






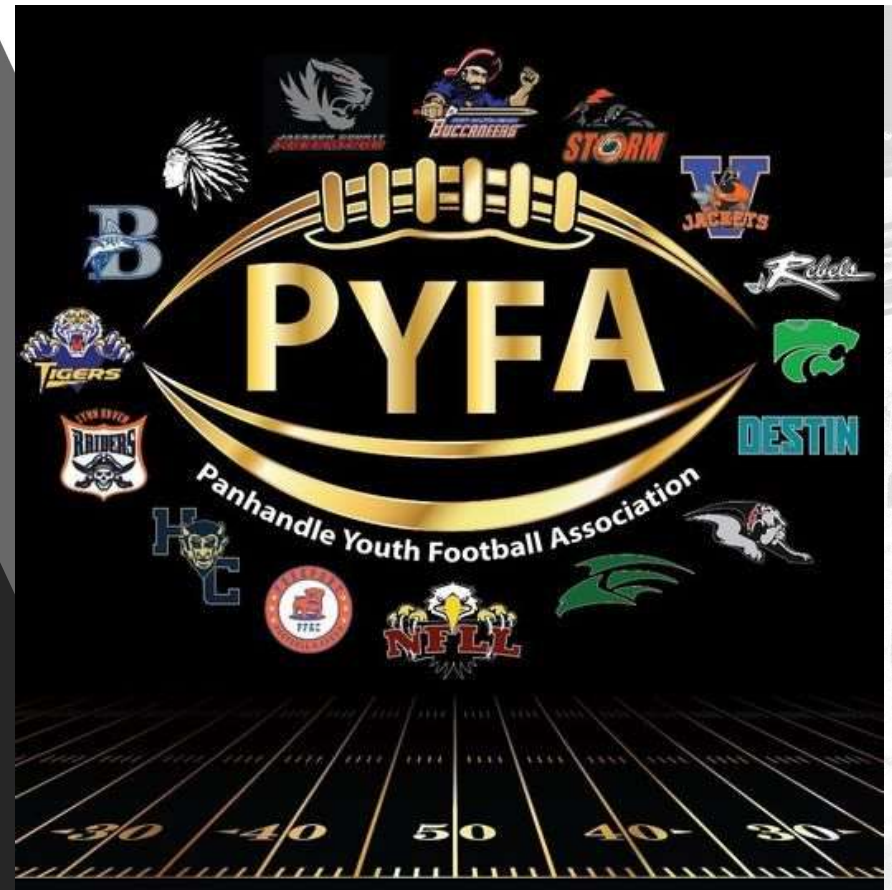
Parent Meeting
June 2023

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- 
- Welcome
 - Who are we
 - Practice Times and Location
 - Pictures
 - Game Schedule
 - Parent Code of Conduct
 - Half-Time Conduct
 - Football
 - Volunteering
 - Sponsorship
 - Questions

OVERVIEW



WHO ARE
WE



10 Time Panhandle Youth Football Association (PYFA) Champions

- Since 2015
- 10 Super Bowl Championships
- 5 Runner Up
- 21 Playoff Appearances





WHO ARE WE

Part II

We are a 501(c)(3) Not For Profit organization dedicated to providing top quality youth football and cheer programs for Lynn Haven and the surrounding areas.

OUR MISSION

To teach the fundamentals of football and cheerleading in an organized and supervised environment with an emphasis on safety, opportunity, sportsmanship, education, fun, and discipline.





WHO ARE WE

Part III

LHS BOARD



Mike Freitas – President

(850) 896-8579 LynnHavenStorm1@gmail.com



Jessica Gutierrez– Vice President

307-259-5566 LynnHavenStorm1@gmail.com



**JC Alvarado –Assistant Football
Commissioner**

LynnHavenStorm1@gmail.com



Lonnie Stringer- Football Commissioner

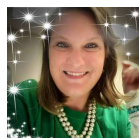
LynnHavenStorm1@gmail.com



Nicole Paul – Assistant

Parris1542@yahoo.com

Vacant- Assistant



Jenny Bunker- League Admin

LynnHavenStorm1@gmail.com



Bethanee Philips– Cheer Commissioner

904-528-9459 lynnhavencheer@gmail.com

All positions within the Lynn Haven Storm are volunteer.





