staff move up with girls, we also recognize that new coaches bring new ideas and energy that also benefit the team.
4. The Board of Directors reviews all applications and select head coaches.
5. The newly appointed head coaches are given the other applications and select two assistant coaches from the pool of applicants.

Cheer Youth Advisor Selection Process

Youth Advisors are generally high school students with extensive cheer experience. Minimum grade level to instruct is 9 The grade. Applications are prioritized as follows:

1. Returning youth advisors who wish to move up with their squad.
2. Returning youth advisors who wish to move to another squad where there is a vacancy.
3. Amador High School cheerleaders who did not instruct.
4. Amador Buffalos Varsity cheerleaders who will be in high school the following season.
5. Other cheerleaders, such as those coming from all-star teams.

The V.P of Cheer reserves the right to deny a youth advisor application from any youth advisor exhibiting attendance or behavior problems during the prior season.

Football Coach Selection Guidelines

1. All parents, prior season coaches and interested individuals are invited to submit an application once the regular season ends and applications are available.
2. Requirements are good communication skills, demonstrated teamwork experience, a willingness to work well with other coaches, and an understanding of the needs in the age group they work with. For a full list of requirements and expectations of a head coach, review the coach's application and talk with the VP.
3. If the applicant was not a head coach in the prior season, they will be interviewed by the Board of Directors. If a head coach from the prior season is in good standing and is the only applicant for a team, that coach may forgo the interview, if approved by the Board.
4. If there is more than one applicant for a particular team, then all applicants will be interviewed for that team, even head coaches from the prior season.
5. If there is a conflict of interest (e.g., one of the interviewers is applying for a head or assistant coach position for the same team) then other board members will be selected to conduct the interview.
6. The Board of Directors reviews and approves the assistant coaches.
7. Once appointed, head coaches are given the other applications and up to (4) Assistants Coaches from the pool of applicants may be selected with the minimum of three required and up to four (4)

Passing all selection processes does not ensure an applicant a coaching position with the program.

ATTENDANCE

Attendance at all practices and games is mandatory. Failure to properly attend games and practice will result in the coaches implementation of the disciplinary policy previously outlined. A participant will not be issued additional unexcused days due to the longer season and playoffs. Participants are allowed only five excused absences per season. Any unexcused absences of one (1) day during the week will result in the reduction of MPR's to one (1) play for the upcoming game. Excused or unexcused a participant must participate in a minimum of one (1) practice during a game week or they will not be permitted to suit up and will be ineligible to participate in that game.

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 tryouts, service organizations such as scouts, if the other activity overlaps tryout hours.
6. Prescheduled family vacations. (Head coach must be notified in advance)

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

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 unexcused absence can be moved to another position in the routine or dropped from the routine altogether. See Cheer handbook for additional information.

UNIFORMS

AJB has adopted the practice, game day, and competition uniform requirements established by MVFL.

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

Football -pants, pads, helmets, practice jersey

Cheerleader -skirts, vests, body liners, 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 their full uniform/jersey to school on Fridays before each game. Players and cheerleaders are encouraged to wear their jerseys/uniforms to all high school home games.

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

FOOTBALL CHEER

Provided and must be returned to AJB	Owned by player	Provided by AJB	Owned by Cheerleader
Helmet/Chinstrap Shoulder pads Practice and game pants Hip high knee pads Belt Girdle Practice jersey	Rubber cleats Game socks Mouthpiece Home jersey Any extra pads (such as arm/elbow pads) Equipment bag	None	Skirt,vest,bodyliner Personalized warm-ups Shoes Practice uniforms Camp Wear Personalized equipment bag Briefs Socks

Practice Attire

Football – After conditioning week players are required to wear practice pants, pads, cleats, socks, belt, and helmet with chinstrap, mouthpiece, and practice jersey. Players must wear designated practice jersey only. Jewelry (rings, earrings, necklaces, etc.) may NOT be worn during practice or games. If you forget or lose your mouthpiece, and if the Equipment Manager has an extra, you may purchase another mouthpiece from the Equipment Manager for \$1.00. If you do not have proper protective gear for practice, you may be suspended from practicing, and will be viewed as an unexcused absence. Game pants may NOT be worn to practice. Cleats must abide by the MVFL Rulebook.

