



# 2021 Handbook

Welcome to a tradition that began in 1957 – a tradition that continues today because of the dedication and collaboration of many people. This season brings excitement as the Recruits defend their 2019 and 2020 Super Bowl Championships.

In addition, we offer our thanks to the volunteers and sponsors, whose efforts and support are already in place to make this another successful year of football and cheerleading. As both football and cheerleading rely heavily on the entire team to achieve success, so does the Flyers Football Organization. Without the teamwork of our board members, coaches, participants, families, and community we would not be able to progress year after year.

In the following handbook we have organized many of our program details, expectations, and responsibilities. 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. To help us achieve this and ensure that you have the most up to date information, it is important that all family members pay attention to all handouts, website updates, texts, emails, etc. Included is a list of the technology and social media that we use. This handbook also includes guidelines and board/coach 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.

Finally, and most importantly, please do not 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!

2021 Board of Directors

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## Our Program and the AYFL

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Flyers Football has a tradition of over 63 years presenting a successful youth sports program. Our 100+ youngsters play and perform as young as 6 years of age through 13 years of age. The Lower Burrell Flyers belong to the Allegheny Youth Football League (AYFL). This league consists of teams from Deer Lakes, GUYASUTA, Highlands (RYFO), Springdale (AVYFA), Freeport, and Brentwood. We play at least 8 regular season games culminating in playoffs and a Super Bowl. The league also hosts a “Senior Bowl” as the last game of the season with players from the East competing against players from the West. This is a great way to honor players “graduating” from the Flyers Youth Football program.

Player and cheerleader preparation for the season begins in July with games starting in mid-August. Practices run 5 days a week until the time when school starts. At that point, practices are reduced to 4 days a week for all players dependent on attitude and performance throughout that week. This is a huge commitment from all including the coaches, the players, and the families. With this commitment, we guarantee that the behaviors shown on and off the field are beneficial as you witness your child's confidence and self-esteem grow. You also see strong friendships develop among the children and parents that last a lifetime. Once a Flyer, always a Flyer!

A word about coaching: Our coaches are dedicated to your child and the sport – whether it be football or cheerleading. Many have been active at different levels of competition as coaches and players. They are experienced; some with over 30 years of experience! We ask that you, as parents, let the coaches coach. Please give your child time to absorb the 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 outside of 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!

## 2021 Flyers Board of Directors

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### Executive Officers

President	Nadine Virag	(724) 989-8908
Vice President	Jami Jacobs	(412) 995-8928
Secretary	Lisa Zaremba	(724) 681-0514
Treasurer	Amanda Kunkle	(724) 980-2528
Head Football Coach	Shawn Mele	(724) 472-6664
Cheerleader Coordinator	Jamie Rydeski	(724) 448-5903

### Board of Directors

Coach Representative	Brian Carney	briancarney67@yahoo.com
Coach Representative	Chris Lowe	biglowe1@aol.com
Director	John Carpenzano	jcarpenzano@yahoo.com
Director	Melanie Nuttall	nutthousebtq@gmail.com
Director	April Sites	aprilsites@yahoo.com
Director	Molly Walsh	mollywalsh36@gmail.com
Director	Nikki Watson	nicolemariewatson@gmail.com

## 2021 Flyers Coaching Staff

### Football

Ages for football are determined by the age of the child on July 31<sup>st</sup>.

(Coaches are subject to change)

#### Recruits

Maximum age 9 115 Pounds Max	Head Coach: Assistant Coaches:	Josh Pollino (724) 681-2776 Jared Abraham Todd Brown Joe Jacobs Chris Sakala Jared Thompson
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#### Cadets

Maximum age 11 135 Pounds Max	Head Coach: Assistant Coaches:	Chris Lowe (724) 681-2390 Dave Furnier Bob Maloney Bruce Ortman James Zaremba Jamie Stiveson
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#### Flyers

Maximum age 13 160 Pounds Max	Head Coach: Assistant Coaches:	Shawn Mele (724) 472-6664 Brian Carney Keith Kunkle Cliff McKay Austin Mele
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### Cheerleading

Cheerleaders are assigned to a squad based on their age as of July 31<sup>st</sup>.

(Coaches are subject to change)

#### Cheer Coordinator

Jamie Rydeski (724) 448-5903

#### Recruits

Maximum age 9	Head Coach:	Jen Alter	(724) 448-8393
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#### Cadets

Maximum age 11	Head Coach:	Sharon Ondo	(724) 448-7291
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#### Flyers

Maximum age 13	Head Coach:	Maddie Thompson	(724) 212-9131
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it is better to build boys than to mend men

## 2021 Schedule of Events

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### Uniform & Equipment

Football player uniforms and equipment and cheerleader uniforms are distributed at the discretion of the coaches. It coincides with in person registration. Communication on dates and times is posted to all social media outlets.

Note: Equipment turn in is also determined by the head coach and cheer coordinator after the final game. It is your responsibility to get your child's uniform & equipment turned in.

### Football Conditioning

Conditioning starts 3-4 weeks prior to the first game of the season – typically mid-July. It is 2 weeks long and is M-F in the evenings. During the first week of conditioning players wear helmets and cleats only. In the second week, players are in full practice pads. This is done to acclimate the players to the heat, so it is important that each player is present every day. Dates and times will be posted to all social media.

### Cheer Clinic

Cheerleading conditioning and practices begin 3-4 weeks prior to the first game of the season. This occurs mid-July. Dates, times, and frequency is determined by the coaches and will be posted to all social media.

### Practice Schedule

Football practice is held at Flyers Field on the Route 56 bypass and runs M-F from 5:00-7:00 pm.

Practices begin the Monday after the conclusion of conditioning. Coaches reserve the right to request practice schedule changes and will give you notice as needed. This includes the practice schedule once school begins. The schedule is posted to GameChanger.

Cheerleading practices will be determined by each cheer coach and may not coincide with the boys practice schedule. The coaches will give you notice as needed. The schedule is posted to GameChanger.

## Game Day Information

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### Youth Football Weigh In

All players are weighed in at the field on which you will be playing that day. Weigh in occurs at half time of the game preceding yours by a specified "weigh master", or 1 hour before your game time.

**NO PARENTS ARE PERMITTED DURING WEIGH INS.**

\*Missing weigh ins could result in ineligibility.

### Game Schedule

The AYFL season runs for ten weeks and includes 9 games with a bye week, similar to years past. The schedule is TBD and will be posted to all social media once available.

\*Please note – all game dates and times are subject to change.

\* Home games will be played at Flyers field

\* Away game times and directions will be posted to our web site and GameChanger.

### Playoff Schedule

Playoff game dates are published with the regular season schedule. Location is TBD based on qualification during the regular season.

## Recognition

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### Program/Ad Book

Flyers Football Organization designs a program with listing the football teams and cheerleading squads with team photos. It also includes the history of the organization and important events that have happened in years past. The program provides an opportunity for you to help our organization through advertising and sponsorship. Booster ads are available to team member families that also want to show their support.

**\*\*We encourage everyone to support our business sponsors listed in the program and on our social media, including the website.**

### Banquet

The banquet committee provides this information once all arrangements are finalized. This information will be available on our website as well as other social media.

### Awards

Each year, the Flyers Organization presents each child with a gift. These gifts are decided upon by the banquet committee and approved by the board. They are subject to change year after year dependant on various factors. 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 TBD and will be posted to all social media.

***All players and cheerleaders will need to be dressed in game uniforms.***

Pictures can be picked up at the concession stand when they are delivered. Please pick up you pictures in a timely manner. The Flyers will not be responsible for pictures that are not picked up.



## Fundraising

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As you might expect, the costs to run a program of this magnitude are tremendous. In order to keep registration fees at a reasonable level, we must find ways to generate additional monies in order to cover all of our expenses. Items such as the lease of the property, insurance, field maintenance, electric, propane, portable bathroom rental, cooking equipment, etc. are necessary for us to operate.

In order to raise these needed funds, the Flyers organization will conduct different fundraisers throughout the year. Every family will have to choose between two options for the fundraisers: participate in the fundraiser according to the terms listed below, or to pay a cash equivalent. The mandatory fundraisers are determined prior to the start of registration and are provided to each family during in-person registration or equipment handouts.

Families who choose to “buy out”, will be asked to pay the **\$400 (individual participant) - \$550 (2+ participants/family)** buy out at registration. Payment can be submitted via cash, a check payable to “Flyers Football Organization,” or PayPal Friends or Family (info@flyersfootball.org).

## An important note about fundraising...

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Each year we have families who have difficulty fulfilling their fundraising obligations for various reasons. We do offer the option of choosing to “buy-out” of the fundraiser. After you have made an honest attempt at selling your tickets and are still struggling, you must notify one of the Fundraising Committee Chairpersons. This is to be done at least 15 business days prior to the due date of the fundraiser. If you wait until the tickets are due, you will be required to purchase them yourself. Out of respect for others, please help us by doing your part.

**All fundraising money and tickets must be turned in to the Fundraising Committee on or before the due date of the fundraiser.**

## Volunteering

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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.

As a result, we ask each family to do your part to support the upkeep and maintenance of our field and program. One area where we rely on our parent volunteers is during our home games. Home games are particularly significant income sources for us, and your help allows us to keep fundraising to a minimum.

Similar to fundraising we offer two options to fulfill your volunteer time. First option: complete 4 volunteer duties per family with the terms listed below. If choosing to volunteer your time, a list of volunteer opportunities is available at the start of registration through Sign Up Genius. We also require a \$150 deposit check payable to “Flyers Football Organization.” This can be turned in during equipment handout or in-person registration. If you choose the volunteer option and do not fulfill your required volunteer time, your check will be cashed 15 business days after the end of the year banquet.

Second option: “opt out” of volunteer times by providing a donation of \$200. Payment can be submitted via cash, a check payable to “Flyers Football Organization,” or PayPal Friends or Family (info@flyersfootball.org).

**If you cannot work the day you are scheduled, you must make arrangements for someone else to work your time.**

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

### Apparel

#### **Chairperson: Jami Jacobs and Melanie Nuttall**

The apparel committee is responsible for determining what apparel the Flyers organization will sell to raise money. These typically include things like t-shirts, sweatshirts, shorts, sweat pants, 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 and Awards

#### **Chairperson: Jamie Rydeski and John Carpenzano**

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). This includes the determining, purchasing, and organizing the year end gifts for the kids.

#### **Areas of Responsibility:**

- Determine the location of the banquet(s)
- Make the appropriate reservations for the banquet(s), including any deposits needed
- Determine the year end gifts for the kids and seek approval from the board once chosen
- 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(s)
- Develop a program for each banquet (if necessary)
- Keep track of all banquet reservations and guests lists for any banquets
- Get board approval for banquet types, locations, costs, etc.

## Concession Stand

### **Chairperson: Amanda Kunkle and Jamie Rydeski**

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 game days
- Present pricing for menu items and/or any equipment needs

## Field Maintenance

### **Chairperson: Chris Lowe**

This committee is responsible for maintaining the buildings and grounds at 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, weed trimming, and painting the field for practices and games
- Schedule 2-3 regular people to carry out duties
- Perform an annual inspection of all buildings, grounds and equipment, and make appropriate recommendations to the board to keep the property in good shape

## Fundraising

### **Chairperson: Lisa Zaremba and Amanda Kunkle**

This committee oversees the fund raisers that are done each year by the organization. They are to suggest fund raisers to the board for approval and help in the collection of fund raisers 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 fund raisers including: site rental, tickets printed, etc.
- Prepare fund raising packets and ways to keep track of each family's fundraising
- Determine times to collect fund raising and notify families of these times
- Keep the board up to date on families who are delinquent in their fundraising efforts

## Social Media/Website

### **Chairperson: Nikki Watson and Melanie Nuttall**

This committee oversees any type of social media for the organization. This includes the Facebook page, website, and Team Manager app. They are to keep the information posted up to date and relevant. They will also ensure that anything posted that is related to the minors involved in the organization has permission from parents or legal guardians prior to posting.

#### **Areas of Responsibility:**

- Provide and collect social media permission forms from parents/legal guardians
- Update logo on all sites
- Create and post current activities to the Facebook page with direction from the executive board members, head football coach, or head cheer coach
- Update the Flyers website with current data, including the meeting minutes
- Post announcements to Team Manager

## Special Events

### **Chairperson: Lisa Zaremba and April Sites**

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.

#### **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: Jami Jacobs and Lisa Zaremba**

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.

#### **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 each picture
- Get pictures to program chairperson to be included in program

## Advertising/Program Book

### **Chairperson: John Carpenzano and Amanda Kunkle**

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.

#### **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 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: Nikki Watson**

This committee will prepare for registration of children in the organization for both flag football and regular season. This includes the handbook provided at registration, registration forms, and the advertising of registration throughout the community.

#### **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: John Carpenzano and Nadine Virag**

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

#### **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 volunteers 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 volunteer deposit/buyout should be.

## Gun Bash

**Chairperson: Shawn Mele, Chris Lowe, Brian Carney**

**Other members:** 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

## Grants/Sponsorships

**Chairperson: Molly Walsh**

This committee will conduct research on any applicable grants for the organization. They will follow through with any application process that is approved by the board. They will also seek and organize sponsorships from outside businesses.

**Areas of Responsibility:**

- Research Grant funding
- Apply for grants with board approval
- Seek sponsorships for the organization as well as individual events

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## Player/Cheerleader Responsibilities

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### Football Players

#### Equipment/Uniforms

The Flyers Football Organization furnishes each player with the following: game jerseys, game pants, practice jersey, practice pants, helmet, and a full set of pads that include hip, tailbone, knee, thigh, rib, and shoulder. Parents/guardians are required to sign an agreement at equipment hand out as receipt of the equipment given. All equipment is expected to be returned at the end of the season. Turn in date is determined by the coach and is communicated once announced. Players are also given a mouthpiece but can choose to purchase separate. Players are also encouraged to wear a pair of rubber cleated football spikes for all practices and games. It is important to regularly inspect all equipment for damage and bring any findings to your coach's attention ASAP. Do not wait until game day.

#### Conduct

- You are expected to behave in a respectful, courteous manner both on and off the field AT ALL TIMES.
- Swearing, fighting, trash talking or talking back to coaches, other players, board members, or volunteers is not tolerated.
- 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.

#### Playing Time

- Football is a disciplined sport that requires all players working together as one unit. Therefore, 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 progress and learn.
- Players unprepared to play cannot only hurt themselves but could also allow teammates to get hurt.

## Cheerleading

### Uniforms

Shell, skirt, and pom poms are supplied by the Flyers Football Organization and are expected to be returned at the end of the season. All cheerleaders are to bring a change of clothes on game day and change out of their uniforms immediately after their respective games. This ensures the uniforms remain in good condition for future squads. Wash uniforms in cold water; no bleach; gentle cycle and line dry. Do not dry clean or iron uniforms. Uniform hand out and turn in will be determined by each team coach. All cheerleaders are also responsible for the cost of the following personal items:

- ▶ Cheer Shoes — all white cheer appropriate shoes
- ▶ Black low-rise boy cut shorts
- ▶ Wind Suits (jacket/pants)
- ▶ Hair bow
- ▶ Mid-drift top – black

Order forms for mid-drift tops, hair bows, briefs, and wind suits are available at sign-ups. Deadline to turn in the order form is determined by the Cheer Coordinator.

### Conduct for both Coaches and Participants

- Positive attitude
- Pay attention and give it your ALL
- Respect Cheerleading coaches, Football coaches, Teammates, Opponents, etc.
- Display Flyers team spirit
- Show Good Sportsmanship
- Welcome other towns and show a positive attitude win or lose
- Develop skills, techniques, & how to work stronger as a team
- Character - You are a leader within the Flyers Cheerleading organization. You are expected to set an example at all times. This is shown with:
  - ▶ Dedication to the Team - missing games/practice affects the entire squad
  - ▶ Appearance
    - Practices: practice attire includes tank tops, t-shirts, shorts/leggings, and sneakers (no sports bras, jeans, or sandals). All hair must be up in a ponytail, no jewelry of any kind, and no makeup.
    - Games: Cheer uniform, spankies, ALL hair up with cheer bow, socks, pom poms & cheer shoes are mandatory. No jewelry of any kind, and no makeup.
    - Accessories needed in a cheer bag at all times rain or shine: Water bottle, cheer coat, leggings, black gloves, and black ear wrap.
  - ▶ Respect - All coaches, junior coaches, board members, parents, & visitors



- ▶ Decorum for Coaches and Cheerleaders - Smoking, drinking, drug use, inappropriate pictures of any type, and criminal mischief are grounds for IMMEDIATE dismissal.
- ▶ Bullying - The Flyers Organization has a zero-tolerance policy on bullying in any form. This is your one and only warning. Any bullying is grounds for immediate dismissal for the season. Re-entry into the Flyers organization will require Board Approval.
- Junior Coaches
  - ▶ Junior coaches are assistant helpers for squads.
  - ▶ They will not conduct any disciplinary actions.
  - ▶ They will maintain decency standards and conform to the appropriate attire during practices and games.

## Attendance

Coaches must be notified of ALL missed practices or games PRIOR to its start. All practice and games are mandatory. You are expected to arrive at least 1 hour before the start of all games.

## Dress Code Outside of Games

- Proper gym clothing
- Neat Appearance — No “revealing shorts/shirts”
- Hair Back out of 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

- Times and frequency will be determined by your coach. 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.
- 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.
- 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.

## Flyers Football Organization Code of Conduct

1. Each family must volunteer 4 times throughout the season. \$150 volunteer deposit checks are collected at registration. All checks will be shredded and disposed of once the four obligations have been fulfilled. If you do not fulfill your obligations prior to the season end, we will cash your check 15 business days from the date of the year end banquet.
2. Each family is expected to fulfill their fundraising obligations on time. Failure to do so will have a negative impact on the Organization. These include but are not limited to the organization not reaching their budget goals, unsold tickets being claimed by the organization, and reputational risk. Each fundraiser has a specific due date that occurs prior to the event or drawing. If there are financial issues or unforeseen circumstances, please notify the Fundraising Committee Chairpersons 15 business days BEFORE THE PARTICULAR FUNDRAISER IS DUE. Do not hand in unsold tickets at the end of the season as you will be responsible to pay for them. (We cannot help you if we do not know what is going on, and we cannot help you after the fundraiser is over.)
3. Children should be at practice on time and dressed appropriately.
4. Ensure updated contact information is listed at registration in order to receive emails and notifications. If no contact information is provided or contact information has changed and is not updated, you will miss important communications.
5. Any concerns with your football or cheer coach need to be addressed with that coach first. Then if necessary, the situation is escalated to the Football Head Coach or Head Cheer Coach. Do not bring coaching issues to the Board President unless you have taken these steps and still need a resolution.
6. Coaches do their best to give every child playing time for every game. However, playing time is not guaranteed. There is not a set time or amount of plays that each child is required to play per game.
7. Attendance: Every player and cheerleader is at practice the same amount of time. Because this sport relies on team effort, it is important that your child is present at every practice possible. We encourage kids to play multiple sports, but also need to take into consideration commitment from individuals as a whole. We will honor the following attendance for football and cheerleading weekly:
  - a. Absent 2 practices – sit 1 quarter
  - b. Absent 3 practices – sit 1 half
  - c. Absent all week – sit the entire game

\*\*Exceptions only include family emergencies, illness, or injury.

8. **THERE IS A “COOL DOWN” RULE, YOU HAVE TO WAIT 24 HOURS TO CONTACT A COACH WITH ANY PROBLEMS. DO NOT TEXT OR CALL YOUR CHILD’S COACHES DURING YOUR CHILD’S GAME.** Please hold your comments or concerns and speak to the coaches at a more appropriate time.
9. Team Parents will be coordinated during the first two weeks of conditioning. It is their responsibility to obtain contact information for all parents of the team and to communicate on a regular basis any information necessary to ALL parents on the team. The Team Parent is a liaison between the parents, coaches, and Board Members. In order to be an effective Team Parent, you must be willing to communicate to all members of your team. If you are unable to handle the tasks of Team Parent, please do not sign up for this position.

