



Jr. Lyons Lions
Football & Cheerleading
League
Parent Handbook

Welcome to the Jr. Lyons Lions!

We would like you to become more familiar with the Finger Lakes Youth Football and Cheerleading Program. The Jr. Lyons Lions Football and Cheerleading Organization was established in 1998. The Jr. Lyons Lions are Members of the Finger Lakes Youth Football and Cheerleading League along with Clyde, Pal-Mac, Midlakes, Geneva, Waterloo, Jordan Elbridge, Red Jacket, Bloomfield, Honeoye Falls-Lima, Marcus Whitman, Newark, Victor (2 teams), Dundee, Penn Yan and East Rochester. Boys and girls ages 5 to 14 are able to participate in a football and cheerleading program. They will have the opportunity to learn the fundamentals of football and cheerleading in a safe environment with the proper equipment and adult supervision. Our team will have the opportunity to play against other teams in our community and also travel to other communities to play. Football players will be placed on the appropriate team based on age and weight limit determined by Finger Lakes Youth Football and Cheerleading League. Cheerleaders will be placed on the appropriate team/class according to age, grade, and ability.

Jr. Lyons Lions Board Members

President	Andy Richardson	256-9556
Vice-President	Ed Stratton	483-1717
Secretary	Jaime Richardson	256-9556
Treasurer	Cathy Comfort	
Cheer Director	Teisha Washburn	
Fundraising Coordinator	Sherry Vesely	

PRACTICE

Practice will be Monday- Thursday, 6:00pm until 8:00pm (subject to change) until school starts. As soon as school starts, practice will be Mondays, Wednesdays, and Thursdays, from 6:00pm until 8:00pm (subject to change) and will decrease as we loose daylight. Please pick your child up promptly at the end of practice. All phone numbers of head coaches and cheerleading coaches will be provided for you. Our league has a good relationship with the school and we occasionally have to change practice and game times upon their request. Notification of changes will be posted on the website www.jrlyonslions.com and communicated through weekly newsletters handed out by coaches at Thursday's practice.

Only the child whom is registered can attend practice. Siblings, friends, etc. are not permitted at practice. We do not want our coaches responsible for others that are not involved with our program.

Practice will start August 3, 2009. If your child cannot make the first practice because of vacation plans, please notify the head coach.

If your child can start the first practice and your vacation falls at a later date in August through October, please notify the head coach of your team in writing with your vacation dates. FLYFCL rules mandate that Football Players have a certain number of hours in order to play on game days.

Physicals: All participants are required to have a physical exam and/or proof of a physical exam prior to August 1st and it needs to be dated within 8/2/08 to 8/1/09. No child will be allowed to practice without proof of a physical exam on file. Jr. Lyons Lions **will not** provide physicals for players and cheerleaders. Your child's yearly well-child visit completed through your family doctor will meet the physical requirement.

SUSPENSION AND DISMISSAL

The following standard training rules and penalties will apply to all male and female athletic teams. Individual coaches are given the privilege of setting up additional regulations governing training and practice sessions. All violations will be brought to the attention of the President of the Board.

- **No Use of Tobacco**
- **No Use of Illegal Drugs**
- **No use of Alcoholic Beverages**

Penalty for the violations of the above training rules will be dismissal for the remainder of the sport season with forfeiture of all awards and honors.

Athletes are reminded that in addition to these rules, F.L.Y.F.C.L. policies regarding such things as attendance, grades, behavior, foul language, Etc, must be followed. We expect our athletes to attend all practice sessions and games, even when suspended from participation. Poor sportsmanship, unlawful acts, and other types of inappropriate behavior unbecoming an athlete representing the Jr. Lyons Lions will not be tolerated. **Any of the above infractions can result in a period of ineligibility or dismissal from the sport season.** Please see your coach for additional information.

QUESTIONS OR CONCERNS

- ✦ If you have a question, concern, comment, or suggestion regarding a specific team, please speak directly to the *Head Coach* of that team first. In order to respect the effort required at practice and on game day, we ask that you speak with the Head Coach before or after practices.
- ✦ If you feel that the Head Coach was unable to help you, you should then speak to the *Athletic Director* or the *Cheer Director*.
- ✦ If at this point, your questions or concerns have not been addressed to your satisfaction, you should feel free to bring the matter before the Board of Directors. By submitting your complaint in writing and sent to our PO Box 312, Lyons, NY 14489.

MEDICAL /ALLERGIES

Please make sure any serious allergies which require immediate attention (for Example, bee stings, asthma, Etc.) are made known to our medical personnel. If your child is in need of or has the potential to be in need of any medications during practices, games, etc. a parent or guardian must be present to administer them. Medications **cannot** be administered by the Jr. Lyons Lions.

All jewelry is prohibited-with the exception of medical medals. Medic alert emblems a can be taped to the wrist with only the medic alert insignia showing.

Finger Lakes Youth Football and Cheerleading League has an accident insurance coverage for medical and hospital expenses, with a **\$250.00 deductible amount for each accident incurred. This insurance is a secondary coverage, following submittal to parents' insurance. Parents are responsible for the first \$250.00. The original bill and PAID receipts (Not Copies) must be submitted. (subject to change).

During a practice or a game if your child has been injured:

1. Parents are NOT allowed on the field, unless called by the coach or medic.
2. Medics can ONLY go out on the field when called by the coaches or refs.
3. Parents CANNOT sign a release for their child.
4. Releases MUST come from the child's doctor.

Upon coming to practice or games

1. If your child is ill or injured, YOU THE PARENT MUST notify the Medical Director.
2. You the parent are then responsible for your child and we are asking that you stay during this time.
3. Any Player/Cheerleader not practicing must remain on the sidelines with their team. They are NOT allowed on the playing field and they are not the responsibility of the Jr. Lyons Lions.

INHALERS

1. Inhalers MUST be labeled and parent must be present to administer.
2. Neither coaches nor the player/cheerleader may carry them.

WEIGHT LOSS

1. No Individual shall be encouraged to lose weight under any circumstances.
2. No use of rubber suits or steam room are allowed.

This is a division rule any board member hearing of this shall notify the President of the board.

CERTIFICATION

Players and cheerleaders must be certified to participate.

- A representative from the Finger Lakes Youth Football and Cheerleading League (FLYFCL) will visit a practice session to certify all players, cheerleaders, coaches, and Board of Directors. More information on the date and time will be included in a weekly newsletter.
- All paperwork will be reviewed to ensure that it is complete. The paperwork that will be reviewed includes the FLYFCL player/cheerleader contract, current picture, a copy of the child’s birth certificate, and the child’s physical (medical release) form.
- The league representative must meet your child. Therefore, it is very important that your child be present on this night.
- The football players must be weighed to ensure that they are within the guidelines of the team for which they intend to participate.

A player must meet the Age and Weight requirements of a Division to be eligible to play in that Division. Any player whose League Age is below the requirements for that Division, must only meet the Weight requirement to be eligible to participate in that Division. Any player whose League Age is above the age for a Division, will only be eligible to participate in that Division if they meet the Playdown League Age and Weight requirements for that Division The official FLYFCL, INC Division Age and Weight requirements for eligibility are charted below.

Team	League Age	Weight
C	7*,8,9 *individual club permitting	115 lb Maximum
C	10	80 lb Maximum
C	8,9,10	50 lb Minimum
B	9,10,11	130 lb Maximum
B	12	90 lb Maximum
A	10	120 lb Minimum **Requires parental, team and league approval

A	11,12,13	155 Maximum
A	14	135 Maximum

- Football players exceeding the weight requirements can be no more than 10 lbs over the maximum weight to be certified by the FLYFCL. However, football players must meet maximum weight requirements to play in a game.
- Lightweight football players for the B- and C-Teams (12 and 10 years of age, respectively) must be within the maximum weight to be certified by the FLYFCL.
- If your child is not present, certification can not be completed and your child will not be able to participate in the Sunday games.
- If your child is not present at “certification night”, it will be your responsibility to work with our Vice President to make other arrangements.

GAME TIMES

Players and Cheerleaders are asked to arrive one hour before game times to allow for weigh in time, warming up, and practicing the half time routine. If a cheerleader is not at the field on time, she will not be able to participate in the half-time routine. This is due to the fact that it is very difficult to rearrange girls at the last minute for a routine. Please call the head coach if your child is going to be late or absent.

Sunday Games:	Flag	8:30 am	Saturday Games:	Flag	2:30 pm
	C	10:00am		C	4 pm
	A	12:00pm		B	6 pm
	B	2:00pm		A	8 pm

COMMUNICATION

- ✦ The Jr. Lyons Lions will distribute a weekly newsletter during Thursday practices. The newsletter will provide you with information about the upcoming activities, including but not limited to: changes in practice times, game information, maps, and fundraising information.
 - ✦ The Jr. Lyons Lions maintains a website with the weekly newsletters, maps, schedules, and upcoming events. Please feel free to visit at <http://www.jrlyonslions.com>.
 - ✦ The Finger Lakes Youth Football and Cheerleading League has a website that provides a variety of information. Feel free to visit them at www.flyfcl.com
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PARENT VOLUNTEER TIME

A parent/guardian is **MANDATED** to volunteer **Four (4)** hours of time during the season for the first child and **two (2) more** hours for each additional child. The Jr. Lyons Lions is a volunteer, non-profit organization. In order for the program to be successful, we must have shared participation by all parent/guardians of the children involved. To understand the effort required, we need approximately 45 parent volunteers for just one of our home game days.

