

**SENECA FALLS JR.
FOOTBALL AND CHEERLEADING
LEAGUE**



**PARENT HANDBOOK
2018 SEASON**

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I. Contact Information

Please visit our team website at www.sjfcl.org and FLYFCL at www.flyfcl.org and be sure to like our Facebook page to stay updated on important information!

Board of Directors:

President	Katharine Smith	315-398-9171
Vice President	Christina Wilson	315-759-9622
Treasurer	Colette TenEyck	315-604-7355
Secretary	OPEN	
Football Director	Raymond McLeod	315-871-9170
Cheerleading Director	Kelli Ward	315-871-8684
Program Director	OPEN	
Fundraising Director	Jessica Pemberton	315-568-5909
Concession Director	OPEN	
Volunteer Director	OPEN	

II. Welcome

This handbook was created to provide information that you will need throughout the year. If you find that there is additional information that should be included, please let us know so that we can add it to future editions.

The purpose of the Seneca Falls Junior Football and Cheerleading League is to provide a recreational football and cheerleading program for the youth of the Seneca Falls Central School District, and surrounding areas.

The Seneca Falls Junior Football and Cheerleading League (SFJFCL) is a charter member of the Finger Lakes Youth Football Cheerleading League (FLYFCL). All teams chartered in this league are governed by league rules. All teams are to follow these rules. All coaches in FLYFCL are required to be certified through USA Football, NAYS, and criminal background checks are conducted annually, as well as be trained in Concussion Awareness.

It is our goal to firmly implant in the youths of the community the ideas of good sportsmanship, honesty and loyalty. It shall be the basic policy of the SFJFCL that the attainment of exceptional athletic skill or the winning of games is secondary and the molding of decent men and women is of primary importance. It is our intent to provide a league based on participation and education of the sport in a safe environment.

III. Mission Statement

The SFJFCL is proud to be a part of FLYFCL. The mission of the League is to let the children have fun, give them an opportunity to learn the fundamentals of football and cheerleading. SFJFCL is dedicated to developing and supporting its athletes in their efforts to achieve personal, academic, and athletic excellence. We provide a foundation which prepares student-athletes for future success while serving as a source of pride for community. Our objectives are:

- Improving physical health of children with training, conditioning, and exercise that emphasizes participation and safety.
- Enhancing the psychological well-being of children by reinforcing positive self-image, fairness and participation.
- Using teamwork, sportsmanship, appropriate behavior, and common decency to guide children in social skills.
- Helping children to understand and appreciate the value of personal effort and dedication to team effort.

IV. Coach & Staff Code of Conduct

It is the responsibility of the coach/staff personnel to:

1. Develop and nurture a positive attitude and a positive self-image in all players/cheerleaders.
2. Promote good sportsmanship by exhibiting a good example while coaching.
3. Respect the integrity and judgment of the sports officials.
4. Approach competition as a healthy constructive exercise. A “win at all costs” philosophy is not welcome.
5. Recognize that the participants are youth athletes with many limitations and they will make mistakes.

6. To ensure that all players/cheerleaders are of equal importance in your organization.
7. There should never be any crude, abusive or profane language with youth athletes, officials or spectators.
8. All criticism should be constructive and given in private for the benefit of the player/cheerleader, and will not be degrading of him/her. At NO time shall profanity be used. Violations may result in reprimands, probation, or dismissal of a team, organization, or an individual from “FLYFCL”.
9. Instruct youth athletes in the elements of good sportsmanship. Remove players/cheerleaders who demonstrate unsportsmanlike conduct.
10. Avoid behavior which will incite your athletes, opponents or spectators.
11. Discourage the use and misuse of drugs (including alcohol and tobacco) by youth athletes and spectators.

V. Athlete Code of Conduct

It is the responsibility of the athlete to:

1. Demonstrate self-control and respect for coaches, officials, and spectators at all times.
2. Remember that participation in sports should not be abused by unsportsmanlike conduct.
3. Respect the other team and shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that their behavior while in uniform reflects on their team, their family and their community.
6. Understand and abide by the rules.
7. Accept winning and losing the game with grace and dignity.
8. Just say “NO” to drugs.

