



**2015 PARENT AND PLAYER
INFORMATION BOOKLET**

CHARACTER

ACADEMICS

LEADERSHIP

This information booklet is designed to convey pertinent information regarding the Upper Cape Spartans Football and Cheerleading Program (UCS). Hopefully, this booklet will answer most questions you have. This information should be used as a guide and is subject to change during the course of the season. If after reading this booklet you still have questions or comments please visit our website where additional information is available. You may also refer questions to one of our elected board members.

The following is a list of the 2015 Board of Trustees and their titles:

Jim Manning	Field Marshall
Pat Perkins	Vice President
Ken Friend	Secretary
Aaron Perry	Treasurer
Josh Govoni	Athletic Director
Jenny Delsignore	Cheer Coordinator
Sephra Afonso	Player Agent
Eric Calverley	Equipment Manager
Jen Giabbai	Member at Large
Tammy Frye	Member at Large



Registration Fees Registration Ends July 1st, 2015	<p>It is with great appreciation to <u>-Mark Woods of Ideal Floor Covering-</u> that we are able to eliminate registration fees. In becoming our Corporate Sponsor he has allowed us to focus on the sole reason we developed this program – Our Communities Youth.</p>
Flag Football - FREE Cheerleading - FREE Tackle Football - FREE Sibling any program - FREE	

A fee of \$30.00 will be charged for returned checks.

Refund details may be found on our website under Documents; **Refunds - SOP UCS-00**

OBJECTIVE

The Upper Cape Spartans are dedicated to creating an environment of discipline, self-respect and success to aid in the academic, athletic and social success of our student-athletes. Our mission is to use the educational power of football and cheerleading to help the children of Cape Cod to reach their highest potential.

C.A.L. PROGRAM

“None of this is really about football. We’re going to get scored on eventually and lose a game, and that doesn’t mean anything. What I hope we’re doing is sending kids into life who know that every day means something. Sure we like our football around here, but we truly believe it takes a whole town to raise a child, and that’s worth a whole lot more.” – Roger Barta

The Upper Cape Spartans was founded after recognizing the need for a youth football and cheerleading program that places emphasis on the overall development of the participants rather than the wins and losses of the team. Statistically speaking, most children that participate in youth football will never play at the high school, college or professional level. If most children will never play at higher levels of the sport, what can a youth program offer them that will be valuable throughout their lives?

The foundation of the Upper Cape Spartans (UCS) is to emphasize **Character, Academics and Leadership** in all participants. The UCS was founded with the ambition of using youth football and cheerleading as a conduit in which to teach the youth of the community valuable lessons and develop character traits that will be useful on and off of the field. The **Character, Academics and Leadership (CAL)** portion of the UCS program is what distinguishes the Upper Cape Spartans from other youth sports and activities. The UCS wants to instill a sense of accomplishment in its participants, not a sense of entitlement. The **CAL** program will be implemented on a daily basis and is the foundation of our program.

CHARACTER

“Football doesn’t build character, it reveals character.” – Marv Levy

Foundations Program

Each Foundation block is a mini-lesson that is delivered by e-mail each week to Asst. Coaches, players, and parents. Weekly lessons are chosen by the Head Coaches and sent at their discretion. The lessons include a mini-poster that the player may print out and place in a prominent place like his or her bedroom door or on the fridge.

Each lesson is a character trait such as; perseverance, effort, thankfulness or teamwork. The lessons are in story format and include a short YouTube video clip that brings the story to life. Participants will be quizzed on the character trait throughout the week and Coaches will find examples amongst the team each week.

The Foundation awards are painted rocks with the Foundation award printed on them. The award symbolizes the building blocks on which our players and our team are being built upon, the solid rock of character.

Awards are issued the last day of practice during the week. It is the responsibility of the coaching staff to recognize players who have exhibited that week's foundation theme. If there is a group where no one deserves the award, an award will not be given.

ACADEMICS

In hopes of helping our participants reach their highest potential in school Coaches will prepare teachers packets for each player on their team with the parent/guardians consent. The purpose of the packet is to inform the teacher of the UCS's dedication to academic excellence. Coaches will work closely with teachers and school administrators to the benefit of their players and team.

Coaches will send academic accountability forms to school with the players prior to each game to ensure that the player is doing well in school. "No grades – No Play."

Coaches will make periodic phone calls to the players' home to speak with the player and his or her parent or guardian about school work, household responsibilities and deportment.