- a. Team Parents are responsible for coordinating snacks and snack schedules for the teams. They will then relay this information to the Game Day Committee Chair.
- 10. If you are unsure of something or do not understand a rule, task, etc. ask a Board Member. Please do not make assumptions about how or why things are done. We are open and willing to discuss any questions or concerns. All meeting minutes are posted on the website the month following the meeting and all are welcome to attend.
- 11. **NO ALCOHOL ON OR AROUND THE FIELD AT ANYTIME.** We absolutely cannot and will not tolerate parents drinking alcohol at any time on our property. There are various reasons for this rule, most importantly the safety of YOUR children. Returning parents know that driving out of the lot at the end of practice can be a maze of children running back and forth to cars. We absolutely will not risk a child being hit by a car or injured in some other way as a result of alcoholic beverages being consumed on our premises. The Board reserves the right to remove anyone from the premise that violates this rule. Multiple violations will result in you and your child being removed from the organization.
- 12. You are expected to behave in a respectful, courteous manner both on and off the field AT ALL TIMES. All spectators and participants will refrain from physical violence, swearing, trash talking, or talking back to coaches, other players, board members, volunteers, other spectators, or the opposing teams. You are a reflection of the Lower Burrell Flyers Football Organization. Always behave in a manner that brings pride to your family and the organization.
  - a. 1<sup>st</sup> Offense = warning
  - b. 2<sup>nd</sup> Offense = expulsion from the organization
- 13. Flyers Football Insurance is a supplemental policy. Should an accident or injury occur necessitating medical treatment, you will first enter the claim with your primary insurance company. The Flyers policy will be in effect when your primary medical insurance benefits are exhausted. Copies of this policy can be obtained from the Board of Directors.
- 14. Ultimately your experience with the organization is up to you and how much you're willing to put into it. Every parent has a responsibility to make sure they are receiving communications, keeping up to date with information that is sent out, and communicating concerns to the appropriate Coach and/or Board Member promptly so that a resolution can be reached. There is no way for us to solve problems if we don't know they exist.
- 15. 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/guardian's permission.
- 16. **NO PETS ALLOWED ON THE FIELD.** Our insurance does not cover any issues that may occur. For the safety of all the children and your pet, please do not bring your pet to the field.
- 17. **FLYERS FIELD GROUNDS ARE NON-SMOKING.**
- 18. Have a great season!!

***Note: Failure to abide by the policies and regulations in this code of conduct my result in disciplinary action up to and including expulsion from the organization. Coaches and board members reserve the right in disciplinary action up to and including expulsion from the organization.***

## Coach-Parent Partnership

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Research is clear that when parents and teachers work together a child tends to do better in school. There is no reason to think that it is any different in sports. The following are some guidelines for how parents can contribute to a Coach/Parent Partnership that can help the athlete have the best possible experience.

1. **Recognize the Commitment the Coach Has Made:** The coach has made a commitment that involves many, many hours of preparation beyond the hours spent at practices and games. Recognize his/her commitment and the fact that he/she is making this commitment for the kids. Try to remember this whenever something goes awry during the season.
2. **Make Early, Positive Contact with the Coach:** As soon as you know who your child's coach is going to be, contact him/her to introduce yourself and let him/her know you want to help your child have the best experience he can have this season. To the extent that you can do so, ask if there is any way you can help. By getting to know the coach early and establishing a positive relationship, it will be much easier to talk with him/her later if a problem arises.
3. **Fill the Coach's Emotional Tank:** When the coach is doing something you like, let him/her know about it. Coaching is a challenging job and most coaches only hear from parents when they want to complain about something. This will help fill the coach's emotional tank and contribute to his/her doing a better job. It also makes it easier to discuss problems later when you have shown support for the good things he/she is doing. And just about every coach does a lot of things well. Take the time to look for them.
4. **Don't Put the Player in the Middle:** Imagine a situation around the dinner table, in which a child's parents complain in front of them about how poorly their math teacher is at teaching fractions. How would this impact this student's motivation to work hard to learn fractions? How would it affect his love of mathematics? While this may seem farfetched, when we move away from school to sports, it is all too common for parents to share their disapproval of a coach with their children. This puts a young athlete in a bind. Divided loyalties do not make it easy for a child to do his/her best. Conversely, when parents support a coach, it is that much easier for the child to put his/her wholehearted effort into learning to play well. If you think your child's coach is not handling a situation well, do not tell that to the player. Rather, seek a meeting with the coach in which you can talk with him/her about it.
5. **Don't Give Instructions During a Game or Practice:** As a parent you are not one of the certified coaches. Please do not give your child instructions on how to play during a game or practice. It can be very confusing for a child to hear someone other than the coach yelling out instructions during a game. Getting to decide how to do things during practice and the game is one of the privileges he/she has earned by making the commitment to coach.
6. **Fill Your Child's Emotional Tank:** Perhaps the most important thing you can do is to be there for your child. Competitive sports are stressful to players and the last thing they need is a critic at home. Be a cheerleader for your child. Focus on the positive things he/she is doing and leave the correcting of mistakes to the coach. Let your child know you support them without reservation regardless of how well he/she plays.
7. **Fill the Emotional Tanks of the Entire Team:** Cheer for all of the players on the team. Tell each of them when you see them doing something well.
8. **Encourage Other Parents to Honor the Game:** Don't show disrespect for the other team or the officials. Even more than that encourage other parents to also Honor the Game. If a parent of a player on your team begins to berate the official, gently say to them, "Hey, that's not Honoring the Game. That's not the way we do things here."