VI. Parent & Spectator Code of Conduct

It is the responsibility of the parent/spectator to:

1. Keep cheering positive. No profanity or degrading language/gestures.
2. Avoid actions, which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better informed spectator.
5. Treat all visiting teams in a manner in which you would expect to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of good sportsmanship.
8. Discourage the use, abuse and resulting negative influence of drugs, alcohol, and tobacco.
9. No person shall smoke, chew, or use any tobacco product (Including e-cigarettes and vaporizers) and are strictly prohibited at any practice session, game, on the field, school grounds, at SFJFCL/FLYFCL functions or within the adjacent parking areas within 500 feet of the field, when this League or its League Members are involved.

VII. Parent Participation

The SF Jr Devils Youth Football and Cheerleading Program is a volunteer organization, and in order for the program to be successful, we must have shared participation by all parents/guardians of the children involved.

SIGN-UP

- All parents/guardians (ages 18 and older) will be required to complete game day chores per child participant. Participation may not be limited to a one-time event.
- All parents/guardians will be given their first opportunity to sign up for their preferred volunteer assignments through “SignUpGenius” online service that will be available during the preseason. Parent Participation Job Descriptions are posted on the website.
- A parent/guardian of each youth participant **must** commit to one of the jobs
- You have the opportunity to select a job, on a first-come, first-served basis, through SignUpGenius. If you don’t sign up for a job through this service, you will be assigned one by the board’s Volunteer Director.

NOTIFICATION A master list of game day assignments will be provided on SignUpGenius and distributed prior to the first game. You can also find the master list posted on the SFJFCL website when it is published. A Job Board will be displayed at home games in the Concession Stand with the daily game day postings. Volunteer assignments may be for multiple games. You may be required to participate in multiple games.

If, for whatever reason, you cannot satisfy your participation commitment for a particular game, it is your responsibility to find a suitable replacement and to notify the Volunteer Director before your volunteer commitment.

CONSEQUENCES In order to ensure that all volunteer commitments are met, the Board of Directors has established the following consequence for noncompliance. If any parent/guardian is absent from a game day assignment, without having found a replacement and notifying the Volunteer Director, their child will not be allowed to participate in that day’s game. For parents whose assignments are after their child’s game that day, the consequence will be carried forward to the next week’s game.

VIII. Parent Concerns

If, during the season, you have any issues or concerns at all – please express them. Communication is the key to a successful season. We, as a League, simply ask that you direct your concern in an appropriate manner to the person(s) responsible for your concerns. (i.e. football/cheer concerns to specific Head Coach, etc.) If you are not satisfied with the response, please feel free to file a written complaint and submit to the Board of Directors for review.

IX. Financial Aid

It is the goal of our league to see that all children be afforded the opportunity to play. The SFJFCL offers financial assistance on an as needed basis. Parents in need of financial assistance should fill out a Scholarship Assistance Application and turn into League President or Secretary, and it will be presented to the Executive Board for consideration and approval.

- Parents receiving a scholarship from SFJFCL must volunteer four (4) hours to SFJFCL during the season.
- Scholarship applications and supporting documentation must be turned in by July 15th of the current season.
- If the volunteer hours are not completed, the child will not be allowed to play in the game. The child will remain ineligible to participate in a game until such a time that the hours have been completed.
- Parents who receive a scholarship and fail to comply with the volunteer time will not be considered for a scholarship the following season.

X. Insurance

SFJFCL is insured through a group policy held by FLYFCL, our parent organization. If a participant is injured during a league sponsored practice, event or game, care for the injury will be covered as outlined in the league insurance policy and is **secondary** to the family's medical insurance.

- If your child is injured during a league sponsored practice, event or game, parents must ensure the coach and the Program Director are made aware.
- Regardless of whether the parent feels medical follow up is necessary, the appropriate injury report should be completed by the League in order for the injury to be covered by the League policy down the road if and when treatment is necessary.
- If treatment is necessary, the Program Director will provide the parent with further information regarding the necessary steps to submit for League Insurance coverage.

Please remember, the primary coverage for the injury is the family's insurance. League insurance picks up where the family coverage ends.

XI. Fundraising

Fundraising Obligation for Football and Cheer programs will vary from year to year but are a key component to our programs success and growth.