Unfortunately, the Jr. Lyons Lions continues to struggle to get all parents/guardians to help with the many chores required to run the program. All of the coaches and board members are volunteers and donate their time without any monetary rewards. In order to ensure that our 2009 season is successful with full parent participation, the Board of Directors has increased the volunteer fee. If during the season you do not donate your required hours of volunteer time you will not receive your \$50.00 back at the end of the season. The volunteer time can be completed in a variety of ways. Below are some suggestions.

- ❖ Coaches-coaches on any one of the teams (requires certification).
- ❖ Board Member- helps organize and manage our Jr. Lyons Lions League.
- ❖ Concession Stand- works in the concession stand during home games.
- ❖ Chain Workers- work the chains during home games.
- ❖ 10 Play Monitors- monitor game play during games home and away.
- ❖ Announcer for Home Games- announces home games or assist as a spotter.
- ❖ Time Keeper for Home Games- keep time with the time clock during home games.
- ❖ Cook for Grill- cook during the home games.
- ❖ Clean Up- help pick up trash and take down extra equipment at the end of a home game day.

**** THE ONLY WAY FOR THE SEASON TO RUN SMOOTHLY IS TO HAVE EVERYONE'S HELP ****

FUNDRAISERS

One of the fundraisers that we will be conducting is combined with the registration fee for our 2009 season. Each child will receive a total of 75 - \$1 raffle tickets for player and cheerleaders, flag players will receive a total of 50 - \$1 raffle tickets. For each dollar of registration fees that are paid the participant will receive \$1 raffle tickets. These tickets may be sold for \$1 each and the stubs returned for a prize drawing at our first home game. Or the player can keep the tickets and enter the drawing in their own name. While we are requiring families to pay the fee up front, families can potentially have their child play for free. The money you collect from selling the tickets you will keep as reimbursement for the payment you already have made to the Jr. Lyons Lions.

NOTE: Payment of the registration fee is required before you receive the fundraising tickets, before the player/cheerleader will receive their uniform, and before they will be allowed to practice.

EQUIPMENT RESPONSIBILITIES

- The Jr. Lyons Lions provides most of the equipment necessary for football players and cheerleaders.
- **Absolutely** no changes or modifications to the Jr. Lyons Lions Equipment without **prior** approval from the Equipment Manager or Athletic Director.
- It is the responsibility of the parent/guardian for the care of all equipment provided. This includes the proper laundering of all clothing.
- Please follow laundering instructions on all uniforms. Please do not use chlorine bleach on the uniforms. Instead, mix some dry automatic dishwasher soap with Clorox 2 and apply the paste to difficult stains. Wash later.
- It is the responsibility of the parent/guardian for the return of all equipment provided. The uniform needs to be returned by the date specified by the coaches at the end of season, otherwise your child will not be welcome to join us the following year, and this includes siblings too.
- The parent/guardian will be responsible for paying the replacement cost of equipment that is not returned.
- Cheerleaders are NOT to eat anything while in uniform.
- The following cheerleading items are not included in the registration fees and will require additional fees –
 - Sneakers, body suits, spankies, hair bows & socks – all cheerleaders (Flag, C, B & A) are required to purchase the sneakers identified by the Cheer Director.

Finger Lakes Youth Football and Cheerleading

Code of Conduct:

We are committed to the belief that teams participating in League activities should be held responsible for the conduct of their players, cheerleaders, coaches, staff and spectators. Conduct which is detrimental to the education value of athletic activities maybe be deemed just cause for the Leagues reprimand, probation, or suspension from League and Team activities.

Spectator Code of Conduct:

It is the responsibility of the spectator to:

1. Keep cheering positive. There should be no profanity or degrading language / gestures.
2. Avoid actions, which offend visiting teams or individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better informed spectator.
5. Treat all visiting teams in manner in which you would expected to be treated.
6. Accept the judgment of coaches and officials.
7. Encourage other spectators to participate in the spirit of good sportsmanship.
8. Discourage the use, abuse and resulting negative influence of drugs, alcohol, and tobacco.

Youth Athlete Code of Conduct:

It is the responsibility of the player / cheerleader to:

1. Demonstrate self-control and respect for their coaches, officials, and spectators at all times.
2. Remember that participation in sports should not be abused by unsportsmanlike conduct.
3. Respect the other team and shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that their behavior while in uniform reflects on their team, their family, and their community.
6. Understand and abide by the rules.
7. Accept winning and losing with grace and dignity.
8. Just say "NO" to drugs, alcohol, and tobacco.