Good News Box

A "good news box" will be present on the sideline of each UCS team for players to submit "good news" such as excellent scores on homework, tests or other tidbits of information not relating to football in which the player should receive accolades during water breaks.

Coaches will inform players and their parents of the various awards, incentives and programs that are available to them in the pursuit of academic excellence. Additional details related to Academic Awards and Incentives may be found on our website under Documents; **Academic Awards and Incentives SOP UCS-10.**

Coaches will be aware of and promote the various programs that are available to the region or nationally to promote academics in their players. Examples are provided below:

- **Boston College:** During the 2012 Season, Boston College and the AYF are worked together to help promote higher education. During 2012, young AYC athletes will have the unique chance to experience BC Spirit Day, a full college game-day, including taking in all of the sights and sounds that make up BC Football and Cheer. AYC teams that register will also get to meet and be mentored by BC Football players and Cheer squad members.
- **EKnowledge- Test Prep:** Thanks to eknowledge and supported by professional athletes from the NFL and MLB, we can help our youth continue as scholar athletes and get into college. Eknowledge is donating SAT and ACT College Test Prep Programs to American Youth Football and Cheer athletes, parents, and coaches. Programs are valued at \$200, but families only pay a nominal fee of \$13.84 per program for the cost of support, materials and registration (plus \$3.71 S &H).

LEADERSHIP/TEAM WORK

Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile. -Vince Lombardi

Strong Links Program

There are 14 leadership/team work traits that we hope to instill in participants. Coaches must be good models of leadership by showing justice, judgment, dependability, initiative, decisiveness, tact, integrity, enthusiasm, bearing, unselfishness, courage, knowledge, loyalty and endurance.

A leadership/team work trait will be chosen each week by the Head Coach and explained to the participants. Each day they must exhibit this trait and when at practice explain how they had done so. A week is given so that all participants have a chance to share what they learned about the trait to the coaches and their teammates.

Awards in the form of Strong Links (Chain-link hung from dog-tag chain) are issued during practice throughout the week to those that exhibit the trait. It is the responsibility of the coaching staff to recognize players who have exhibited a leadership/team work trait. If there is a week where no one deserves the award, an award will not be given.

The Black Lion Award

The Black Lion Award is given in memory of Major Don Holleder, former West Point All-American who died in combat in Vietnam on October 17, 1967 and the men of the Black Lions – the 28th Infantry Regiment – who died with him that day.

The Black Lion Award is NOT an individual award in the same sense as a Most Valuable Player award, because it is intended to go to a player who “best exemplifies the character of Don Holleder: leadership, courage, devotion to duty, self-sacrifice, and above all, an unselfish concern for the team ahead of himself.”

Community Service

The UCS believes that when a community is doing well, its individuals do well. As important members of their neighborhoods kids need be actively involved in extracurricular activities that help them develop a sense of community. By aiding others who have less than we do, we have an opportunity to have a closer look at how they live and to be thankful for what we have. The sense of community comes with empathy for others, builds good relationships with the parents and other kids, and makes volunteers feel empowered because they are making a difference, because they are contributing, because they are giving something back.

It is the responsibility of the Head Coach to implement Community Service outings for their team with the prior approval of the Board of Trustees and parent/guardian of their participants. Community service outings can be but are not limited to:

- Visiting a local Senior Center/Nursing Facility
- Neighborhood clean-up
- Volunteering at the local Food Pantry or Soup Kitchen
- Organizing a Food or Clothing Drive
- Write letters to service men and women

TIME COMMITMENT

Players/Parents should expect to commit a great deal of time to football and cheerleading. The Board of Trustees sets the practice schedule for August. This would include as many as two (2) weekend scrimmages/jamborees. On average there are 4 to 5 practices per week in August. In September and October there are 2 to 3 practices per week and each teams' Head Coach will set the schedule. Football games are held every weekend beginning in September. **Games are held on Sundays** (it is possible a Saturday game may occur). Times for games will vary depending on the number of teams, the number of available fields, and the away town's time preferences for "away" games. Coaches will inform football players and cheerleaders as to how early they need to be at the field before a game (*Typically, 1 hour before Game Time*). Website and text message alerts will be provided for all teams and are used to post general information, team announcements, or weather cancelations. Please check these regularly.

UCS does have an Attendance Policy. Additional details may be found on our website under Documents: Attendance – SOP UCS-01

AMERICAN YOUTH FOOTBALL RULES AND REGULATIONS

No child can take the field without the proper paperwork. This includes but is not limited to Registration Forms; a city issued Birth Certificate with the raised seal, and a physical or doctors' note dated between January 1, 2014 and before the first day of practice. The doctor's note must include the doctor's signature and date. This is an American Youth Football rule.

Additional details related to Paperwork Requirements and Registration may be found on our website under Documents; **Registration - SOP UCS-04.**

Additional details related to Refunds may be found on our website under Documents; **Refunds - SOP UCS-00.**

FOOTBALL & CHEERLEADING

RULES AND REGULATIONS

Players are required to attend all practices and games. If you are unable to attend a game or practice, you must notify your coach. Players are to be at practices and games on time.

All Participants must be dropped off and picked up at their designated practice location. No child will be released to anyone but their parent/guardian unless prior arrangements have been made with your teams coach.

Any Participant who has suffered an injury must have a doctor's note before returning to practice. If a participant has an injury, or is unable to practice for any reason it is encouraged that he or she come to the practice fully dressed and sit with their team.

All Flag and Tackle Football participants are required to wear shorts, t-shirt, and cleats to the first day of practice.

All Cheer participants are required to wear black shorts, t-shirt, soft soled sneakers, and hair must be pulled back in a single pony tail to the first day of practice.

For safety reasons, gum chewing, body piercings, earrings or jewelry of any kind including toe rings are not permitted. National American Youth Football rules state, "all piercing must be removed". The only exception is a medical related item.

Only drink water while in uniform.

All practices are **mandatory**. If you are unable to attend, for any reason, you must call a coach at least one hour prior to practice. This also applies to games. The coach will determine if the absence is excused or unexcused. An excused absence is for illness, a family obligation or schoolwork. There will be no absences, late arrivals, or early dismissals allowed for other sports or activities that directly conflict on a regular basis with scheduled practice and game times. Religious and educational activities are excluded from this rule. The coach / Board of Trustees will have sole discretion on implementation of this rule.

Any participant who arrives to a practice, game, or competition unprepared will not be permitted to participate.

During all games, participants must display cooperation, courtesy, and friendliness to all. Poor sportsmanship will not be tolerated and may result in forfeiture of a roster position, playing time, etc. There will be no negative demonstration of any kind.

Please remember that you are part of a team and are expected to treat your fellow teammates, coaches, players, and fans kindly and respectfully. All coaches will enforce this. These rules are for the benefit of the team. Have fun and be proud of yourselves, you are representing The Upper Cape Spartans.

CARE OF UNIFORMS AND PADS

All equipment issued is the property of UCS but it's the responsibility of the participant to clean and care for all equipment. This is UCS equipment and **cannot** be altered in any way. If your uniform and/or equipment are abused in any way you will be responsible for **full replacement** cost. The 2014 Equipment Replacement Price List is available on our website under Documents; **Replacement Equipment – Add. UCS-11.** Game uniforms are to be worn on game days only. The only exception is the tradition of wearing jerseys to school on Fridays, or at sanctioned Upper Cape Spartans events such as High School varsity football games.

The following guidelines have been prepared to assist parents/players in maintaining the condition of football equipment as they participate in the Upper Cape Spartans Football program:

IMPORTANT NOTE: Game Jerseys, Game Pants, and Cheerleading Uniforms must be cleaned weekly. Failure to do so may result in disciplinary action. Please **do not place Game Jerseys, Pants, and Cheerleading Uniforms in a dryer after cleaning.** Please “hang dry” in an indoor washroom or outdoors if weather permits. **Never** use bleach of any kind on uniforms. Bleach may ruin the elastic properties of the uniform's material or damage colors.

The following upkeep of other equipment is also advised:

HELMETS: Do not alter helmet in any way. This includes replacing facemasks or adding eye or face shield which must be approved by the Upper Cape Spartans Athletic Director. Do not apply any stickers or tape to helmets. You may clean your helmet by scrubbing with a mild detergent (Joy, Windex, Simonize wax) and water to remove all markings before each game or as necessary. Do not soak in water under any circumstances. Keep excessive moisture away helmet. Do not lean, throw, or sit on helmets under any circumstances!