The fundraising money earned is used for new equipment, uniforms, to pay our yearly fee to play in the FLYFCL league, and any other miscellaneous expenses the Board of Directors deems necessary to have a successful season.

SFJFCL strives to keep the registration fees for our league to a minimum, so we ask that all families participate in our fundraisers.

We have several fundraisers scheduled at this time and will notify you of any that are added.

1. My Gal & Me Paint Nite on Friday, May 11th 6-8pm at Artist's Lounge
2. Paint Raffle on Saturday, May 12th at Artist's Lounge
3. Bottle & Can Drive on Saturday, May 19th 10am-4pm at Coon's Cans
3. Rummage Sale on Sunday, June 3rd 9am-2pm at Fireman's Field
4. Carwash on Sunday, June 10th 10am to 2pm at Abigail's in Waterloo
5. My Pal & Me Paint Nite on Friday, June 15th 6-8pm at Artist's Lounge
6. Chicken BBQ on Saturday, August 18th 11am-gone at Bracht Field
7. FootBall on Friday, September 7th 6-10pm at SF Elks Lodge
8. Cash Raffle

- Information for each fundraiser will be distributed before each one begins.
- An envelope with EACH participant’s name will be passed out containing all pertinent information regarding said fundraiser.
- It is hoped that EACH participant will achieve the goals set forth for said fundraiser to keep registration costs low.

In addition to the fundraisers noted above, you can drop off cans & bottles at Churchill’s Redemption Center on Auburn Road (5&20), Seneca Falls and Coon’s Cans on 5&20 in Waterloo at any time and indicate they are for SFJFCL and the proceeds will be donated to our league.

If you have any questions or concerns about the fundraising, please do not hesitate to contact Jessica Pemberton, Treasurer, at 315-568-5909.

XII. Participant Information

A. TEAM AGE & GRADE REQUIRMENTS

Please note that these ages and grades are guidelines and there is flexibility to be applied on an individual basis, as deemed necessary by the parents and coaching staff. While a child is allowed to play up, with parent and Board approval, no child is allowed to play down, with the exception of flag.

<u>Team</u>	<u>Age</u>	<u>Grade</u>
Flag	5 – 8*	K, 1, 2
C Squad	8 – 10	3, 4
B Squad	10 – 12	5, 6

* Age 5 by December 1st, 2018

B. CAMP

Camp is an opportunity for your child to get a jump start on the season. It is not mandatory; however, it is recommended for all participants and anyone you may know in the community who is on the fence about participating in the League.

Camp will run Tuesday, July 17th through Thursday, July 19th.

Camp will run from 6pm to 8pm.

Camp will be held at Fireman’s Field on Ovid Street.

Youth Football Camp, Monday, July 23rd through Wednesday, July 25th

Camp will run from 6pm to 8pm

\$50.00 (\$60.00 after July 1st) for all three nights.

Each camper will receive a T-shirt if registered before July 1st.

Camp will be held at Lyons High School

Bring helmet, cleats, athletic shorts, t-shirt and a positive attitude.

C. HELMET WARNING

- **No helmet can prevent serious head or neck injuries a player might receive while participating in football.**

- Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injuries, paralysis or death to your and possible injury to your opponent.
- Contact in football may result in a concussion-brain injury, which no helmet can prevent. Symptoms may include: loss of consciousness or memory, dizziness, headache, nausea or confusion.
- If you experience any of these symptoms, immediately stop playing and report them to your coach, trainer and parents.
- Do not return to a game or practice until all of the symptoms are gone AND you have received MEDICAL CLEARANCE.
- Ignoring this warning may lead to other and/or more serious brain injury, and could possibly be fatal.

D. PRACTICE

Days and Times – The first practice will be on Wednesday, August 1st

No one is to be dropped off and left until an Adult coach from their team is present. We are not responsible for other siblings or family members who need adult supervision. Practice is not cancelled because of weather conditions. Unless you hear from your coach or their designee, assume that practice is on. In the event we have to cancel practice, parents will be notified.