Note: These guidelines are adapted from [Positive Coaching: Building Character and Self-Esteem Through Sports](#) by Jim Thompson, the founder and leader of the Positive Coaching Alliance.

## Guidelines for COVID-19

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The Flyers Football Organization have adopted the following guidelines in accordance with the direction from the state of Pennsylvania and CDC. They are subject to change.

### General

1. If you are showing any of the following symptoms within the past 24 hrs stay home: fever, cough, or shortness of breath.
2. If you have tested positive for COVID-19 or been exposed to a person who has tested positive for COVID-19 in the past 14 days stay home unless a negative test result can be produced. The test should be within 14 days of exposure.
3. Cloth face coverings are required to be worn by spectators, participants, or coaches while inside any building on the property (concession stand, locker room, announcer booth).
4. All spectators and participants will have their temperature taken upon entrance to the field. If any person in your group exhibits a temp of 100.4 or greater your entire party will be asked to return home.
5. All spectators will be asked to provide a contact person for your group upon arrival. That person will provide their phone number and answer a series of questions. This will be used as a resource in the event we are notified of a positive case.
6. Parents are not allowed on the field or bench area. There is an EMT present at each game. Any injury will be treated by them accordingly. Parents will be notified by the EMT as applicable.
7. Bathrooms will be sanitized on game days.
8. Spectators are encouraged to follow social distancing guidelines.
9. Bleachers will not be utilized. Spectators need to bring their own chairs.
10. Cash transactions are recommended to be limited. In order for us to support that we are offering the following payment options for the gate, apparel orders, and concession stand:
  - a. PayPal ID: [info@flyersfootball.org](mailto:info@flyersfootball.org) (recommended for apparel purchased during the game, raffle ticket sales, etc.)
  - b. Two card readers to accept credit cards or debit cards. There will be one located at the main gate and one in the concession stand
  - c. Change will be available for anyone wanting to pay with cash.
11. Spectators will have their temperatures taken upon entrance.
12. It is recommended that parents drop their kids off for practice and return to pick them up after.
13. You are encouraged to leave the field immediately following practice or a game to allow the Board and Coaches ample time to disinfect surfaces.
14. It is recommended that participants ride to each event or practice with a family member and refrain from carpooling.
15. All participants should be educated on refraining from touching their mouths and faces.

### Football Participants and Coaches

1. All participants will have their temperature taken prior to the start of each game. This includes home and away football teams. The thermometer will be provided by the Flyers Organization and the temperatures will be recorded. Any participant who exhibits a temperature of 100.4 or greater will be sent home. Players need to report to the locker room upon arrival.
2. Coaches are required to wear cloth face coverings while on the sidelines and in a huddle.
3. Players must bring their own water bottles. They must be labeled with the player's name.

4. Players will avoid any unnecessary contact. This includes, but is not limited to fist bumps, high fives, etc. Coaches are responsible for monitoring this.
5. The sideline benches and benches located in the locker room will be disinfected before/after each practice and football game.
6. Players are responsible for disinfecting their pads, helmets, etc. after each use.
7. Participants need to refrain from bringing their own footballs to practices and games.
8. Only participants, board members, and coaches are allowed in the locker room.
9. Snacks for the home team during half time will be provided by the Organization and will be packaged individually for the participants.

