



**2019**

# **Parent Handbook**

Hughson Youth Football and Cheer

## **MISSION STATEMENT**

It is the mission of the HYFC to challenge boys and girls to choose a lifestyle of excellence by using their talent to achieve the highest standards of sportsmanship in football and cheerleading as possible. This is accomplished while promoting healthy managed sports training and physical development combined with a focus on maximizing self-esteem and character by teaching the boys and girls life skills in the areas of teamwork, leadership, discipline, integrity, maturity, goal setting and cooperation.

## **2019 Executive Board**

President-	Nick Short
Vice President-	Matt Silveira
Secretary-	Jen McHenry
Treasurer-	Lora Villarreal
Cheer Coordinator-	Courtney Gacayan
Assistant Cheer Coordinator-	Tanya Mallory
MVFL League Representative-	Shelby Harkrader
Parent Liaison-	Nicole Ecker
Sergeant at Arms-	David Mallory
Fundraising Coordinator-	Danielle Venema
Concessions Coordinator-	Liz Dayton
Assistant Concessions Coordinator-	Vacant
Event Coordinator-	Melissa Prouty
Merchandise Coordinator-	Aryn Short
Sponsorship Coordinator-	Craig Prouty
Volunteer Coordinator-	Adam Merryman
Equipment Manager-	Vacant
Member at Large-	Bo Ecker
Member at Large-	Matt Venema

## 2019 Coaching Staff

### Football

<b>Junior Novice</b>	<b>TBD</b>	
<b>Novice</b>	<b>Michael Armendariz</b>	<b>(209) 985-2915</b>
<b>Junior Varsity</b>	<b>Mark Foss</b>	<b>(209) 380-9967</b>
<b>Varsity</b>	<b>Shawn Shears</b> <b>Matt Silveria</b>	<b>(209) 222-0735</b> <b>(209) 535-1528</b>

### Cheerleading

<b>Junior Novice</b>	<b>Sarah Curry</b>	<b>(209) 606-8826</b>
<b>Novice</b>	<b>Annalees Villarreal</b>	<b>(209) 417-0929</b>
<b>Junior Varsity</b>	<b>TBD</b>	
<b>Varsity</b>	<b>Aryn Short</b>	<b>(209) 661-6445</b>

# **HYFC IMPORTANT DATES**

## **JULY:**

- 22nd** - Practice Starts- LeBright Field 6pm-8pm. Parent information session from 5pm-6pm to answer questions and review season
- Parent Handbook acknowledgement form, media release form and concussion protocol form are due before participants are allowed on the field
- 27th/  
28th** - Cheer Camp at Starstruck Cheer & Dance, Modesto, CA

## **AUGUST:**

- 1st** - Football and Cheer Balances Due in FULL  
Uniforms WILL NOT be passed out until balance is paid in FULL!
- 13th** - Taco Tuesday Fundraiser- LeBright Field
- 19th** - Picture Day, details will follow

## **SEPTEMBER:**

- 28th** - Homecoming vs Escalon

## 2019 GAME SCHEDULE

DATE	TIMES	OPPONENT	LOCATION
August 10	9-1, 1:30-4:30	JAMBOREE	ARGONAUT
August 17	9:30, 11, 1, 3	TUOLUMNE	TUOLUMNE
August 24	12:30, 2, 4, 6	AMADOR	HUGHSON
August 31	12:30, 2, 4, 6	SONORA	HUGHSON
September 7	12:30, 2, 4, 6	AMA	AMA
September 14	12:30, 2, 4, 6	CENTRAL VALLEY	HUGHSON
September 21	12:30, 2, 4, 6	RIPON	RIPON
September 28	12:30, 2, 4, 6	ESCALON	HUGHSON
October 5	9:30, 11, 1, 3	LINDEN	LINDEN
October 12	12:30, 2, 4, 6	WATERFORD	WATERFORD
October 19	TBD	1st ROUND PLAYOFFS	TBD
October 26	TBD	2nd ROUND PLAYOFFS	TBD
November 2	TBD	SUPERBOWL	HUGHSON
November 12	TBD	ALL-STARS	TBD

**\*\*PLEASE NOTE THAT DATES, TIMES AND LOCATIONS ARE  
SUBJECT TO CHANGE\*\***

## GENERAL INFORMATION

### Refunds:

- HYFC will not issue a refund for the player deposit in the event your child decides not to play football or cheer this year.

### Game Admission Fees (Regular, Post, Superbowl):

Adults	\$5.00
Seniors	\$3.00
Children 6 to 12 years old	\$3.00
Children under 6	FREE
Military/Veteran (Military ID required)	FREE

### Ice Chests/Outside Food or Drink:

1. No ice chests will be allowed into any game except TEAM ice chests. Ice chests will hold team drinks and snacks.
2. No outside food or drinks.

### Gates:

- Gates will open 1 1/2 hours prior to game time

### Side Lines Access:

Per MVFL rules, only referees, medics, chain gang, players and coaches with badges are allowed on the field at game day. Those without badges will be immediately removed from the field. This will be enforced.

### Volunteer Work:

HYFC rely's on the efforts and assistance from all volunteers for the success of our program. If you are able to assist please contact the HYFC Volunteer Coordinator. Below is a list of areas where you are able to assist.

- Set-up/Clean-up during home games
- Chain Gang
- Concessions
- Score Board Operation/Spotter

### Website:

<http://www.hughsonyouthfootball.org>

# PRACTICE

Practice will begin on July 22, 2019. Practices are scheduled Monday thru Friday at LeBright Field on Fox Road for the first three weeks. After the first league game, practices will fall to three nights per week (Tuesday, Wednesday, Thursday).

All normal practices will run from 6:00pm-8:00pm

## **Conditioning:**

- The first week of practice is conditioning only.
- Athletes should dress in comfortable attire for physical fitness
- Football: Helmets and cleats only shall be worn during this week, no pads
- All athletes (Football & Cheer) are required to complete the minimum of 10 hours of conditioning

## **Practice Rules:**

- Athletes need to bring plenty of water to all practices and continuously hydrate all season long
- No texting or phone calls during practice
- \*Only athletes, coaches, assistant coaches, junior coaches and board members are allowed on the practice field during the hours of 6:00pm-8:00pm. Parents are encouraged to provide positive reinforcement for all athletes.

The snack bar will be open each night during practice with a basic supply of snacks and drinks. Cash only please. Only board members are allowed in the snack bar during practice.

## **Practice Breakdown Starting July 22nd**

first week- 5 days

second week- 5 days

third week- 4 days of practice mon-thu (jamboree sat -counts as a practice)

fourth week- 4 days of practice

fifth week- 3 days

## PARTICIPATION RULES & TIMES

### FOOTBALL:

#### **Mandatory Play Rules:**

**Jr. Novice** minimum of 10 plays

**Jr. Varsity** minimum of 6 plays

**Novice** minimum of 8 plays

**Varsity** minimum of 4 plays

- If practices are missed, minimum play rule goes down by one
- If no practices are attended, player will not be allowed to suit up
- Players not participating for medical or disciplinary reasons will not suit up for the game
- Players declared ineligible for weight, must wear their jersey with no pads
- If the team roster is 25 players or more, the mandatory play rule is reduced by half, except for Jr. Novice

**All Players:** Attitude and attendance at practices have an essential effect on your playing time. Absences will affect playing time as follows:

- One missed practice means the player will not be eligible to play until the second quarter
  - Two or more missed practices in a week means the player must dress in uniform and stand on the sidelines to support their team but they will not participate
- All football players must wear a mouth piece. Mouth pieces must not be clear or white
  - No tinted face shields are allowed, clear only
  - If a player wears glasses they must wear a face shield
  - Players should arrive early to practice and be suited up and ready to start at 6:00pm

#### **Game Day:**

Coaches will advise players at the expected time to arrive for weigh-in/warm ups

## **CHEER:**

### **Attendance & Absences:**

Punctual attendance is mandatory at all practices and games, as well as specified activities, fundraisers, and special events. All tardies and absences (excused or unexcused) will be recorded.

Cheerleaders who must arrive late or miss an event are required to give a coach 24-hour notice. Anyone who does not give proper notification will be given an unexcused absence or tardy.

**EXCUSED ABSENCES** Consideration will be given to those who are ill and not in school or who have a family emergency (death in the family). For doctor's appointments, cheerleaders must present a doctor's note. If you are absent from school on the day of a game/practice, you are not permitted to participate in that day's game/practice, and you must notify the coach of your absence. If more than one practice is missed per week (regardless of being excused or not) the cheerleader will sit out for the halftime dance .

**UNEXCUSED TARDIES & ABSENCES** Unexcused tardies to practice/games will result in conditioning after practice. Missed Practice for an unexcused absence(s) will result in the cheerleader sitting for the first quarter of the game following the absence. If more than one practice is missed per week the cheerleader will sit out for the halftime dance. \*\*(Cheer Coordinator(s) will use their discretion to increase sit time if attendance becomes an issue).

Missed Games due to an unexcused absence will result in automatic sitting for the first half of the game following the absence.

### **Game Day**

Cheerleaders must arrive at games 1 hour prior to game time, unless coach has discussed otherwise.

### **Appearance/Attire**

**A. Uniforms include:** shell, skirt, liner, cheer bow, briefs, white no show socks, shoes, warm up jacket, leggings and poms.

**B. Practice Attire**-proper apparel must be worn to practice. Cheer shoes (no converse or vans), socks, shorts (finger tip length) and well fitting top- No spaghetti straps. No crop tops.

**C. Game Day Attire**- All elements of your cheerleading uniform and warm ups are required for EVERY game. Cheerleaders missing all or part of uniform on game day will be required to sit. As a team we will look uniform and neat in order to best represent HYFC.