WHO ARE WE

Part IV

OUR FOOTBALL COACHES

Boomers (5-6 Years)

Henry Rogers (Scooter)– Head Coach

Juniors (9-10 Years)

Pedro– Head Coach

Pee Wee (7-8 Years)

Brad Josten-Head Coach

Seniors (11-12 Years)

Mike Freitas – Head Coach





COMMUNICATION IS PARAMOUNT





COMMUNICATION PLATFORMS

< Search



SportsEngine

Sports Team
Management

OPEN

4.5 ★★★★★
5.71K Ratings

#22
Sports

4+
Age



Please
Download
Now

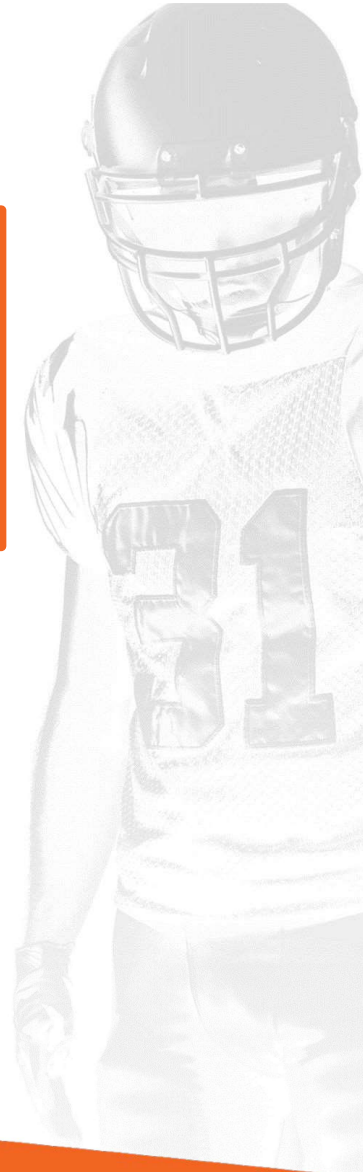
Useful Websites

www.LYNNHAVENSTORM.org

www.THEPYFA.org

Lynn Haven Storm Email

Lynnhavenstorm1@gmail.com





**\$20 per player Snack Money is
due ASAP for Half-Time Snacks**

Football Turn into Nicole
Cheer Turn into Jessica

PRACTICE – PRACTICE – PRACTICE

July 25 thru August 4th

Mon., Tues., Thurs., and Fri.

6:00 PM - 8:00 PM

August 7th through end of season:

Mon., Tues., and Thurs.,

6:00 PM - 8:00 PM

BOOMERS FOOTBALL & BOOMER CHEER

ONLY: 6:00 – 7:30

Starting Aug 7th – Friday is a rain out option





We will try to give notification no later than 30 minutes prior to start of practice

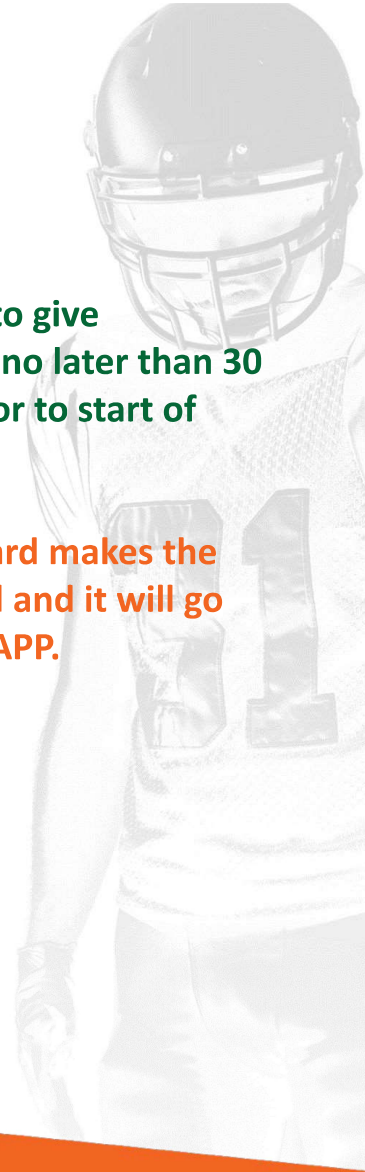
The LHS Board makes the weather call and it will go out via the APP.