Football:

- Practices will be held M-TH 5:30-7:00 pm for Flag; M-TH 5:30-7:30 pm for B & C Squads.
- **Practice times and days may change subject to your coach's schedule and availability.**
- After the Scrimmage, each level decreases it practice days by one; dropping Monday's practice

Cheer:

- Practices will be held M-TH 5:30-7:00 pm for Flag; M-TH 5:30-7:30 pm for B & C Squads (Fireman's Field-August; Mynderse HS Gym-Sept, Oct)
- **Practice times and days may change subject to your coach's schedule and availability. Additional practices may arise during season as needed to prepare for competitions. In such case, prior notification will be given.**
- After the Scrimmage, each level decreases it practice days by one; dropping Monday's practice

Locations – The SFJFCL, in collaboration with the Seneca Falls Recreation Center, uses the Firemen's Field located on Ovid Street for our practices. Cheerleading locations are Fireman's Field and/or Mynderse Academy Gymnasium, beginning once school starts.

Arrival/Departure – Please make sure that your child is on time for practice. Please do not drop off your child more than ten (10) minutes early for practice, as there is no supervision. **Please do not leave your child until the Coach has arrived.** Please pick up your child promptly at the end of practice. Coaches/Board members are not allowed to leave the field until all participants have been picked up.

Absences – If your child is going to miss any practices, please let his/her Head Coach know ahead of time, if possible. Attendance is kept to ensure we have an accurate record for insurance purposes. As well, each participant must have a

certain number of practice hours logged before they are allowed to participate in a game.

Missed Practices –

- If a player/cheerleader on the B/C Squad misses one (1) practice during the week prior to a game, the coaching staff has the option of not starting said player.
- If a player/cheerleader on the B/C Squad misses two (2) practices during the week prior to a game, the coaching staff has the option to sit the player for the entire game.
- If a Flag player/cheerleader misses a practice during the week prior to a game, the coaching staff has the option to sit the player for the first half.

Player Practice Requirements

A player is required to have:

- 10hrs of conditioning practice before he/she is allowed to participate in contact drills or stunts
- 15hrs of contact practice before the first scrimmage
- 20hrs of contact practice before the first game.

E. GAMEDAY

All football players and cheerleaders should be in full uniform and ready to play at least ½ hour before your scheduled game. Your coach may choose a specific meeting time as well. Game locations will be distributed with schedule.

Football players are required to wear:

- Game jersey, uniform pants, socks, and all required safety equipment to each game.
- Mouthpieces are required and must be attached to the helmet for games.
- If you are not in the complete team uniform, you may not be allowed to play.

Cheerleaders are required to wear:

- Shells, skirts, spankies, uniform socks and sneakers.
- Sneakers must have laces and are for games only.
- Leggings, tights, stockings, etc. are not allowed.
- White turtlenecks are allowed in the colder weather.
- Warm-ups, rain ponchos and/or gloves will be held by the Cheer Director to be distributed and collected on game day.
- Hair must be pulled back in a ponytail or in a braid.
- Jewelry, nail polish and make up are not allowed without prior approval of the Cheer Director. Nails are to be cut and neat.
- There must be absolutely NO eating in the uniform.
- Please remember that only CLEAR LIQUIDS are allowed in the water bottles.

F. CHEER COMPETITIONS

SFJFCL Cheer squads may attend any/all competitions hosted by fellow club members, as well as host a competition as a fundraiser. Any Competition that SFJFCL chooses to attend will be mandatory for all cheerleaders and coaches. FLYFCL hosts a league competition once a year. All League clubs and members must attend.

Mandatory Competition:
FLYFCL @ RIT Sunday, October 28th

G. PLAYER RELEASE

- Any player requesting a release/transfer will need to do so in writing to the SFJFCL Secretary. The Board of Directors will review request at the next League meeting following request for approval/denial. Decision will be given to player following vote.
- Once a player signs up with SFJFCL, they must remain with SFJFCL during their entire eligibility, unless a player receives a written release from SFJFCL using the official FLYFCL, INC Player Release Form.. The only reason for a release not being signed is when equipment or monies are owed.
- Players can only change League Members one (1) time during season of eligibility.
- The Board may request a player and/or his/her parent(s) to be present to answer any questions concerning the release.

XIII. Equipment Handouts & Return

You will be notified of Equipment Handout dates.