- I. All cheerleaders need to have a clean uniform and shoes, a water bottle and a black sports bra if necessary.
- II. Cheerleaders are expected to be neat and well groomed, especially at games.
- III. No jewelry on any part of the body or piercings allowed during practices and games. Medical/religious jewelry may be worn if taped down. Flat clear plastic piercing protectors may be used.
- IV. Neutral nail polish is acceptable and absolutely no markings on your skin. No false fingernails.
- V. Hair is to be pulled back in a pony tail and bows must be worn.
- VI. Make-up must be minimal and in good taste.
- VII. NO GUM.
- VIII. Cell phones may not be used during practice or games.
- IX. Casts/braces.
  1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to be wrap/pad the cast.
  2. Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow participants from injury.

# CODE OF CONDUCT

## **Preamble-**

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when the competition reflects these "six pillars of character."

All board members, coaches and assistant/junior coaches shall pledge to follow and uphold the code of ethics of the HYFC, as well as, the code of ethics and ethics pledge of the League.

## **Head Coaches**

- A. All head coaches must conduct themselves in a professional manner during league activities.
- B. All head coaches must complete the application and interview process and be approved by the board.
- C. All head coaches shall have knowledge and understanding of the MVFL playing and coaching rules and shall adhere to the requirements of said rules.
- D. All head coaches shall treat each player or cheerleader as an individual, remembering the large range of emotional and physical development within each age group, and shall place the emotional and physical well-being of the children ahead of a personal desire to win.
- E. All head coaches shall be knowledgeable in the rules of the sport and shall teach to the players and/or cheerleaders.
- F. All head coaches will be under the direction of the President, Vice-President, the Football Coordinator, the Cheer Coordinator, and Assistant Cheer Coordinator.
- G. Abusive behavior towards a player or cheerleader will be grounds for suspension and/or dismissal.
- H. All coaches serve at the discretion of the board and can be removed by a vote of the board at any time.
- I. All head coaches may select their assistant coaching staff; to be interviewed and approved by the board. All head coaches shall be at all practices and games. If the head coach is ejected the coach must pay the league fine handed down to the organization of \$100.00. Second offense is permanent removal of the coaching staff.

## **Assistant /Junior Coaches**

- A. All assistant coaches must conduct themselves in a professional manner during league activities.
- B. All assistant coaches must complete the application.
- C. All assistant coaches shall have knowledge and understanding of the League playing and coaching rules and shall adhere to the requirements of said rules.
- D. All assistant coaches shall treat each player or cheerleader as an individual, remembering the large range of emotional and physical development within each age group, and shall place the emotional and physical well-being of the children ahead of a personal desire to win.
- E. All assistant coaches shall be knowledgeable in the rules of the sport and shall teach the players and/or cheerleaders.
- F. All assistant coaches will be under the direct authority and responsibility of the board and the head coach they are assisting.
- G. Abusive behavior towards a player or cheerleader will be grounds for suspension and/or dismissal.
- H. All coaches serve at the discretion of the board and can be removed by a vote of the board at any time.
- I. One assistant football coach per age level will be assigned the roll of assistant equipment manager.
- J. If an Assistant/Junior coach is ejected the coach must pay the league fine handed down to the organization of \$100.00. Second offense is permanent removal off the coaching staff

## **Players /Cheerleaders**

- A. The players and cheerleaders must conduct themselves in a respectable manner and adhere to the current season's code of conduct.
- B. Any head coach football or cheer representative, with board approval, has the right to suspend a player or cheerleader for conduct unbecoming to the organization during league activities. The child's parent or guardian will be notified immediately of the situation.
- C. Bullying, rude language, and intimidation will not be tolerated and is grounds for suspension.
- D. The board reserves the right to approve sponsorships based on current finances.
- E. There may be partial or full scholarships available.

## **Parents /Guardians**

- A. Parents shall become voting members of the organization by signing the application for their child to play for, or cheer for, HYFC and shall conduct themselves in a respectable adult manner and in the best interest of the League adhering to the current season's code of conduct.
- B. In the event of a conflict or a complaint against any member of the organization the complaining member shall contact the Parent Liaison in writing. They will then act as the liaison between the Parent/Guardian and the board. In the event where the parent is held liable, the board will follow the disciplinary policy.
- C. Parents, Guardians, and spectators are not eligible to assist any coaches via headphones/ cell phones from the sidelines.

## **GRIEVANCES**

**The Grievance Procedure of the HYFC is listed below. Please do not confront coaches, assistant coaches or junior coaches.**

### **Grievance Procedure**

1. Any person wishing to file a grievance with the HYFC may do so. Any grievance with the League shall follow the same procedure.

### **Procedure:**

1. Any grievance with HYFC or the League shall be presented to the Parent Liaison of the HYFC
2. A grievance shall be submitted in writing and shall include, at a minimum, the:
  - A. Nature of the grievance,
  - B. Date when the incident occurred,
  - C. Description of the incident,
  - D. Rule/Bylaw violated
3. The Parent Liaison will notify the HYFC board of the grievance within 24 hours of receiving the grievance
4. The HYFC will review the grievance at the next scheduled board meeting. If the grievance requires attention before the next scheduled board meeting, the President of the HYFC will call a special board meeting to review the grievance
5. The person who submitted the grievance will be notified within 24 hours of the board's decision
6. Confidential information will not be provided to the person filing the grievance
7. The Secretary of the HYFC will maintain all documents associated with the grievance in accordance with the HYFC bylaws