PRACTICE – PRACTICE – PRACTICE



We will try to give notification no later than 30 minutes prior to start of practice

The LHS Board makes the weather call and it will go out via the APP.





Please bring water for your player and/or cheerleader, save the Gatorade for after practice.

Please pick up any trash around you. We want to be good stewards of the facilities.

Help put up football equipment.

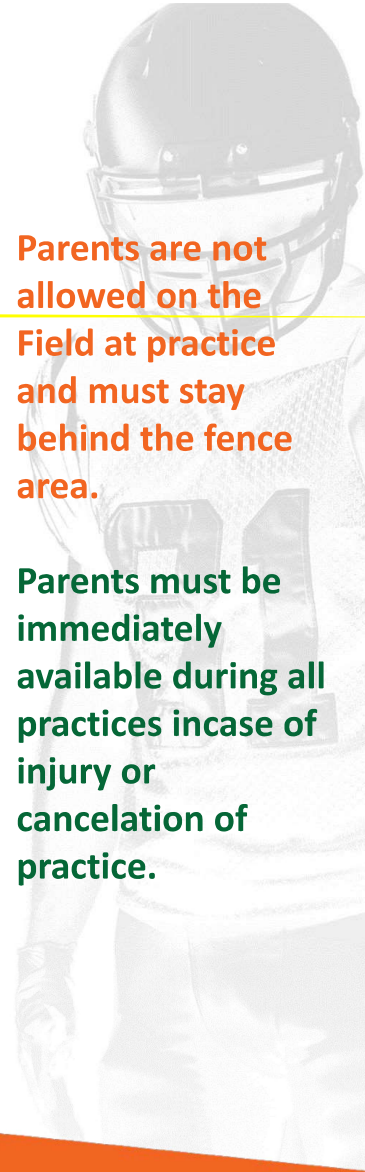
Please park in the parking lot marked in yellow.

PRACTICE LOCATION



Parents are not allowed on the Field at practice and must stay behind the fence area.

Parents must be immediately available during all practices incase of injury or cancelation of practice.





Equipment Handout July 8

Mosley High School

Seniors 9:30-10

Juniors 10:00-10:30

PeeWee 10:30-11:00

Boomer 11:00-11:30





Pictures

We have partnered with
Shot in Focus Photography again this year.

Mandatory picture date and time:

SATURDAY AUGUST 5th

Lynn Haven Elementary Lunch Room

Time Will Be posted in SE Schedule

Go to the Oldest Childs scheduled time or
Cheerleaders





Regular Season Schedule

Pre-Season Jamboree at Niceville August 19

We will not have a final schedule on where or who we will be playing until the PYFA releases

it, very close to the start of the season.

Once received, we will send out a final schedule in an email blast. It will also be available on the SE App, Lynn Haven Storm and PYFA websites along with directions on how to get to all locations.

THEPYFA.org

AWAY

August 26th
September 9th
September 16th
October 7th
October 14th
October 28 Makeup game day

HOME

September 2nd
September 30

Playoffs

October 28th 1st Round (Away)

November 4th 2nd Round (Away)

November 11th Superbowl (Home)





Parent Code of Conduct

- PYFA Bylaw States:
 - On field altercations resulting in multiple acts of physical interaction between either players, coaches, parents, or any combination of participants will result in the immediate suspension of both teams for the remainder of the season.

NO FIGHTING It will suspend everyone for the rest of the Season!





Parent Code of Conduct

- I will demand a sports environment for my child that is **free from drugs, tobacco, and alcohol** and I will refrain from their use at all sports events.
- **I will not force my child to participate** in sports.
- I will remember that **children participate to have fun** and that the game is for youth, not adults.
- I will **inform the coach of any physical disability or ailment** that may affect the safety of my child or the safety of others.
- I will **learn the rules of the game and the policies of the league**.
- I (and my guests) **will not engage in any kind of unsportsmanlike conduct** with any official, coach, player, or parent such as booing, taunting, and refusing to shake hands; or using profane language or gestures.
- **I will not encourage any behaviors or practices** that would endanger the health and well-being of the athletes.
- I will teach my child to **play by the rules** and to resolve conflicts without resorting to hostility or violence.
- I will **demand that my child treat other players, coaches, officials, and spectators with respect** regardless of race, creed, color, sex, or ability.





Parent Code of Conduct

- I will **teach my child that doing one's best is more important than winning**, so that my child will never feel defeated by the outcome of a game or his/her performance.
- I will **praise my child for competing fairly** and trying hard, and make my child feel like a winner every time.
- I will **never ridicule or yell at my child or other participants for making a mistake or losing a game/competition**.
- I will **emphasize skill development and practices and how they benefit my child over winning**. I will also de-emphasize games and competition in the lower age groups.
- I will **promote the emotional and physical well-being of the athletes** ahead of any personal desire I may have for my child to win.
- I will **respect the officials and their authority during the games** and will never question, discuss, or confront coaches at the game field and will take the time to speak with the coaches at an agreed upon time and place.
- I will **refrain from coaching my child or other players during games and practices**, unless I am one the official coaches of the team.
- I **will not approach the field or any coach during a game**, I will remain in the stands and support my team and coaches.





PYFA Bylaws- Recruiting and Loyalty

- 11. Players will sign up in the area which they reside to the maximum extent possible. A player's home park is determined first by the area of residence and second by the first park they register in. A player may sign up in another PYFA area if it is agreed to in writing by the area representative in which the player resides. The written agreement must be provided to the PYFA Board of Directors and maintained by the PYFA Secretary. That player may only play in the area that they sign up in for the current year and areas cannot be changed within the season. The player has the option to sign up in his home park the following season. If the area representative disagrees with the transfer and will not sign an agreement, both area representatives will present the issue before the PYFA Executive Board for final resolution. The PYFA Executive Board will determine paperwork requirements on a case-by-case basis.
- 12. No out of area recruiting will be allowed for any area. This applies to all representatives of the area including board members and coaches. Out of area Recruiting Violations will go to the Board of Directors for resolution. Penalties will include as a minimum, forfeiture of all games which the player or players participate. Other penalties will be determined by vote of the Board of Directors and Area Representatives and can include but are not limited to coaching suspensions, loss of playoffs for the team or area, or fines to the PYFA.





Half Time

This is a time for coaches to make corrections, the players to receive changes, hydrate, and be without distraction.

Absolutely no one is allowed on the practice or game day field unless your child is injured, you're invited by a LHS Coach, or selected and approved in an official capacity. All Volunteers must Pass Bay County Background Check



FOOTBALL THE RIGHT WAY





HEADS UP FOOTBALL

HEADS UP FOOTBALL KEY COMPONENTS



Concussion Recognition and Response

Education is the first step in concussion awareness and player protection.

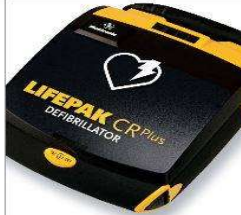


Heat Preparedness and Hydration

Targeted instruction puts the emphasis on prevention, recognition and basic treatment of athletes with best practices for heat and hydration safety at all levels.

Sudden Cardiac Arrest

Coaches, schools and leagues learn how to put procedures in place to quickly react in the case of cardiac events — the No. 1 cause of death for children and teens during exercise.



Proper Equipment Fitting

Equipment that doesn't fit or isn't worn right can increase the risk of injury. That's why every coach gets guidance in how to properly fit helmets and shoulder pads.



Shoulder Tackling

A step-by-step guide, featuring former Seattle Seahawks Assistant Head Coach Rocky Seto, teaches the core principles of proper tackling and helps set a new standard in player safety.



Blocking and Defeating Blocks

Learn techniques for blocking and defeating blocks that focus on leveraging the hips and hands for superior control.



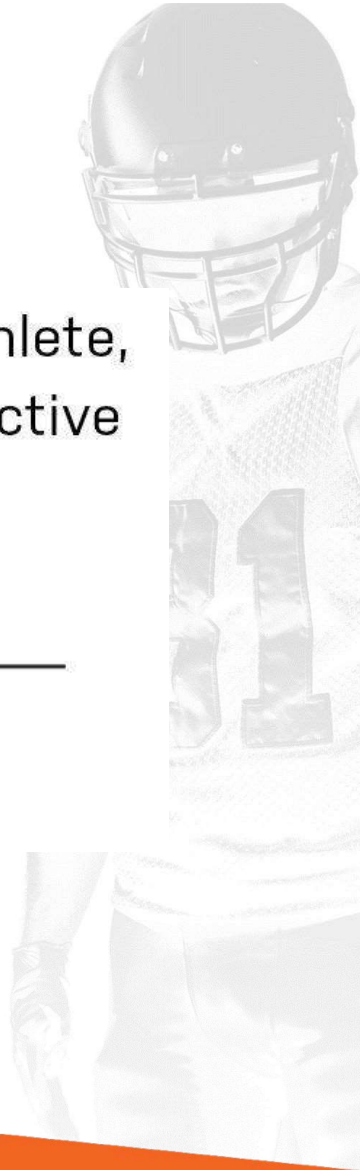


Equipment Rating

Xenith football helmets are designed for the committed athlete, coupling advanced fit, feel and style with innovative protective and technology features.



100% of Xenith helmets are in the Top-Performing Group on NFL Laboratory Testing and 5-Star rated by Virginia Tech Testing.





Equipment Football

LHS provides:

- Helmet
- Shoulder pads
- Game Jersey (not to be worn for practice)
- Game Pants (not to be worn for practice)
- 1 Mouth Piece (Always have a backup)

Parent provides:

- Practice pants
- Practice jersey
- Cleats
- Orange socks for game day
- Any additional pads, safety gear, etc.

No Tinted Visors or reflective are allowed in the PYFA.



Equipment Football

All equipment **INCLUDING** game jersey and pants provided by the LHS will be turned in at the player's last game.

Please be prepared to bring a full change of clothes for your player.





Teams, Age, Weight

Seniors

Ages 11 and 12 as of Aug. 1, 2023

Weight limit Unlimited

Must weigh under 150lbs to advance the ball.

Juniors

Ages 9 and 10 as of Aug. 1, 2023

Weight limit Unlimited

Must weigh under 125lbs to advance the ball.

Pee Wees

Ages 7 and 8 as of Aug. 1, 2023

Weight limit Unlimited

Must weigh under 100lbs to advance the ball.





Teams, Age, Weight

Boomers Only

Ages 5 and 6 as of Aug. 1, 2022

Weight limit unrestricted

Must weigh under 75lbs to advance the ball.

Game is divided into (4) 7 minute quarters

Modified Pee Wee Rules





PRACTICE – PRACTICE – PRACTICE

Conditioning week
July 17, 18, 20, 21 6:00 - 8:00 PM

Shorts, shirt, cleats, & water





Game Day Football

1. **SHOWTIME:** 1 Hour prior to start time
 - Hydrated, rested, and prepared (i.e., equipment)
2. **WEIGH IN:** 45 minutes prior to start time
 - If late for weigh in, player **may** not play until 2nd half
3. **WARM UPS:** 30 minutes prior to start time
4. **RUN THROUGH OFF, DEF, SP TEAMS:** 20 minutes prior to start time

**GAME DAY UNIFORMS ARE NOT TO BE WORN BEFORE
OR AFTER GAMES - BRING A CHANGE OF CLOTHES!**





Game Day

- Gate Entry up to \$5 for 5 years and above
- Gate fees are free for players in uniform
- Not all fields have bleachers
- No outside coolers are allowed
- Concession stands are available at games





Required Volunteer Support

We are responsible for 2 home games this season and the Superbowl. Parents may choose from the following:

- Gate entry
- Concessions Counter/Grill
- Cleaning the field/ Stadium
 - Chain Gang

Please secure your desired slot(s) with Nicole Paul and let her know ASAP if you need to swap days. You Can register to Volunteer

[Storm Volunteer Sign Ups — Signup Sheet | SignUp.com](#)





Team Mom's & Dad's

If you would like to help out as a Team Mom or Dad for football, please contact a board member for mandatory BCSO background check paperwork.

For the safety of our players, all adults that are on the field MUST pass a background check prior to the season starting

Absolutely no one is allowed on the practice or game day field unless your child is injured, you're invited by a LHS Coach, or selected and approved in an official capacity.





Local Sponsors

Sponsorship Levels	Amount	Benefits of Sponsorships
First Down Sponsor	\$200	<ul style="list-style-type: none">• Small logo and website link on Storm webpage
Field Goal Sponsor	\$500	<ul style="list-style-type: none">• Medium logo and website link on Storm page• Small logo on sponsor banner displayed at home games.
Touch Down Sponsor	\$750	<ul style="list-style-type: none">• Logo and website link on storm webpage.• Sponsorship announced at half time of all home games. (4 times per home game)• Medium logo on banner displayed at home games
Superbowl Sponsor	\$1000	<ul style="list-style-type: none">• Logo and link on storm webpages• Large logo on banner displayed at home games• Name announced at half time and in between games. (8 times per home game day)

Get a sponsorship form from at [Sponsorship \(lynnhavenstorm.org\)](http://lynnhavenstorm.org)





Merchandise

- Shirts are available for Pre-Order
- Previous Season shirts some available on Square site.
- Merchandise can be ordered at [Lynn Haven Storm Football & Cheer \(square.site\)](https://square.site/lynn-haven-storm-football-cheer)





Questions?
Please Email
Lynnhavenstorm1@gmail.com





Lynn Haven Storm Cheer





Cheer Coaches

Boomers (5-6 Years)

Lauren Pickels - Head Coach
Quinteria Taylor - Assistant Coach

PeeWee (7-8 Years)

Miranda Bailey - Head Coach

Junior (9-10 Years)

Bethanee Phillips- Head Coach

Senior (11-12 Years)

Bethanee Phillips - Head Coach
Kadey Purvis - Assistant Coach



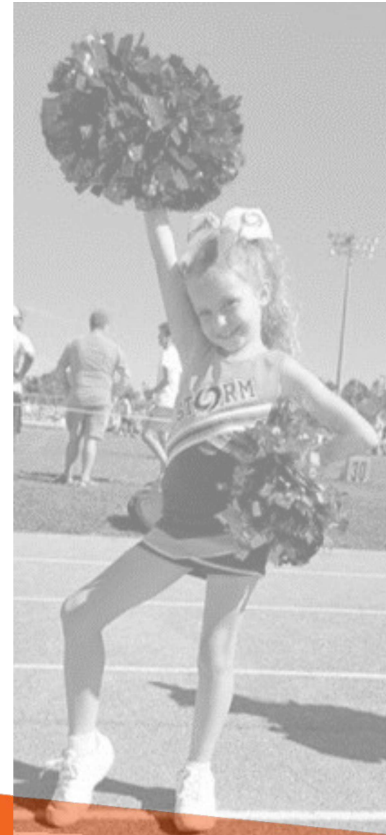


Cheer Practice

Cheerleaders will :