#### Cheerleading Coaches and Participants

1. All participants will have their temperature taken prior to the start of each game. This includes home and away cheer squads. The thermometer will be provided by the Flyers Organization and the temperatures will be recorded. Any participant who exhibits a temperature of 100.4 or greater will be sent home.
2. Coaches are required to wear cloth face coverings while on the sidelines.
3. Cheerleaders must bring their own water bottles. They must be labeled with the player's name.
4. Cheerleaders will avoid any unnecessary contact. This includes, but is not limited to fist bumps, high fives, etc. Coaches are responsible for monitoring this.
5. Cheerleaders are responsible for their own equipment. This includes pompoms. Any equipment or clothing necessary will be brought in a bag labeled with the participant's name.
6. Participants are required to use hand sanitizer prior to their halftime show, after their halftime show, and after the game.
7. Snacks for the home team during half time will be provided by the Organization and will be packaged individually for the participants.

#### Concession Stand

1. Any volunteer must wear a cloth face covering and must refrain from touching their face or mouth. Gloves will be provided.
2. Hand sanitizer must be used upon entering and exiting the concession stand.
3. The ordering counters, food counters, card readers, and register will be disinfected regularly on game days.
4. The concession stand will be set up with a "Order Here" line and "Pick Up" line. These two lines will be separated with a barrier to help with social distancing.
5. The traffic inside the concession stand is limited to the current volunteers and 1-2 board members to allow for social distancing.
6. Any condiments and toppings will be provided by the cooks. Spectators will need to include these in their order.
7. Children are not allowed in the concession stand.

#### Social Distancing and Other Recommendations

1. Maintain a distance of at least 6 feet from other individuals
2. Wash hands with soap and water for at least 20 seconds as frequently as possible, or use hand sanitizer if soap and water are not available
3. Cover coughs or sneezes with a sleeve or elbow; not hands; do not shake hands

In the event a participant, coach, board member, or spectator tests positive for COVID-19, the following procedure will take place:

1. The person who tests positive is required to inform the contact listed below.
2. Coaches, staff, officials, board members, participants, etc. will immediately be separated from that individual if during a live event. If the individual is a participant, a board member or coach will contact their parent or guardian to take them home. They will need to follow CDC guidelines for caring for themselves. If necessary, the board member or coach will call an ambulance.
3. The contact will then notify all board members, the Flyers Organization parents/guardians, and the head coaches of the opposing team.
4. The opposing team is responsible for notifying the families of their own participants.
5. The area the sick person was in contact with will be closed off until it is cleaned and disinfected.
6. The contact will call a team of board members and coaches to disinfect all equipment, the bathrooms, and entire concession stand.
7. The contact will notify local health officials, the Allegheny Youth Football League, and the referees.
8. The person who tested positive should not return until they have met CDC's criteria to discontinue home isolation.

If you have any questions, concerns, or need to report that you have tested positive for COVID-19, please use the following contact:

Nadine Virag

[info@flyersfootball.org](mailto:info@flyersfootball.org)

Facebook Messenger: Lower Burrell Flyers

724-989-8908

## Information Station

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- **TEAM MANAGER/GAME CHANGER**

- This will be an app that you download via your app store.
- This is how your coaches and board members will communicate with you. It's also beneficial for parent to parent contact.
- You'll get an invitation via your email affiliated with your registration (if this is different from what we have on file please notify Nadine Virag or Jami Jacobs.)

\*Please note: if you are a parent of a returning player, be sure to verify which Flyers team you're affiliated with (Recruit, Cadet, or Flyer). You will see 2 teams in your app. You need to make sure you're communicating with the right group.

- **SIGN-UP GENIUS**

- We will be implementing a new way to sign up for your volunteer duties.
- We will send a link out via Team Manager/Game Changer, you'll click that link to register.
- Once duty is selected you will put in your name and email address to sign up. This will ensure that you get notified prior to your selected duty.

- Please be sure to "like" our Facebook page (Lower Burrell Flyers) as we post information on there as well.
- Our website is [www.flyersfootball.org](http://www.flyersfootball.org)
- Our email is [info@flyersfootball.org](mailto:info@flyersfootball.org)
- Our PayPal is registered under [info@flyersfootball.org](mailto:info@flyersfootball.org)