Cheer -participants will wear the official practice uniform. Apparel may not have hoods, pockets, zippers, rhinestones, or snaps. Lycra leggings may be worn during cold weather. Cheer shoes (without loops or buckles) with socks (no nylons) and shoelaces are required at all times. Participants may not wear jewelry, or have fingernails that extend beyond the end of fingers. All other body pierced rings (earrings or other body piercing) must be removed or taped.

Game Day Attire Rules:

Football -players will wear game pants, AJB socks, cleats, shoulder pads, girdle and pads, pads for pants, belt, and 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), shell (or shell and body liner), socks, shoes, briefs and game bow, as directed by individual coaches. Warm ups and a change of clothes should be in your cheer bag at all times. AJB 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 – Player will be benched and will be required to remain at the game and on the sidelines for the duration of the game.

Cheer – Cheerleaders will be benched and will be required to remain on the designated cheer bench with the coaches throughout the game.

GAMES

All game participants must certify before each game. MVFL rules require that any participant who does not certify will be suspended from that game. Football players and cheerleaders are required to arrive 90 minutes before the scheduled start of their game to weigh-in, certify, and warm up.

Mandatory Play Rules (MPR)

Players will have a minimum number of plays they will be required to play during the course of a regulation game per MVFL rules. A regulation game is defined as the first regular season game through the last regular season game and does not include dual practices, scrimmages, pre-season, playoff games, or the super bowl.

* AJB does not guarantee equal play time between players.

* Disciplinary action may result in adjustments to the MPR's.

**Player MPR's may be adjusted if the head coach determines that the player is a safety risk and cannot protect himself/herself on the football field.*

FOOTBALL PLAYOFFS

The MVFL rules outline playoff requirements for football. Qualifying teams are invited to participate based on season record and other criteria, and move up through the playoffs (including the championship game) as long as they continue to win. Cheerleaders are expected to attend playoff games for their respective teams, unless they are involved in competition.

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 may 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 during practices or games. In addition, no fluids other than water will be permitted on the sidelines at away games played on synthetic turf fields.

Physicals – every participant is required to provide proof of a physical dated after January 1st of the current year by a recognized medical doctor prior to the first week of practice at family expense.

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

Equipment – required equipment is evaluated by outside vendors to ensure quality and safety. Cheerleaders will stunt only on grass or mats that are at least 1/2" thick.

Special Needs - If it is determined by the parents, coaches, or Board that a child has special needs or lacks the necessary capability to protect themselves or other players during the course of practice or game, this child may be removed from physical contact or simulation play conditions. An alternative practice environment may be created for involvement, but the Mandatory play Rules will be altered or dropped. This determination will come from the Board and must be requested in writing.

Certification – cheer stunt groups 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 – a certified medical person 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 familiar with 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 monitored. *Any injury that results in a player not being able to continue in a practice or a game must provide written clearance from a doctor to return to practice.*

Support devices – casts or braces with extensive metal or hard plastic may not be worn during practice or games at any time.

Medical Concerns- If at any time any coach suspects a medical problem, documentation will be required to clear up the problem.

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.

Football – a non-contact football camp will be hosted annually by Amador High School Football Program. Registered players will be notified of other camps in the area, should they become available. Should a participant desire to participate in additional camps they must submit their request to the V.P of Football for approval and the Equipment Manager will arrange for the issuance of necessary equipment.

Cheer – There will be a Cheer camp led by Amador High School Cheer program. In addition, additional stunt camps may be scheduled as needed. Coaches/Instructors - As required by MVFL, coaches and instructors will be required to attend a hosted clinic in accordance with MVFL By-Laws. **Coaches will also be required to attend all mandatory AJB coach's meetings.**