

Lower Burrell



2018

HANDBOOK

Welcome to Flyers Football and Cheerleading

Welcome to a tradition that began back in 1957 – a tradition that is carried on today, thanks to the work and cooperation of many people. This is an exciting year, as we are celebrating our 60th season! We have three teams – the Recruits, Cadets, and Flyers and are a proud member of the Allegheny Youth Football League (AYFL). We are glad you have chosen to be a part of our Flyers family!

To begin, we would like to offer our thanks to all of the volunteers and sponsors, whose efforts and support are already in place to make this another successful year of football and cheerleading. There has been a tremendous amount of work and preparation done to get this season off to good start. However, we need this to continue as the season gets underway. Football and Cheerleading are, first and foremost, TEAM sports and we would not have the success we've enjoyed throughout the years without a team effort from many people including: our players, our cheerleaders, and of course, all of the parents.

We have organized many of our program details, expectations, and responsibilities in this handbook. Communication is vital in making this an enjoyable season for everyone and we are committed to doing our best to keep the lines of communication open. However, we also need you to do your part in the communication process and make sure you have the most up-to-date information. This handbook will include event schedules and staff rosters for your reference throughout the year. We hope this information provides a framework for you to better understand the Flyers Football Organization. Please feel free to contact any board member should you have **any** questions. Also, please don't be afraid to volunteer – we need your help and support to make this season a great success! Our vision is to have the kids who participate in this organization leave with great memories that last a lifetime!

**Best wishes for a fun and memorable year of
Flyers Football and Cheerleading!**

2018 Board of Directors

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About Our Program and the AYFL

Flyers Football has a long tradition of presenting a successful and winning youth sports program dating back to 1957! Our youngsters play and perform from as young as 7 through 12 years of age. The Lower Burrell Flyers belong to the Allegheny Youth Football League (AYFL), which includes teams from: Deer Lakes, Freeport, Ford City, Highlands Rams (RYFO), and Springdale. We will play 7 regular season games this year, culminating in playoffs and a Super Bowl. The league also ends the year with a "Senior Bowl" for the senior Flyers players. Players from the South compete against players from the North in an exhibition game. This is a great way to honor the players as they leave the Flyers Football Program.

Preparation for the season begins toward the end of July, with games starting in August. This leaves approximately two weeks to prepare for the season. As a result, at the beginning of the season, we practice 5 days a week (Monday through Friday) until school starts. At this point, each head coach will determine the practice schedule for their team. This is a huge commitment from all, including the coaches, the players and the parents, but the benefits show on and off the field as your child's confidence and self-esteem grow. You will see strong friendships develop among the children, and often the parents as well, that will last a lifetime. Once a Flyer, always a Flyer!

A word about coaching: Our coaches are dedicated to your child and the sport. Many have been active at different levels of competition as coaches and players. They are experienced; some with over two decades of experience! We ask you, as parents, to let the coaches coach. First and foremost, there is a huge amount of information for the children to learn. Please give them time to absorb that information and become experienced and confident in their ability. Be supportive of your child's efforts to learn. As always, if you have any questions or concerns you would like to discuss with a coach, we ask that you do that before or after practice. Time spent with you during practice is less time the coaches have to instruct the youth of our organization.

Help us continue to keep the Flyers Football and Cheerleading tradition strong!

2018 Flyers Board of Directors

Executive Officers

President	Jen Rusiewicz
Vice President	Beth Beattie
Secretary	Carrie Brothers
Treasurer	Tia Damon
Head Coach	Keith Brancato Nicole
Cheerleader Coordinator	Bates
Cheerleader Head Coach	Kelly Toney

Other Board Members

Coach Representative	Jason Rusiewicz Robb
Coach Representative	Cook
Director	John Paul Bertucci
Director	Chad Clark
Director	Stephanie Furnier
Director	Ashley Graztmiller
Director	Jami Jacobs
Director	Ericka Jones
Director	Jamie Rydeski
Director	Jackie Terranova
Director	Laura Wilson

2018 Flyers Coaching Staff

Football

Ages for football are determined by the age of the child on July 31st.
 (Coaches are subject to change)

Recruits

Maximum Age 8 105 Pounds Max	Head Coach: Assistant Coaches:	Jason Rusiewicz Tyrelle Davenport Roy Shirey Josh Pollino
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Cadets

Maximum Age 10 125 Pounds Max	Head Coach: Assistant Coaches:	Keith Logut Dave Taylor Fran Cosentino Shawn Conwell
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Flyers

Maximum Age 12 145 Pounds Max	Head Coach: Assistant Head Coach: Assistant Coaches:	Keith Brancato Pete Brothers Robb Cook Mike McKay
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Head Football Coach – Keith Brancato P: (724) 681-2053

2018 Flyers Coaching Staff

Cheerleading

Cheerleaders are assigned to a squad based on their age as of July 31, 2016.