- Flag and B Squad handouts are at 6pm
- C Squad will be at 7pm.
- Equipment is required to be turned in at the conclusion of the final game of the season. *Please come to that game prepared with a change of clothes.*
- The Board will have bins available to collect the items at that time. Parents will be billed for any equipment not turned in at that time.

EQUIPMENT RESPONSIBILITIES

SFJFCL will provide most of the equipment necessary for football players and cheerleaders.

*Absolutely no changes or modifications are allowed to Equipment without prior approval from the Equipment Manager.

*It is the responsibility of the parent/guardian for the care of all equipment provided. This includes the proper laundering of all clothing.

*Please follow laundering instructions on all uniforms. Please do not use chlorine bleach on the uniforms. Instead, mix some dry automatic dishwasher soap with Clorox 2 and apply the paste to difficult stains. Wash later.

*It is the responsibility of the parent/guardian for the return of all equipment provided.

*The parent/guardian will be responsible for paying the replacement cost of equipment that is not returned.

FOOTBALL EQUIPMENT

The following list details the replacement cost of the uniforms and equipment for football players. The prices for the equipment are budgets and have yet to be determined for this season.

Helmet \$250, Shoulder Pads \$75, Rib Vest \$35, Girdle Hip/Tail Pads \$30, Thigh Pads \$7, Knee Pads \$6, Game Jersey \$60, Practice Jersey \$30, Game Pants/Belt \$60, Practice Pants/Belt \$30

CHEERLEADING EQUIPMENT

The following list details the replacement cost of the uniforms for cheerleaders. The prices for the equipment are budgets and have yet to be determined for this season.

Shell: \$90, Skirt: \$80, Wind pants: \$30, Jacket: \$50

****PARTICIPANT RESPONSIBILITY****

FOOTBALL \$50 - \$75

Protective Cup, Cleats, Socks, Mouth Guard

CHEERLEADING \$75 - \$100

Bow, Sneakers, Socks, Headbands, Briefs, Wind Pants, Bodysuit, Pom-poms

XIV. Team Mom/Dad

Each squad will have a 'Team Mom/Dad'. This will be the contact person should there be anything that needs to be distributed to the participants as the year goes on. This person will also assist the coach as a liaison to the parents; especially if/when there are cancellations or changes. Team Mom/Dad must complete a Volunteer Application and complete background check. Team Mom/Dad will be on team roster.

If you are interested in serving as a team mom/dad, please contact any member of the Board.

XV. Picture Day

Picture day will be held during our first home game. More information to follow.

XVI. Apparel

Team apparel will be available for purchase by **ORDER ONLY** this year. The Fundraising Director is the point of contact. *All orders and payment must be placed with Fundraising Director, no exceptions. Order forms and more information will be handed out shortly.*

XVII. Banquet

Team banquets will be held at the end of the season to celebrate your child's participation.

XVIII. Volunteer Time

Please remember that our League can only be as strong as the volunteers that support us. We request that each child's family commit to a minimum of three hours of volunteer time. There are many volunteer opportunities; game day helpers, fundraising workers, and bakers for the concession stand are just a few. We have implemented a \$25 refundable Volunteer Fee this season. Providing you meet your 3 hours of required volunteering during the season, this \$25 fee will be refunded in cash after each completed time. Please see a Volunteer Director to sign up and for more information

We have a few open Board positions, if you are interested in joining our Board or would like more information please contact a current Board member.

We would love to have you join our team!!

THANK YOU, IN ADVANCE, FOR ALL THAT YOU DO – NOT ONLY FOR YOUR CHILD, BUT FOR THE LEAGUE AS WELL. HERE'S TO A GREAT SEASON!!!!!!

**Seneca Falls Jr Football & Cheerleading League, Inc.
Report of Complaint**

Date of Incident: _____

**Squad: C B A Flag Football or
Cheerleading**

**Individual (s) involved
Player / Cheerleader / Coach / Adult (circle all involved)**

Name (s): _____

Explanation of the Incident (use separate sheet if needed):

The individual submitting this complaint form must sign and submit this complaint in person within 48 hours of the incident. The form may be submitted to President, Vice President or Secretary. After submission the complaint will be reviewed by the board and appropriate action will be taken.

Signature:

Action Taken by the Board of Directors

Signature: