

Toms River Youth Football and Cheer Policies & Procedures

The Toms River Youth Football and Cheer programs provide a fun and exciting experience to its participants, teaching them sportsmanship, specific athletic skills and techniques, and the importance of teamwork and responsibility to others. It is only through the full support, cooperation, and example of all the TRYFC parents that this program can continue to run as smoothly and successfully as possible. The coaching and organization staffs are all volunteers, giving up countless hours of their own personal and family time to work with and for your children. By adhering to the following Policies and Procedures, coaches and parents together can continue the Tradition of Excellence for our youth kids.

Organization Mailing Address and points of contact

Correspondence Address: TOMS RIVER YOUTH FOOTBALL & CHEER PO Box 5012

Toms River, NJ 08753

E-mail: For General Organization Items – TomsRiverWarriorsFootball@gmail.com

For Football Specific items - TRWVPFootball@gmail.com

For Cheer related items – Toms RiverWarriorsCheer@gmail.com

Many questions and concerns involving your specific team/squad can be answered by your coaches and team parents. Please approach them as your first and most expedient resource.

League President

- A mutual relationship of respect is maintained between all franchises in AYF/AYC and any conduct or behavior that could compromise that relationship ***will not be tolerated***.

TR Warriors Board Info

Executive Board: <https://www.tomsriverwarriors.org/executiveboard>

Appointed Board: <https://www.tomsriverwarriors.org/appointedstaff>

Chain of Command:

Football

- Vice President of Football
- Football Commissioner (10U to 14U)
- Assistant Football Commissioner (7U to 9U)
- Flag Commissioner (Flag 5 / 6)
 - Go to your respective leadership for issues after you have spoken to your Head Coach if it is not resolved.

Cheer

- Vice President of Cheer
- Cheer Commissioner (10U to 14U)
- Flag / Exhibition Cheer Coordinator

- Go to your respective leadership for issues after you have spoken to your Head Coach if it is not resolved.

Online Membership Communications - Website

TRYFC maintains a website with both public and private access sections. General information on the organizations activities, meetings, and upcoming events are posted in the public section, along with last minute schedule changes when available. **The website will be the primary means of communication with the membership for routine notices and activities.** Please be sure to check the site at least weekly. The address is: www.tomsriverwarriors.org

As per our by-laws, our association is required to abide by all American Youth Football & Cheer and Jersey Shore AYF rules and regulations. As of the writing of these policies, AYF and JSAYF rules were being reviewed and updated. As these changes are released, TRYFC policies will be reviewed and changed accordingly. In addition, circumstances sometimes arise that require us to modify existing policies for the good of the organization. Notification of these changes that directly affect the general membership or day-to-day team operations will be posted on the website.

Eligibility

The TRYFC organization is open to all eligible children age 5-18 on July 31, 2018 that live in the **Toms River Regional Schools** sending district.

Exclusivity

AYF, JSAYF and TRYFC regulations require that **no non-staff participant be involved in (active or passive) or be rostered with any non-AYF sports organization or activity of like manner during the AYF season, except in accordance with AYF rules.** Commitment is part of teamwork. As only the participants and parents can control their activities, they are solely responsible to abide by these eligibility requirements. Participants/parents who violate these requirements endanger the eligibility of all participants, teams, and the organization. Anyone found to be ineligible once registered may be subject to total forfeiture of all bond monies, championship awards, and disqualification from present and future TR Warriors participation.

Insurance

Parent/Guardian health insurance is the *primary insurance carrier for the child participant*. Proof of insurance must be supplied during the registration process. All participants are covered under a secondary policy with the Jersey Shore AYF League, which may include a co-pay. All co-pay monies are the responsibility of the parent/guardian.

Medical Exam

No child can be permitted to participate, practice or compete without having first submitting written proof of physician's approval specifically indicating approval for all aspects of the activity. Medical exams are mandatory for all participants, must take place in the current season year, and must be completed prior to participation. All participants must be physically fit and able to participate in all aspects of training (jumps, running, exercise, tackles, etc.). AYF has a specific form for this purpose for the medical professional to complete, and these are issued at time of registration, posted on the website, and are available upon request. This form must be signed by a medical professional. It may also have the medical professionals stamp.

Coaches are NOT permitted to administer drugs, such as aspirin, Tylenol or antibiotics. A child can, however, have an inhaler (asthma) but he/she must be able to self-administer the drug. A note must be on file that the child understands how to use his/her inhaler and the note **must** come from his/her physician. The coach is permitted to hold the inhaler during practice, games and competitions. AYF procedures and National Federation Rules govern practice content. The coaching staff's primary concern is the health and safety of participants. The Overall Head

Football Coach or the Cheer Coordinator may require additional medical documentation and clearances, if a health or safety concern arises with a specific individual, and may prevent participation until the requirements are met. They may also set conditions and short deadlines for such required clearances as reasonable and necessary, based on both individual and overall team concerns.

Confidential Information - Minors

All participant data is considered personal and confidential, and is protected under Federal and State laws with civil and criminal penalties. This includes all rosters, names, contact information, age, etc.

Work Bonds

TRYFC is a volunteer-run not-for-profit organization, providing administrative, logistical, and facility services to its members. **All parents are expected to assist in this endeavor by serving on committees, assisting in the Snack Stand during games, fundraising efforts, etc. Please note, no one under the age of 18 is permitted in the snack stand area to work. This is strictly prohibited due to insurance regulations.** Anyone who violates this will be asked to leave the kitchen and forfeits their time put in towards that work bond.

All of these activities are critical to providing the services that participants, parents, and the league community enjoy. As such, parents are required to post "Work Bonds" for each participant at time of registration. These bonds are bank checks in the amount of \$200.00 per participant. Parents who fulfill their service requirements will have their checks/monies returned at times designated by the Treasurer. Parents who fail to satisfy their work requirement by the end of the season forfeit any bond funds, and the checks will be processed. Because positions and assistance needs change throughout the year, written criteria for completion of work bond credit will be available in writing upon request. Fulfillment of work bond requirements will be determined by the TRYFC Board, and all decisions are final. You have the option to buy out of the volunteer hours for \$150.

Uniforms

Parents/Guardians will be given a list of all equipment and uniforms loaned to their child, or required for participation. Additional information will be given for the care of equipment and uniforms, as well as current replacement costs in the event equipment is lost, stolen, or damaged. Parents/Guardians will be required to sign an acceptance statement, as well as provide TRYFC with a bond, equal to the replacement value of loaned equipment and uniforms.

There is an Equipment Bond check due at the time of equipment handout. These bond checks should be dated for December 1st of that calendar year (ex: 12/01/20xx) and in the amount of \$150.00 for football and \$350 for cheer.

Additionally, some specific purchases of Indian Wear apparel may be required. These items will be identified by your coaches as the season begins. It is the participant's responsibility to order and purchase these items *from designated vendors*.

Refunds for Participant

Refunds (for other than exclusivity reasons) may be granted if TRYFC is notified of the withdrawal from participation in writing. All such requests must be in writing either to the above mailing address or to the e-mail address tomsriverwarriorsfootball@gmail.com with a copy to the players head coach. Refund requests must include the following information:

- Name of the Participant
- Team of Play
- Address where the refund is to be sent

- Once received, we will respond back with an acknowledgement of receipt. If you are not contacted by someone on the Board within a few days, please contact us directly to confirm receipt. Additionally, any other documents received at registration must also be returned as instructed at the time. In-season Refunds will be completed by September 30th. Refunds of registration fees will be granted based on when TRYFC and the head coach are notified of the quit and how many participants are signed up in the family.
- 1 participant signed up
 - Quit before the 1st day of practice \$175.00 refund
 - Quit during week 1 -- \$150 refund
 - Quit during week 2 -- \$50 refund

- Quit during week 3 -- \$25 refund
- Quit after week 3 -- \$0 refund
- 2 or more participants signed up
 - Quit before the first day of practice -- \$250.00 refund
 - Quit after the first day of practice -- \$0

To obtain a registration refund TRYFC and the players head coach must be notified by the end of the week that the player quits. If the coach is notified the following week or later, the refund will not be retroactive to the last day that the player attended practice. Example: player quits during week 2 of practice, and the coach and TRYFC are notified during week 3, a \$25 refund will apply if this is the only TRYFC participant in a family.

Returned Checks

If any check is returned for insufficient or uncollected funds, the Treasurer will be responsible to notify the party and recoup the funds in cash from the involved party **plus any additional applicable fees** to cover the charges imposed by the bank for a returned check. **The collection of these monies must be made within 30 days of receipt of notice from TRYFC.** Failure to reinstate said funds **will** result in revocation of participation privileges and/or the pursuit of legal remedies.

Participant/Parent/Spectator Behavior

Children in TRYFC represent the organization, and as such, are expected to conduct themselves accordingly. If any participant exhibits unsportsmanlike conduct when representing the Toms River Little Warriors, including, but not limited to presence or participation at practices, games, competitions, fund-raising, or where through the wearing of TRYFC-identifying apparel (or in exhibition of some form of connection with the

TRYFC organization), a formal complaint shall be lodged by the Football Commissioner or Cheer Coordinator in writing and filed with the Board of Directors. The child participant is forbidden and suspended from any further participation in the program pending a formal hearing before the Board of Directors. The Board of Directors upon completion of a formal investigation and hearing shall decide any further penalty as a result of such actions, which may include expulsion from the program.

In accordance with **P.L. 2002, Ch. 74, Assembly, No. 446, "NJ Sports Rage Law"**, if any parent, guardian, or spectator engages in verbal or physical threats, or abuse aimed at any participant, student, coach, official or other parent/spectator, or, from initiating any fight or scuffle with any person, **they shall be banned from the presence of any TRYFC youth sports event or activity.** A formal complaint shall be lodged by the Football Commissioner or Cheer Coordinator, and/or the Board of Directors **with the appropriate municipal authorities.** Prior to being permitted to resume attendance, TRYFC shall require the individual to present proof of completion of a TRYFC-approved anger management counseling through a public or private source.

Additionally, AYF and JSAYF reserve the right to fine any franchise which has unruly fans, and to impose a suspension of the franchise from Regional and National participation if any infractions occur. **Everyone is expected to follow all guidelines provided for practices, game and competition. If a participant, spectator or family member exhibits a flagrant display of unsportsmanlike behavior, the participant may be subject to total forfeiture of all championship awards, and disqualification from present and future TRYFC participation. Any fine imposed by AYF or NJAYF will be the responsibility of the parent to pay.**

- **If a member of the TR Warriors General Membership or a member of their family, berates, uses profanity, touches, hits a TRW Board Member they are automatically fined \$500 and face suspension or removal from the program indefinitely.**
- **We are Volunteers**

Volunteer Background Checks

AYF/C programs nationwide are required to annually conduct a background check of: Coaches, Board of Directors members and any other persons, volunteers or hired workers, who provide regular service to the league and/or have repetitive access to, or contact with, football players and/or cheer participants.

The purpose of these background checks is, first and foremost, to protect the children. Second, they maintain AYF as a hostile environment for those who would seek to do harm. Third, they will help to protect individuals, Associations and Leagues from possible loss of personal or

organizational assets because of litigation.

Failure to complete and submit the Volunteer Application Form (and any additional information requirement as designated by the TRYFC Board or JSAYF) by those required to do so will result in them being barred from involvement in AYF. Failure by TRYFC to conduct the proper background checks may result in suspension or termination of TRYFC's AYF charter.

This is a policy from AYF and will be strictly adhered to by TRYFC. **All volunteers who have repetitive access to participants will be required to complete the appropriate form(s) and release(s) for proper action.** This includes all **Board Members, Coaches, Trainers, Team Parents, etc.** All checks and investigations will be done in accordance with New Jersey law.

Alcohol & Tobacco Use

No alcohol is permitted or to be consumed at any AYF/AYC activity, practice, game, or event. Additionally, no tobacco products use is permitted at any AYF/AYC activity, practice, game, or event, and is prohibited on Toms River School property by law. AYF/AYC is intended to foster responsible behavior in our children... *We are all examples to them.*

Registration Documentation, Bonds and Fees

The following documentation and bonds are required to be on file with TRYFC for each participant. Some are due at registration, others must be provided prior to the first practice. **There will be a scheduled "Processing Session" for this purpose in the days immediately before practice begins. Presentation of any missing materials is mandatory at that time.**

No child can be permitted to take the practice field until all documentation has been provided.

● **An Original Raised Seal Legal Copy of the participant's birth certificate* (notarized photocopies are NOT acceptable – this must be an original from the appropriate government agency/bureau) plus a copy of the birth certificate. Football, flag cheer, and mighty mite cheer will keep the copy in the team book and return the original. Competitive cheer teams will keep the original birth certificate in the team book.**

● The AYF Physical Fitness and Medical History form completed and signed by a by qualified medical examiner.

● A current (within past 6-12 months) passport-sized photo of the participant

● Proof and signed declaration of eligibility and residency within the Toms River North High School sending district **

● Two copies of the child's most recent, complete school report card (all marking periods). If a child changed schools between September and June, all report cards must be provided. This is an AYF requirement to prove a child's scholastic fitness.

● Proof of Medical Insurance (copy of Insurance Card, etc.)

● Equipment/Uniform Deposit check (Football - \$150.00/participant, Cheer - \$350.00/participant for competition uniform **and** \$75/participant for game day uniforms)

● \$150 Work Bond check for each Participant **

● Registration fee**

* In the event of participation by Foreign Nationals or others who may lack recognized Birth Documentation, the TRYFC

organization will attempt to secure approval for alternate documentation. It is not within the jurisdiction of the TRYFC organization, however, to approve alternate documentation. The right for such approvals resides with JSAYF and AYF.

** Items due at time of registration

Season Information

- The official AYF season begins on or about the last full week of July (around July 20th) and concludes on December 31st, or when all teams/squads have completed all games and competitions, including any postseason activities, whichever comes first. **Eligibility and Exclusivity requirements must be maintained throughout the entire period.** Regular season games are normally scheduled for Sundays but may include some Saturday or weekday evenings due to rescheduled games and post season games. Cheer competitions at the local, Garden State Games, state, and regional level are currently scheduled for weekend days. All teams/squads are required to play/cheer at all scheduled games and post-season games.

Practice & Game Fields

Primary Practice Locations for Football Practice

(Outdoor) Walnut Street Elementary School, West Dover Elementary School, & East Dover Elementary School

Game Home Field – Toms River High School East

Cheer Practice

(Outdoor) Walnut Street Elementary School, West Dover Elementary School, & East Dover Elementary School

(Indoor*) Cheer Gym
South Toms River Rec Center

* May include other locations

Practice field area designations for participants and spectators will be designated by the Overall Head Coach - Football and Cheer Coordinator. Parents are not permitted on the practice field.

Team/Squad Roster

Team/Squad size and eligibility are determined in accordance with AYF and JSAYF regulations.

Players may be moved up or down based on the size of the rosters. Each roster is full at 36 participants. Player placement on rosters is at the discretion of the league so that all registered participants are afforded an opportunity to play. If you do not want your child on a level based on an older age (football only) you will be placed on a waitlist.

Participant's preference for a specific team/squad may be noted at time of registration, but not guaranteed. All placements are in accordance with the JSAYF rules, and actual placement of the child does not occur until the rosters are certified.

Requests for teams / levels is at the discretion of the TR Warriors President, VP of Football & the VP of Cheer

Attendance

Because absences from football and cheer practices/events have different ramifications, each Division has its own policies on handling participant attendance. Please see the appropriate section below.

Participant's dismissal from practice/event

All participants must remain with the team until the Team/Squad Head Coach releases them to their parents care. No child will be released until the responsible adult is present to take custody.

Travel

- The TRYFC Board of Directors must approve all post-season travel.
- **Obligations** - If a team/squad is fortunate enough to travel for competition, participants need to stay focused on the primary reason for the trip and that is to represent the Toms River Warriors in competition. The family vacation can happen after all competitions and obligations. Curfews, arrival times and dates, practice and team/squad time must be honored or the team/squad will not be eligible to compete. If this happens, the participant will be considered to have not completed the season successfully and will be excluded from any championship awards and the following year's returning participant registration.
- **Expenses** – All participants are responsible for their own traveling expenses. Fundraising efforts may be available to assist in team travel, in addition to regular season fundraising. All participants are encouraged to take advantage of them. Because there are fundraising regulations that must be followed, all fundraising efforts must be approved by TRYFC in advance.

Competition/Post-Season Travel

All previously stated Travel policies apply, in addition to the following:

If a team/squad qualifies to travel to a recognized Local, League, State, Regional or other designated competition (including post-season play), all participants must travel together by bus. If a squad qualifies to compete in the National Championship, each participant will have the choice to travel with the team (air) or to travel with their family (air or car). If traveling by car, the participant must meet at the designated place and at the designated time to be eligible to compete. Plan vacation time for after the competitions rather than departing earlier than necessary. Early departure disrupts valuable practice time and we are not guaranteed practice space or time at competition/game locations. While those families driving require additional time in transport, **the teams/squads need all the practice time possible**. It is important that you plan to start your drive **after the final scheduled practice**.

If a squad advances to the Regional Cheer Competition or Football Quarter-Final play-offs, each participant will be given two travel information forms, one for Regional/Play-offs (if held out of State) and one for Nationals. The travel forms are to be completed and returned to the designated travel contact on each squad by the due date given. Give them great thought as we use them to prearrange travel to the National Competition site (Room reservations, etc.). All requests shall be noted but not guaranteed. There will be charges from the venue for room changes.

Fundraising

TRYFC is a not-for-profit organization that relies on several fundraising efforts to provide equipment, supplies, referees, playing fields, and other required expenses. In order to meet the needs of our children and maintain budgetary projections, we use voluntary fundraising events and sales as much as possible. We attempt to minimize personal expenditures by parents, so many of these fundraising efforts are aimed at bringing in outside money.

In order to operate the organization efficiently, and because we are forced to make large contractual commitments in advance for expenditures (i.e. the banquet), we must have accurate projections of income for the year. We are therefore forced to designate some fundraising efforts as "required" for all participant families. While we understand that some parents may choose to not participate in some of these required activities, they must also understand that such refusal may have consequences. As an example, a fundraising event may be run specifically designed to cover the costs of the banquet for participants, and the associated costs in trophies.

Parents who choose not to meet the requirements for that event will not have their children's attendance or trophy paid for, and the child may not attend or get a trophy unless the parent pays a designated amount. This is not at all intended to penalize anyone for not-participation, but this organization has to be run under normal business principles in order to stay viable.

The Board will determine consequences as necessary. Please try to keep in mind that your cooperation in being able to cover these expenses is critical. We also welcome ideas and participation in the fundraising efforts in the areas of “in-kind donations” and sponsorship. The ongoing ability of this organization to maintain our consistent high level of service to our children is at stake. Any fundraising applied to your child's travel fund will follow them to the next year should their team not make it to the National Championship. The rolled over funds can be applied towards registration for the upcoming year or supplies for your child to participate. **ANY FUNDS LEFT IN THE ATHLETES ACCOUNT AFTER THEIR TIME WITH TRYFC WILL GO TO THE ORGANIZATION'S GENERAL ACCOUNT.**

Warrior Wear

As part of fundraising efforts, TRYFC sells an assortment of apparel with the TRYFC name and logo on it. *Specific items may be a required purchase* (see Uniform section above), but most is available for participants and fans to purchase and wear. **This apparel is the only authorized use of the TRYFC name or logo and is protected by law. Only Board Members and coaches are authorized to order, through our appointed manufacturers, any team specific item with the TRYFC name and logo or team name and logo.** Warrior Wear will be available for purchase at designated practices and home games.

No one is permitted to create any apparel or accessory item using the Warrior logo without prior permission in writing from the Board.

General Membership Meetings

Although not mandatory, it is suggested that parents attend the scheduled General Membership meetings. It is at these meetings that you can make suggestions, keep abreast of organizational issues, elect Board members, and have your questions answered by the Board of Directors. Please see the web site for the current schedule and locations.

I. Football-specific Policies

Practice

The Vice President of Football, in conjunction with the Team/Squad Head Coaches, will determine practice times and schedules in accordance with the mandates of the JSAYF and AYF.

Parents are strongly encouraged to observe their children at outdoor practices. Parents and spectators, however, must remain in the designated practice spectator area.

When practicing indoors, **insurance regulations and Toms River School District policy prohibit parents staying and watching the practice.** Parents need to drop off and pick up their children **on time** by the entrance to the building. There is to be no parking in school fire lanes and no loitering by parents/siblings in the hallways. **Pets are prohibited from being on the field at any time.**

Football practice time is extremely limited - **Coaches are not to be interrupted during practice by parents/guardians.** Coaches will gladly speak to parents/guardians either before the start, or after completion of practice.

Uniforms

Parents/Guardians will be given a list of all equipment and uniforms loaned to their child, or required for participation. Additional information will be given for the care of equipment and uniforms, as well as current replacement costs in the event equipment is lost, stolen, or damaged. Parents/Guardians will be required to sign an acceptance statement, as well as provide

TRYFC with a bond, equal to the replacement value of loaned equipment and uniforms. Check is to be dated for 12/1/20xx of that calendar year. If the equipment is not returned at the scheduled Equipment return your check (\$350) will be deposited and used to replace equipment not returned. A letter of equipment return will be sent from TRYFC notifying you of that measure.

Equipment Provided by TRYFC

- Game Jersey

- Game Pants
- Helmet
- Should pads
- Practice Jersey
- Game socks

Items to Purchase:

Competitive Football Equipment You are required to purchase:

- Guardian Cap
- Practice pants - white
- Rib guard (or compression shirt with pads)
- Cup
- Mouth guard
- Chin strap
- Cleats

Flag Football Equipment:

- Cup
- Mouth Guard
- Cleats

Any equipment provided to you from TRYFC and is modified (example: Xenith helmet chin straps), will result in a fine due to safety concerns. We purchase items based on the safety and if modified that could result in injury.

Attendance

Football is a contact team sport requiring good physical condition and extensive coordination among the team members to ensure individual safety and team success. Each practice session is designed to improve the participant's physical condition and impart football knowledge, and each subsequent practice builds on the prior. It is therefore critical that participants attend all

practices. Failure to attend practice may exclude participants from game play. The Overall Head Coach – Football, in conjunction with the Team/Squad Head Coaches, will set attendance requirements and determine if a participant's non-attendance at practice/games renders him/her ineligible for game play.

If a player is not going to attend a practice or game, please tell a coach prior to the planned absence. If a player is ill enough to stay home from school, they should stay home from practice. If a player misses more than three practices a doctor's note is required to return.

If a participant does not attend all practices and participates physically it is at the Head Coaches discretion to play them that week.

If a participant misses practices during a game week, it is at the Head Coaches discretion to play that participant that week.

Coaches make the commitment to their players so parents and players should make the commitment to the program and their team.

II. Cheer-specific Policies Practice

Practice Schedule:

- ❖ Conditioning – July through August (Monday, Tuesday, Wednesday and Thursday a 6:00pm -8:30pm) for 10 hours of MANDATORY conditioning per NJAYF– all teams.
- ❖ Competitive Level Teams- will receive gym (Cheer Gym)/ practice schedule for the Months of September – December from the Cheer Coordinator / Head Coach as soon as times are available.
- ❖ Non-Competitive Level Teams (Flag) – September - October will practice 1 to 2 days a week organized by the Cheer Coordinator and Head Coach in preparation for fun day and games.
- ❖ Practices cancelled due to inclement weather –Notifications will be sent out.
If a regularly scheduled practice is cancelled due to inclement weather, it may be rescheduled on one of the scheduled off practice days that week at the discretion of the Cheer Coordinator. Dangerous weather conditions such as thunder/ lightning, heavy winds, extreme heat etc. during practice will result in termination as determined by the cheer coordinator. Parents or Guardians will be responsible for immediate pick up.
- ❖ Cheerleaders must remain together as a team and must not wander off by themselves. Coaches must be made aware if a child leaves the practice area for any reason.
 - ● If you will not be staying at the field during practice, please make sure that your child has been left in the supervision of a coach before you leave. Do not just drop them off in the parking lot.
 - ● Please make sure the coach has all phone numbers where you can be contacted during practice if needed due to injury, illness or inclement weather.
- ❖ You must pick up your child at the end of practice from a coach. Please be prompt when picking up your child. Coaches will not release your child until they see a parent, or someone authorized to take your child. If a child is to be taken home by another adult, the coach must have written notification allowing the child to leave with this designated adult.
- ❖ **Parents are not permitted to remove their child from the field for any reason during practice hours.** You may watch from the perimeter of the field.
- ❖ If you need to speak to a coach, please arrange to do so before or after practice. They need to devote their time during practice to the children and not be distracted.
- ❖ All team and routine decisions are at the discretion of the coaching staff. We ask that you trust our staff and their decisions.

- Coaches have the option to practice less than the above stated hours **after** the initial 10 hours of conditioning have been met.
- **Gym rules:**
 1. Please be sure to drop off 10 Minutes prior to start of practice to assure your child is on time.
 2. Be sure that there is a Coach at the gym before leaving your child unattended
 3. If any funds are due please take care of items prior to the start of practice as to not distract teams in the gym, or, if possible at the end of practice.
 4. Arrival for pick up can be no earlier than 5 minutes prior to the end of practice.
 5. No parents/children or family members are allowed to stay in the gym during practice times.
 6. No one other than Coaches, Participants, and Cheer Coordinators will be allowed on practice mats at any time.
 7. Team Mom's will only be permitted to stay for the first 20 minutes of practice to collect any paper work of funds due at that time.
 8. No one other than participants will be allowed to use gym equipment. 9. No food or drinks will be allowed on the practice mat at any time.

Attendance

- Commitment to the team means participating at every practice, every game and every competition. When a cheerleader is missing from practice it affects the entire team which would be unfair to everyone. Teams cannot have an effective practice with absent participants. Cheerleading is a team sport and in order to have the best team possible, every member needs to be present at all times.
- Following the initial 10 hours of conditioning, the regular practice season can begin which means preparing for game day for all teams and competition for the other teams and "Fun Day" for the younger teams. The girls will be learning level appropriate stunts, formations, dance and cheer segments and all other aspects of their routines.
- During the month of August only, each cheerleader will be allowed up to five (5) missed practices (including any vacations).
- **Starting September 1st practices are mandatory for competitive level teams; therefore, please consider that before making summer vacation plans, especially because of Labor Day**
- After September 1st, the only excused absences will be for illness (a doctor's note will be required), death in family and religious obligations and will be at the discretion of the

Cheer Coordinator. Unexcused absences will not be tolerated. Extenuating circumstances will be addressed by the Cheer Coordinator - not the Head Coach.

- Please note: Cheerleaders are expected to learn what they missed.
- All cheerleaders must arrive for practices and games on time. Arriving more than Fifteen (15) minutes late or leaving early will constitute a 1/4 absence.
- Cheerleaders are required to cheer at all football games.
- Attendance will be taken at each practice and game and monitored
- Excessive lateness or absences may result in dismissal from the team.

- While we encourage our participants to be active in other sports, **we do not recognize any other sport/activity taking priority over cheerleading from July 29th until after the last competition of the season.** All cheer related obligations (practice, games and competitions) will be viewed as priority functions over other athletic or social activities.

Appearance

❖ Cheerleaders are to report to all practices in **proper practice wear** including: socks and cheer athletic sneakers, and practice hair bows.

1. No jeans, skirts or baggy clothing.
2. No tying up of practice t-shirts in the back
3. Hair must be pulled up and away from the face and shoulders as instructed by the coaches during all practices and games. Cheerleaders must conform to whatever hair accessory coaches allow while in uniform.
4. No JEWELRY - earrings, necklaces, body piercings or rings
5. NO MAKE-UP OR NAIL POLISH allowed at practices or games. Fake fingernails are prohibited
6. Nails must be kept short (cannot be seen over fingers).
7. Cheerleaders who wear glasses must have a safety sport strap (no beads-tight elastic without metal).

❖ Uniforms, game day bow, white socks and clean white athletic sneakers should be worn for all games. Adjustments due to weather will be made at the game site by the Cheer Coordinator so make sure to also always bring your warm up jacket, pants and clear rain jacket to every game.

Conduct

- While in practice or game uniform - cheerleaders represent the TRYFC organization. Abusive language, improper and/or unsportsmanlike conduct will result in immediate dismissal. Disrespectful behavior towards coaching staff or fellow teammates is not tolerated in this organization. Always show respect to other teams and their coaches.
- All spectators will be required to conduct themselves in a lawful manner at any AYF/AYC function or activity. Any unlawful or unethical/unsportsmanlike conduct by anyone will not be tolerated and may result in expulsion from that venue and could result in banishment for the entire season from all TR Warriors activities. Spectators are not allowed to travel (ex, competition bus) or participate in closed team activities (ex, team party's) unless otherwise approved by the Cheer Coordinator and

Uniforms

- Uniforms are expected to be kept clean and in good condition
- Uniforms should be washed after every game and hung to dry. Cheerleaders are responsible for their uniform and they will be held responsible for any lost/damaged pieces.
- WHILE IN UNIFORM, YOU MAY ONLY DRINK WATER - No Gatorade, juice, chocolate milk. It is suggested that cheerleaders keep a tee-shirt on or in their bags at all games so that they can eat after the game.
- Uniforms are the property of TRYFC and are not to be worn outside of league sponsored functions.