Recruits

Maximum Age 8	Head Coach:	Kelly Toney
	Assistant Coaches:	Tyffanee Moore
	Junior Coaches:	Karen Rushnock Madilyn Rushnock Ava Rusiewicz

Cadets

Maximum Age 10	Head Coach:	Stephanie Thompson-Furnier
	Assistant Coaches:	Jamie Rydeski
	Junior Coaches:	Georgia Brothers Kearia Jones Madilyn Thompson

Flyers

Maximum Age 12	Head Coach:	Nicole Tempest
	Junior Coaches:	Val Clark Elle Bellinotti

Cheerleading Coordinator – Nicole Tempest P: (412) 979-2395

Cheerleading Head Coach – Kelly Toney P: (724) 859-4332

2018 Schedule of Events

Uniform & Equipment Pickup

Football player uniforms and equipment and cheerleader uniforms will be distributed at the discretion of the coaches. Please remember that you must receive your fundraising packet, turn in your volunteer deposit check, and pay any outstanding registration fees before you can receive your equipment.

July 11th & 12th – 6:00pm to 8:00pm – football and cheerleader uniform handout

Note: Equipment turn-in will be determined by the head coach after the final game. It is YOUR responsibility to get your child's uniform and equipment turned in.

Football Conditioning

July 23rd – 27th from 6:00pm to 8:00pm at Flyers Field

Practice Schedules

Practice for both football and cheerleading is held at Flyers Field on the Route 56 bypass. Beginning July 30th, football practice will run from 6:00 – 8:30pm, Monday through Friday. After school starts, the practice schedule may change, and the coaches will let you know the practice schedule for the days of the week from that point forward. Each head coach will determine the practice schedules based on the needs of his team.

Cheerleading practices will likely be the same as the football schedule for the first few weeks, but will be determined by each head cheer coach, and may not coincide with the boys practice schedule for the entire season.

Game Day Information

Allegheny Youth Football League Weigh-Ins

All players will be weighed-in at the field on which you will be playing that day. Game times are listed on our website, but are subject to change. Weigh-in occurs at the end half time of the game preceding yours. For those players who are close to the maximum weight, arrangements to weigh in earlier can be made as long as there is a weigh master available. **NO PARENTS ARE PERMITTED IN THE WEIGH-IN AREAS!**

If your child misses weigh-in, they WILL NOT BE ABLE TO PLAY!!!

Game Schedule

The AYFL season will run for seven weeks and we will play seven games with no bye weeks. We will start the season with an exhibition game against Highlands.

August 18 th	Deer Lakes @ Burrell H.S.	3:00, 5:00, 7:00
August 25 th	@ Ford City	3:00, 5:00, 7:00
September 1 st	BYE WEEK	
September 8 th	R.Y.F.O	11:00, 1:00, 3:00
September 15 th	Freeport	11:00, 1:00, 3:00
September 22 nd	@Springdale	11:00, 1:00, 3:00
September 29 th	Ford City	11:00, 1:00, 3:00
October 6 th	@ Deer Lakes	11:00, 1:00, 3:00
October 13 th	Playoffs - TBD	TBD

*Please note – all game dates and times are subject to change. **Please verify EACH week!**

*Home games will be played at Flyers Field.

*Game times will be posted on our website.

*Away game times and directions will be posted on our website.

Playoff Schedule

1st round – October 13th – location TBD

Super Bowl – October 20th - @ Ford City

Senior Bowl – October 27th - @ Flyers (BHS)

Recognition

Program/Ad Book

The Flyers Organization prints a program with all of the football teams and cheerleading squads listed with team photos. It also provides an opportunity for you to help our program through advertising and sponsorship. We ask that you support our business sponsors. Booster ads are also available to team member families that would like to show their support. (Don't forget, you can also purchase a business size space for a personal message of support).