- Bring Pom Poms and Water
- Wear tennis shoes, black soffes and dark orange shirts
- Not wear jewelry (This is for Safety)
- Keep hair up or braided.
- Cell phones will be kept in bags for the duration of practice

Cheerleaders without appropriate shoes will not practice.





Cheer Practice

Cheerleaders will :

- Monday is excused practice for Tumbling at a gym.
- Our Cheer Partner, Starz Elite, offers Level 1&2 Tumbling on Mondays.
- Will still hold regular Practice on Mondays Until September
- September Cheer Practice will Be on Tuesdays and Thursdays for Sideline Cheer

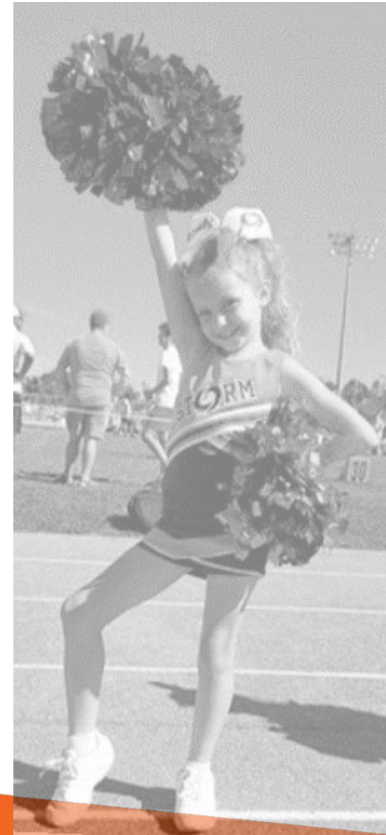




Cheerleader Expectations

New 2023 Season :

- Demerit System for PeeWees through Seniors
- Cheerleaders and Parents will be expected to read and sign the agreement.
- Merit System
- We are not responsible for any lost items (water bottles, jackets, warm-ups, etc)
- Questions? Contact Bethanee at (904) 528-9459.





Big / Little Sister

New 2023 Season :

- Reveal will take place at practice Aug. 4th. Big Sister and Little Sister will build their zipper pulls for backpacks on this day.
- Bring a small gift for your big / little (Card, small candy, etc) on reveal day.
- Big and Little Sisters will pair together for stretching on Tuesday and Thursdays. Big Sisters are responsible for mentoring their little through the cheer season
- Questions? Contact Bethanee at (904) 528-9459.