Games

No alterations are permitted unless approved by Cheer Coordinator

Teams should arrive thirty (30) minutes prior to the start of the game for pre-game conditioning and practice (Head Coach to direct arrival time).

Cheerleaders must attend pre-game conditioning on time in order to participate in the Hello Cheer and Half-Time Routine. This is for safety reasons.

There is NO EATING DURING THE GAME (THIS INCLUDES HALF-TIME). No chewing gum.

The game season usually begins the middle of August and runs through the end of October. If a

football team makes the playoffs, games will continue into November and possibly into December. Cheerleaders are required to cheer at all games including playoffs and championships. If the football team plays, we cheer – even in rain and/or cold weather.

It is the responsibility of the parents to see that the cheerleader has transportation to and from all games. Please be prompt.

Costs

Refer to out of pocket expenses.

Demerit System

❖ 10 demerits are cause for removal of any cheer squad.

❖ 1 Unexcused absences 5 demerits

2. Late to game 1/2 hour or more 5 demerits

3. No show to mandatory Indian events 5 demerits

4. Fifteen (15) minutes late or leaving early will constitute a 1/4 absence 2.5 demerits 5. Disrespect to coaches, other participants or board members 2.5 demerits

6. BULLYING can be grounds for immediate dismissal 10 demerits

NON-COMPLIANCE WITH THIS POLICY MAY RESULT IN SUSPENSION or POSSIBLE DISMISSAL FROM THE TEAM

If a child receives enough demerits to be expelled from the program the child will be put on suspension and a formal hearing with the TRYFC Board of Directors will occur with the child's parents/guardian. The Board of Directors upon completion of a formal investigation/hearing shall decide the penalty as a result of such actions, which may include expulsion from the program.

If a child is expelled from the program, an absentee form will be filed for the remainder of the season. The child will be deemed not to have successfully completed the season and will not be allowed to register at the grandfather registration and will not receive any championship award that they would have been entitled to. All fundraising done by the participant/family will then be distributed equally between the team.

Commitment is one of the most important things that we promote.

Commitment to the squad means participating at **every practice, every game, and every competition**. *Failure to meet this commitment can mean disqualification of the entire squad from competition by JSAYF.*

To be returned to Team Parent for season retention

Athlete's Name: _____

TR Warriors Cheerleading Policy Agreement (2023 season)

Parent/Guardian Policy: I have read the Cheerleading Policy and have discussed it with my cheerleader. I will encourage her to respect her coaches and teammates and to do her best at practices and games. If I have any concerns or questions regarding my child, the squad or coaches, I will discuss them directly with the Head Coach. If I have concerns or questions regarding the cheer policy, I will speak with the VP of Cheer.

Parent/Guardian Signature _____ Date _____

Cheerleading Policy: I have read the Cheerleading Policy and agree to abide by these regulations. I promise to be attentive and cooperative at all practices and games as I understand how important it is for me and my teammates. I will support my teammates and coaches and will not engage in any negative conversations or behaviors because they will hurt my team. I will do my best to always have fun and be a TEAM player.

Cheerleader Signature _____ Date _____

TR Warriors Football Policy Agreement (2023 season)

Parent/Guardian Policy: I have read the Football Policy and have discussed it with my child. I will encourage him to respect his coaches and teammates and to do their best at practices and games. If I have any concerns or questions regarding my child, the team or coaches, I will discuss them directly with the Head Coach. If I have concerns or questions regarding the organization's policy, I will speak with the VP of Football.

Parent/Guardian Signature _____ Date _____

Football Participant Policy: I have read the Football Player Policy and agree to abide by these regulations. I promise to be attentive and cooperative at all practices and games as I understand how important it is for me and my teammates. I will support my teammates and coaches and will not engage in any negative conversations or behaviors because they will hurt my team. I will do my best to always have fun and be a TEAM player.

Player Signature _____ Date _____