Banquet

We will hold our banquet on November 18th at Quality Inn. The banquet committee will provide more information once all arrangements are finalized. This information will also be available on our website.

Awards

Each year, the Flyers Organization presents each child with a gift. These gifts are decided upon by the apparel & awards committee and approved by the board. The board of directors wants to provide our children with the best gifts possible, but there are many factors that determine what gifts will be given. Some of these factors include:

- Funds available to purchase gifts
- Years of participation in the organization
- Attendance at practice and games throughout the entire season
- **COMPLETION OF FAMILY FUNDRAISING/VOLUNTEER REQUIREMENTS**
- Return of all equipment/uniforms

The board reserves the right to withhold individual gifts, if the child and/or family do not meet any of the above requirements.

Team Photos

Photographs will be taken for both team/squad and individual photos, early in the practice season. Picture day for the football players and sibling photos is scheduled for Wednesday, August 1st, 2018. Cheerleading photos are scheduled for Thursday, August 2nd, 2018. Picture time for both days will be 5:00pm. Picture makeup day will be Wednesday, August 8th. All players and cheerleaders will need to be dressed in game uniforms.

Pictures can be picked up from your team parent when they are delivered. Please pickup your pictures in a timely manner. The Flyers will not be responsible for pictures that are not picked up.

Fundraising

The total cost of running the Flyers organization is approximately \$110,000 per year. A large part of the budget (which is available online) is equipment and uniforms for the boys and girls. **We make sure that the kids are playing in certified, safe equipment every year.** We also have to pay for things you might not think about: renting the field, electric bills, Porta Potty rental, field maintenance needs, referees for game days, food for the concession stand, hall rental for the banquet, food at the banquet for the boys and girls in the organization, banquet gifts for the kids, plaques for award winners.....the list goes on and on. We average about 70 families in the organization each year. **If we broke down the total operating cost and asked each family to simply pay “their share” of the cost, each family would need to pay \$1,500 to be a part of the organization.** That’s crazy! The fundraising amount that is set is about a third of the cost for a family to participate in the organization. It is imperative that each family fulfill their obligation.

In past years we have allowed swaps of fundraising in order to let each family make up for fundraising items that they could not sell (with the exception of the Night at the Races event). This year we will not be holding swaps. We set up fundraising options that should be rather easy to sell. If you have any problems selling any of the tickets, please see the fundraising committee BEFORE tickets and money is due.

Once you pick up your fundraising packet you will sign the form detailing your fundraising commitment and are expected to sell or pay for the fundraising you have selected. Any items above your minimum commitment that you can sell will be available from the Board. Please pay attention to due dates for fundraising when making a selection, as you will be expected to turn in stubs and cash at that time.

Fundraising Obligations for Each Family:

4 Night at the Races tickets - \$40 Mandatory – Every Family must buy or pay for 4 tickets to the Night at the Races Event.

The remaining fundraising must total \$380 in profit for the organization. This can be any combination of fundraisers you choose. Cash Week tickets =\$10/each, Meat tickets = \$5/each, Gun Bash Tickets=\$20/each.

- **9 Cash Week tickets (\$10 each = \$90)**
- **10 Meat tickets (\$5 each = \$50)**
- **10 Gun Bash tickets (\$20 each = \$200)**
- **4 Night at the Races (\$10 each = \$40)**
= \$380

OPT OUT OF FUNDRAISING:

\$380 per family

Volunteering

When you elected the Board of Directors, we agreed to do our best to lead this program in a way which will benefit everyone involved. This organization does not belong to the Board of Directors. It belongs to the families that are a part of it, and most importantly the children who participate. The job of the Board is to direct and oversee the various things that are necessary to make this organization function. However, we cannot possibly do all of the work on top of what is already required to serve.

As a result, we need you to do your part to support the upkeep and maintenance of our field and program. Each family will be asked to help three times to maintain the property, beginning in the spring and running throughout the end of the season. Work days will be published on our web site and emailed to those already registered. We will ask for volunteers initially, but if we get no response, we may assign a work time to each family. We certainly don't expect anyone to work all day, but a little help from a lot of people will go a long way toward making this season a success!

Another area where we rely on our parent volunteers is during our home games. Home games are particularly significant as income sources for us, and your help allows us to keep other fundraising to a minimum. We are requesting that one person per family volunteer their time three times throughout the season to work the concession stand, work the gate, sell 50/50 tickets, help with parking, be a part of the cleanup crew, etc. We will have a list of volunteer opportunities available on July 11th. Beginning at that time, you will be asked to choose the jobs you would like to volunteer. This is done on a first come, first served basis. Based on the responses received, we will put together a volunteer list that will be published on the website, and also at the concession stand. **If you cannot work the day you are scheduled, you must make arrangements for someone else to work your time.**

Donations

We know that many people in our organization have unique gifts and talents. You can help us by putting those gifts and talents to use! One area where this applies is with food donations. If you have a special dish or food that you enjoy making, would you consider donating it to the concession stand for us to sell? The concession stand committee would like to offer affordable dinners to our families on practice nights. Donations can help us to keep our costs down, and make these meals as affordable as possible. We also like to offer special foods on game days, and your donations here can go a long way to help make our concession stand profitable.

Of course, food donations are only one example. If you are a handyman or enjoy maintaining our facilities, then you may want to donate some time as part of our field maintenance committee. If you enjoy planning for special events, then maybe the banquet/awards or special events committee is for you. Our committee information is detailed in the next section, but any donation of your time and talents is much appreciated and needed!

Committees

One of the best ways for you to help your child to get the most out of this season is to get involved in one or more of our committees. Each committee is headed by a board member, and we welcome and encourage participation from all of our families. By being on a committee, you get to see first-hand how things work in the organization. We also believe that everyone is more accountable, there is more transparency, and more trust is built when the members of our organization join our directors in its operation.

Our current committee list below will give you more information. Hopefully it will give you a better idea of what is required if you choose to help. The best way for you to share your thoughts and ideas is by being a part of a committee.

Please feel free to ask any of our board members if you have further questions.

Apparel & Awards

Chairperson: Ericka Jones

Other Members: Beth Beattie

The apparel committee is responsible for determining what apparel the Flyers organization will sell to raise money, as well as the year-end gifts for the kids. These typically include things like t-shirts, shorts, sweatshirts, sweatpants, jackets, etc.

Areas of Responsibility:

- Determine items we want to sell and their pricing
- Determine how we want to market the items
- Present marketing plan and items to board for approval
- Get rosters in order to verify sizes for each child
- Determine which gifts to get and get costs – includes knowing which gifts are to go to certain teams/ages
- Put all gifts in gift bags for distribution to kids
- Present gifts and costs to board for approval

Banquet

Chairperson: Carrie Brothers

Other Members: Jamie Rydeski

This committee will handle all aspects of our year end banquet, including planning, event location, inviting people, keeping track of those signed up for the banquet (including payments).

Areas of Responsibility:

- Determine the location of the banquet
- Make the appropriate reservations for the banquet, including any deposits needed
- Notify parents and kids in the organization about banquet dates with an RSVP letter
- Invite any special guests including former Flyer coaches, Burrell Senior players and cheerleaders, etc.
- Arrange for a guest speaker
- Develop a program for each banquet (if necessary)
- Keep track of all banquet reservations and guest lists for any banquets
- Get board approval for banquet types, locations, costs, etc.

Concession Stand

Chairperson: Jackie Terranova

Other Members: Pula Griego

This committee is responsible for running the concession stand for both practices and games. This includes overseeing all operations pertaining to the concession stand such as ordering items needed, arranging for pickup or delivery of items, offering a variety of foods for people to enjoy, and generating as much profit for the organization as possible.

Areas of Responsibility:

- Clean and prepare concession stand for the season and close it down after the season
- Develop menus for practice and game day, including pricing of items
- Purchase all items needed to stock concession stand, and arrange for pickup and/or delivery of items
- Determine what equipment needs to be purchased and/or replaced annually
- Work with treasurer and others to develop a plan to keep track of revenues after practices and games
- Work with volunteer committee to make sure we have volunteers for practice nights and games days
- Present pricing for menu items and/or any equipment needs

Field Maintenance

Chairperson: Chad Clark

Other Members:

This committee is responsible for maintaining the buildings and grounds at the Flyer's Field. This includes cutting grass, trimming weeds, painting the field, and any other maintenance necessary to keep the building and grounds looking as nice as possible, and safe for everyone who comes to our facility.

Areas of Responsibility:

- Develop and maintain a schedule for annual maintenance that is needed for building, grounds and equipment
- Develop a schedule and volunteers for grass cutting and weed trimming
- Perform an annual inspection of all buildings, grounds and equipment, and make appropriate recommendations to the board to keep the property in good shape
- Paint the field for practices and games

Fundraising

Chairperson: Stephanie Thompson-Furnier

Other Members: Laura Wilson

This committee oversees the fundraisers that are done each year by the organization. They are to suggest fundraisers to the board for approval and help in the collections of fundraisers throughout the year.

Areas of Responsibility:

- Develop a plan for raising the funds needed for the year and present it to the board for approval
- Make any necessary arrangements for fundraisers including: site rental, tickets printed, etc.
- Prepare fundraising packets and ways to keep track of each family's fundraising
- Determine times to collect fundraising and notify families of these times
- Keep the board up to date on families who are delinquent in their fundraising efforts

Nominations/Elections

Chairperson: Beth Beattie

Other Members:

This committee will take care of providing a slate of officers for elections at our annual banquet. The committee will provide recommendations for four (4) officers: President, Vice President, Secretary, and Treasurer, as well as seven (7) directors. This committee needs a minimum of one board member.

Areas of Responsibility:

- Notify the organization in September about running for board positions
- Create a sign-up sheet for people to get on the ballot
- Create a ballot for elections, and determine when and where elections will be conducted
- Count all ballots and announce the new Board of Directors

Special Events

Chairperson: Jen Rusiewicz

Other Members: Beth Beattie & Ashley Gratzmiller

This committee will decide upon any special game days throughout the season. Examples would include Parent's Day, Alumni Day, Sponsor Thank You Day, etc. This committee needs a minimum of one board member.

Areas of Responsibility:

- Determine what Special Event Days we will hold during the season (e.g. Parent's Day, Alumni Day, etc.)
- Purchase whatever is necessary for each event and decorate appropriately
- Send out whatever invitations or notices are needed to let people know about the Special Events
- Organize events and coordinate game day activities
- Get board approval for Special Event Days and monies needed to purchase items

Picture Day

Chairperson: Carrie Brothers

Other Members: Ericka Jones

This committee will make sure a picture day photographer is arranged and dates for pictures are set. They will also provide names and team pictures for the program book. This committee needs a minimum of one board member.

Areas of Responsibility:

- Contact a photographer and arrange the date(s) for pictures
- Distribute picture forms to families
- Work with photographer to get team pictures, making sure to get names of kids in picture
- Get pictures to program chairperson to be included in program

Advertising

Chairperson: Ashley Gratzmiller

Other Members: John Paul Bertucci & Laura Wilson

This committee used to be our program committee, but since we are no longer doing a program, we are focusing our efforts on trying to raise money through advertising at the field. The idea is to use the space available (walls, fences, etc.) as possible places to advertise. This committee needs a minimum of two board members.

Areas of Responsibility:

- Develop an advertising campaign for Flyer's Field. Determine areas available to place advertising, and the costs to do so. Present this advertising campaign to the board for approval.
- Distribute advertising information to potential business advertisers through letters or going business to business
- Oversee advertising sales
- Send a thank you letter to all business advertisers

Registration

Chairperson: Ericka Jones

Other Members: Ashley Gratzmiller & Nicole Bates

This committee will prepare for registration of children in the organization. This includes the handbook provided at registration, registration forms, and the advertising of registration throughout the community. This committee needs a minimum of two board members.

Areas of Responsibility:

- Determine registration rates for all Flyer's programs. Present to the board for approval
- Work with web designer to get all registration information online
- Determine any registration dates for people to sign up
- Develop handbook and other information needed to be a part of the registration packet
- Develop handout for schools and other organizations detailing opportunities to participate in the Flyer's programs
- Collect registration fees and distribute information on designated days

Volunteers

Chairperson: Tia Damon

Other Members:

This committee will work at providing volunteers for various activities within the organization. These can include help for work days, registration, game day, fundraisers, etc. A list of volunteers for each activity should be created and posted for people to reference. This committee needs a minimum of two board members.

Areas of Responsibility:

- Coordinate volunteers for various help throughout the organization, especially the concession stand
- Recruit team parents for each team and help keep them informed of information they need to distribute
- Develop a way to keep track of each volunteer's commitments and if they have met their volunteer requirements
- Provide a list to the board of each volunteer and if they have or have not fulfilled their required duties
- Recommend to the board what the deposit/buyout should be

Gun Bash

Chairperson: Laura Wilson

Other Members: Stephanie Thompson-Furnerie and all board members are a part of this.

We will develop special committees just for this event:

- Food
- Beer/Pop
- Tickets/Ticket Sales
- Walk Around Guns
- Sound
- Set Up/Clean Up

Committee should begin meeting in: February

Areas of Responsibility: TBD

2018 Budget

The 2018 Budget can be found on flyersfootball.org website.

The 2018 budget was approved by the Board. As you can see, it costs a tremendous amount of money to run this organization. One of our largest expenses each year has been our football equipment and football & cheerleader uniforms. While these costs may seem high, the Board of Directors feels like it is money well spent. The safety of our kids is without a doubt, our top priority. Having the latest helmets and pads is a “no brainer”. Our organization is proud to say that we have the best equipment that is available today, and we continue to upgrade all of our equipment each year. We also believe that our kids should have uniforms that represent them, and the organization, in the best possible light. To that end, we usually upgrade our uniforms, or at least the uniforms for one team, each season.

We hope this information will give you a better understanding of where your money is used. Please contact a board member if you have questions!

Player/Cheerleader Responsibilities

Football Players

Equipment/Uniforms

The Flyers Football Organization furnishes each player with the following: game jerseys, game pants, practice jersey, practice pants, girdle, and a full set of pads including: hip, tailbone, knee, thigh, rib, shoulder, mouthpiece and helmet. We ask you to please take care of these items, as they will be reused. Coaches require players to purchase and wear a pair of rubber cleated football spikes for all practices and games. Be sure you regularly inspect all equipment for damage and bring this to you coach’s attention ASAP. Don’t wait until game day! Make sure you dress appropriately for the weather. You will be required to return all of your equipment at the end of the season as per the player’s agreement, which

you will be required to sign when you pick up your equipment. Equipment turn in will be decided by the head coach after the final game.

Conduct

- You are expected to behave in a respectful, courteous manner both on and off the field AT ALL TIMES.
- Be proud of your accomplishments. You are one of only a few in the entire community to dedicate yourself to football.
- You are a reflection of the Lower Burrell Flyers Youth Football Organization. Always behave in a manner that brings pride to your family and the organization.

Practice

- It is your responsibility to be at the field on time and prepared to practice when practice is scheduled to begin.
- You must let your coaches know if you will be absent or late.
- Try to eat early, or even after practice. No heavy meals less than 1 ½ hours before a practice begins. We realize it's not always practical, but we practice very hard and this will help ensure players are physically ready.
- Practice is where everything begins! Be prepared to play hard as coaches are not only getting you into "game shape", but are also evaluating you for positions.
- Swearing, fighting, trash talking or talking back to coaches and other players will not be tolerated!
- Drugs and alcohol are not permitted at the field and will not be tolerated!!!
- Schoolwork is first and foremost – homework should be completed before practice.
- If you feel sick during practice or a game, tell your coach immediately.
- All injuries or illness requiring medical treatment will require a doctor's release to return to practice. All other injuries or illness requires a parent to sign off on their child returning to the field.
- You must never leave the practice or game field without asking a coach's permission.
- All players must wear their full equipment while on the field.
- Coaches are here to teach you. If you do not understand something or are having trouble, talk to your coaches!

- Always run onto the field. (practice and games)
- Mouthpieces must always be worn while on the field.
- Bring a water jug to practice. The coaches will give water breaks as the weather dictates. Water is provided at games and bottled water can be purchased at the concession stand.
- Transportation to practices and games is YOUR responsibility. “I don’t have a ride” is not a valid excuse!
- Always pay attention to your coaches. It is important for you and your team’s safety.
- Let your coaches know of any special medical conditions you may have.
- Always take home all handout sheets. The information is very important.
- It is extremely important to be at practice and ready to play at all times. Coaches teach techniques, new plays, and drills, and when you miss practice you will fall behind and will not be prepared to play.
- You will be expected to learn more than one position, and all offensive and defensive plays.

Playing Time

- Football is a disciplined sport that requires all players working together as ONE UNIT. Playing time is EARNED by what YOU DO on the practice field.
- Playing time is NOT GUARANTEED. Practice gives you the OPPORTUNITY TO COMPETE for positions and playing time.
- Coaches do their best to evaluate all players for positions, with the ultimate goal of helping the team to WIN.
- Players unprepared to play cannot only hurt themselves, but could also allow teammates to get hurt.
- Coaches make every effort to get you into games, as the actual game situation allows.

Cheerleaders

Uniforms

Shell, skirt, midriff top, and socks are supplied by the Flyers Football Organization. All cheerleaders are to bring a change of clothes on game day, and change out of their uniforms immediately after their respective games. This is to keep the uniforms in the best condition possible for future squads. Wash uniforms in cold water, no bleach, gentle cycle and line dry. Do not dry clean or iron uniforms. Each cheerleader coach will determine when uniforms are to be returned at the end of the season.

All cheerleaders will also be responsible for the cost of the following personal items:

- Cheer shoes – all white cheer appropriate shoes
- Low rise boy cut shorts – black
- Wind suit (jacket/pants)
- Hair bow
- Pom-poms

Order forms for shoes, hair bows, briefs, and wind suits will be available at sign-ups.

Conduct

- Athletes will show respect to the Board Members, Coaching Staff (all levels), Volunteers, and especially to each teammate.
 - Never badmouth or insult any of the coaches or your teammates. Anyone who is caught saying inappropriate things will have to “sit out” at least one game, and parents will be called.
 - No swearing.
 - Please be honest – let your coach know if you’re having a problem with a stunt/cheer/motion.
- Athletes will give 100% effort at practices, games, and competitions.
 - Must stretch, do repetitious drills, jumps, and practice cheer & dance – without complaints.

- Athletes will represent the Lower Burrell Flyer Organization in a positive, respectful manner at all times, during and outside of practices, games, and competitions.
 - Always be kind and considerate to the opposite team's players, cheerleaders, coaches and family members.
 - NEVER ATTEMPT STUNTS WITHOUT A COACH OR PROPER SAFETY MEASURES IN PLACE.

Attendance

- Please let the coach know as soon as possible in writing that your daughter chooses NOT to be involved in any of the cheer competitions, so routines can be choreographed accordingly.
- GAMES ARE MANDATORY.
- If a cheerleader has to miss practice, please have the courtesy to call the coach and let them know. Too many missed practices will result in an unknown routine, and your daughter will only be a fill-in.
- Please understand that a lot of personal time is put forth to choreograph the girls' routines, and without all members of the squad there, placement of stunts and dances will be jeopardized as is the safety of the girls. It isn't fair to the rest of the squad.
- If the boys are playing – the girls are cheering.
- No leaving the game after the halftime routine! Boys playing = girls cheering!

Dress Code

Cheerleaders need to dress appropriately for practices:

- Proper gym clothing
- Neat appearance – always at practice and games! No “revealing” shorts/shirts
- NO JEWELRY!!! Especially stunt groups!
- Hair must be pulled back away from the face
- Appropriate tennis shoes – please do not wear your “game” shoes for practice
- If you are a flyer, do not wear shoes with thick/jagged treads.

Practice

- The cheerleading practice will be five (5) days each week during July and August, and three (3) days a week when school begins.
- It is YOUR responsibility to be on time for practices and games.
- Routines can sometimes be difficult to master. Ask your coaches for help if you don't understand.
- No swearing, fighting, trash talking or talking back to coaches and other cheerleaders or players.
- Schoolwork is first and foremost. Homework should be completed before practice.
- If you feel sick during practice or games, let your coaches know.
- Never leave the field without a coach's permission.
- Bring a water bottle with your name to practices and games. Coaches will give water breaks as the weather dictates.
- Transportation to practices and games is YOUR responsibility. "I don't have a ride" is not a valid excuse.
- Always take home all handout sheets. The information is very important.
- Always pay attention to your coaches. It is important for you and your squad's safety.
- Be prepared when you get to practice. Cheering is a team effort and routines will only be as good as you make them – together, as a squad!
- It is very important to attend ALL practices. Your coaches teach new routines and techniques regularly, and when you miss practice, you will fall behind and will not be prepared to cheer as a squad.
- Cheer parents are asked to please stay on the home side of the field (near the concession stand) while the girls are on the visitors side during practice. Parents are distracting to the girls, and the coaches would like to be able to have their full attention without distraction.
- Go to the bathroom BEFORE practices and games.