Bow-to-Toe Checklist

Game Day

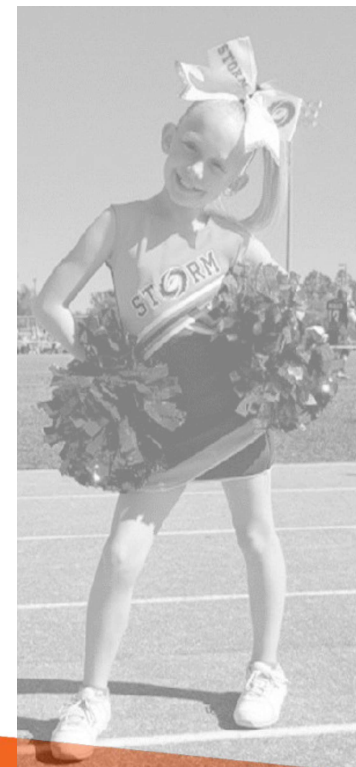
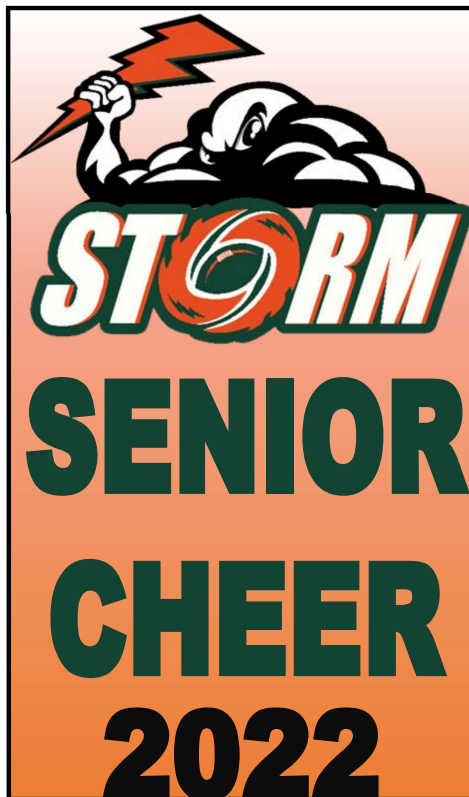
Bow to Toe Checklist

Attire

- ☐ Uniform Top & (Sleeves if Cold)
- ☐ Uniform Skirt
- ☐ Bloomers
- ☐ No Show Socks
- ☐ Cheer Shoes
- ☐ High Pony Hair With Bow
- ☐ Black Undergarment;
- ☐ Pom Poms
- ☐ Warm-ups on cold days
- ☐ Cover up shirt for halftime

Accessories

- ☐ Water Bottle
- ☐ Sunscreen
- ☐ Bug Spray
- ☐ Hairbrush
- ☐ Hair Tie





Game Day Cheer

1. **SHOWTIME:** 1 hour prior to start time at cheer tent
 - Hydrated, rested, and prepared (use your bow-to-toe checklist; take your cheerleader to the bathroom prior to arriving to the tent)
2. **WARM UPS:** 50 minutes prior to start time
3. **Player Check in:** 45 minutes Prior to start of game if you miss check in Game will not count for PYFA Cheer Comp
4. **Cool Down :** 20 minutes prior to start time (hydrate, stretch)
5. **Line up:** 10 minutes prior to start time
6. **Half Time:** Half time show for home games, then snack. Cheerleaders may not leave the cheer tent during halftime.
7. **Collect all gear before leaving the field. Parents may pick up**
at cheer tent following the game. Cell Phones will remain in backpacks for the entirety of the game.

**GAME DAY UNIFORMS ARE NOT TO BE WORN AFTER GAMES - BRING A
CHANGE OF CLOTHES!**



Game Day

- Gate Entry upto \$ 5 for 5 years and above
- Gate fees are free for players in uniform
 - Not all fields have bleachers
 - No outside coolers are allowed
- Concession Stands are available at games





Cheer Competition

- SATURDAY/ SUNDAY October 28-29, 2023 at Aaron Bassant
 - \$7.00 Gate Entry
 - May be additional Fees for Pictures
 - Comp rules in accordance with PYFA following USA Cheer rules.
- All Practices are Mandatory during the month of October to be part of the competition.
- Must attend 6 Regular Season Games to be part of the Competition





2023/2024 Competition Cheer Team

- Mixed age division 6 - 12
- Four - Six Competitions
- Monthly Fees (Broken out by Uniform Cost, the Cheer Competition Fees for Each Month.
- Evaluations and Signups take place in September
- Practice begins September 18th.
- Cheerleaders on the Competition Squad “Thunder” will not compete until after the end of the PYFA season.





2023/2024 Competition Cheer Team Practice Schedule

- September 18 - November 13 Mondays Only 6-8pm
- November 27 - December 21 Mondays and Thursdays 6-8pm
- January 11 - May 2nd Mondays and Thursdays 6-8pm
- Monthly team nights / end of season fun day TBD

Will be expected to perform at additional local events such as the July showcase at Mosley.