Parent/Guardian Responsibilities

1. Try to adjust your family schedule to be able to have your children at practice on time.
2. Football player parents: Please be aware of and ready to get your son to the weigh-in on time. IF YOUR SON MISSES WEIGH-INS, HE WILL NOT BE PERMITTED TO PLAY. THIS IS AN AYFL RULE. THERE ARE NO EXCEPTIONS!
3. Although the coaching staff has been certified in CPR and First Aid, there is not a paramedic in attendance during practices. Therefore, it is extremely important for you as a parent or guardian to be present during our practices. Medical treatment for participants is NOT the responsibility of Lower Burrell Flyers Organization.
4. No parent/guardian is permitted on either the practice or game field unless invited by a head coach.
5. Coaches will make certain that all participants are picked up or have rides home after practices/games. Please be considerate of their time and don't make the coaches wait for your arrival.
6. Flyers Football Insurance is a supplemental policy. Should an accident or injury occur necessitating medical treatment, you should first enter the claim with your personal insurance company. Our policy will go into effect when your primary medical insurance benefits have been exhausted. If you do not have medical insurance, this policy will cover you, after a \$100 deductible, up to \$100,000 maximum benefit. Copies of this policy can be obtained from the Board of Directors.
7. Always make sure your child is ready for practices and games. Check his/her uniform and equipment, and report any problems to coaches immediately. If your child is sick, please call the coaches. The weather is usually warm through the end of September, so coaches give frequent water breaks. Make sure your child brings a water jug to the practices.
8. Discipline – Coaches take responsibility for players and cheerleaders while on the field, and a large part of our preparation is both individual and team discipline. Disruptive behavior will not be tolerated! Coaches determine the methods of discipline based on their experience and collectively aim at continuing to build team unity.
9. Conduct – We require our players and cheerleaders to be respectful at all times both on and off the field. We believe parents, as positive role

models, should act accordingly. Please be careful not to use negative or foul language toward any player, cheerleader, coaches, other fans or the referees. Bad conduct is cause for removal from the premises, and your child may possibly be eliminated from the Flyers Program. Maintain an attitude of good sportsmanship

10. Pride – Be proud of your son or daughter! Our children are part of a select few in our entire community who have committed their time and effort to participate in this very demanding activity. Your child will develop a special camaraderie with his or her teammates, as they push themselves everyday to become better players and people.
11. Playing Time (Football) – Unlike other youth activities, there is no guarantee of playing time in football. A player’s abilities, both mental and physical, and hard work at practice determine his level of playing. The AYFL is very competitive, and its bylaws require we do our best to compete to win. Coaches evaluate players based on their perception and experience toward fielding a winning team. They will try to play all players during games, but individual action will depend on actual game situations. Remember, a player’s worth is not necessarily measured by HOW MUCH he plays, but by HOW he plays.
12. Volunteering – The Flyers Football is a nonprofit, all volunteer organization of parents and children and we need your help in many ways. Game days are particularly busy and here are some areas where we need your help:
 - a. Work concessions
 - b. Work the 50/50 in the stands
 - c. Collect admissions at the gate
 - d. Handle the sticks during games
 - e. Clean up the field afterwards
 - f. Help with parking
 - g. Announce games and run the scoreboard
13. There will be a schedule for all work duties posted at the concession stand for game days and practice days. We are asking each family to sign up for one practice and one home game or two home games the entire season. We aren’t asking anyone to miss their children’s games. The more you contribute, the more you will get back by helping your child and their friends. Should you not want to perform your volunteer duties, you are given the opportunity to opt out of the volunteer requirements by paying \$50 at registration.

14. Handout Sheets – Sometimes during practices, we need to get information to parents, so we send home handout sheets to each child. Please read these handouts, as the information contained in them is very important.
15. A note on fundraising – In the past, we have experienced problems with fundraising. Mostly participation and collection of monies owed. We believe that since each child receives the same benefits (and awards) from this organization that it is only fair that everyone participates equally. It wouldn't be fair to expect someone else to do your share, so we are asking you to please be aware of your fundraising responsibilities and timely returns so that we may all have a successful season.
16. Questions/Comments/Concerns – All coaches are available BEFORE practice for discussion of issues or concerns you may have. Board Members are usually around the concession stand, and will try to help you with anything we can.
17. We are always seeking out individuals who might be interested in joining the Board of Directors. We believe that we are helping to build and strengthen our children's lives by being a part of it. Although we work very hard, it is that feeling of pride and accomplishment that we get each and every season that makes it so rewarding. If you are interested, please sign up when nominations are being accepted.