MOUTHPIECES: Thoroughly rinse in clean running water prior to each practice/game. Your child will be issued one mouthpiece. Regulations require that mouthpieces must be attached to helmets; therefore **do not** cut the straps off mouthpieces. **No clear mouthpieces are permitted.**

CLEATS: Cleaned before games begin and especially after a “muddy” practice session. American Youth Football rules state “shoes: In all divisions of play: sneakers, molded rubber cleats (soccer style), or detachable rubber (football style) cleats are permitted. **No metal cleats are permitted.**”

GIRDLE PADS/ATHLETIC SUPPORTERS: Wash after each use as needed. Following these guidelines will ensure our young player's health and safety, provide equipment longevity, and reflect the high standards of The Upper Cape Spartans Football program.

ADDITIONAL ITEMS NEEDED

The following equipment is not provided by Upper Cape Spartans. Parents must equip players with the following for all practices and games during the season:

- Football
 1. Football Cleats & Black Socks.
 2. Black Integrated Practice Pants.
 3. Athletic supporter.
 4. Arm Pads, Hand Pads, Rib Protectors, and Gloves are optional.
 5. Water bottle or thermos.
- Cheer
 1. Black Sneakers
 2. Ankle Socks
 3. Bloomers
 4. Hairbow
 5. Bodysuit
 6. Black Practice Shorts
- Flag
 1. Black Shorts
 2. Football Cleats & Black Socks

Equipment is readily available for purchase at any sports store. A vendor will be at the field withing the first 2 weeks of practice and will sell the needed items at a considerable discount compared to the leading sporting goods stores.

Additional details related to Football Equipment and Uniform Care and UCS Equipment may be found on our website under Documents; Equipment - SOP UCS-03.

DISTRIBUTION AND RETURN OF PLAYER EQUIPMENT

Parents / Guardians of rostered football players are responsible for the pick-up and return of player equipment. This equipment will be distributed based upon communicated scheduled dates at the practice field. **Distribution of player equipment will held at the end of the first week of practice.** Players **must** be present for proper fitting of equipment. Returning of equipment will be following the last regular season game and will be scheduled by coaches. It is mandatory that **all** equipment be returned. Consider this day to be your final game.

Players attending a summer football camp may “borrow” equipment prior to official Equipment Distribution. You will need to contact the UCS to make necessary arrangements. You will need to have met all paperwork requirements in order to receive any equipment.

Failure to pick up equipment may result in a delay of starting practice and the season. The Equipment Manager reserves the right to distribute equipment at his/ her convenience.

UNIFORMS MUST BE CLEANED BEFORE THEY ARE RETURNED.

PRACTICE / GAMES / COMPETITION SQUADS

Practices will be held at Barnstable County Fair Grounds and/or K.C. Coombs School during the months of August, September and October. Each coach will set practice days and times. In addition to the 8 regular season games scheduled, each team may participate in 2 or 3 scrimmages during the month of August, played either home or away. There is also the possibility of post-season playoff games, with the exception of the Instructional Level teams who do not participate in league playoffs. The team coach will schedule and communicate practices and times.

Playoff games can be very expensive and emotional events. Parents and children should be prepared, in case of a National competition, to travel for up to an entire week during school in December as well as potentially assist in funding your child's travel expenses.

National American Youth Football rules stipulate, any child that participates on another competitive football squad is not eligible to play in the American Youth Football Blackstone Valley Conference.

MANDATORY PLAY RULE

There is a mandatory play rule for all football players per game. This rule does not have to be adhered to for unexcused missed practices, for discipline reasons, or not being prepared to participate in game conditions. The mandatory play rule is as follows:

American Youth Football Mandatory Play Rule	
All Tackle Teams	
16 - 25 players	8 plays
26 - 30 players	6 plays
31 - 36 players	4 plays
Flag Teams	
12 - 24 players	8 plays

AGE REQUIREMENTS

Each player will be placed on a team according to The Blackstone Valley Conference American Youth Football Age requirements. Previous team placement is not considered when placing players. The following is a list of football Age requirements per team. *Ages as of December 31, of the current calendar year.

ALL-AMERICAN DIVISION		
Age Protected/Unlimited Weight		
Team Division	Protected Age Explanation	Year of Birth
*INSTRUCTIONAL DIVISIONS		
7U (previously 1st Grade)	Cannot turn 8 on or before 07/31	2007
8U (previously 2nd Grade)	Cannot turn 9 on or before 07/31	2006
9U (previously 3rd Grade)	Cannot turn 10 on or before 07/31	2005
*COMPETITIVE DIVISIONS		
10U (previously 4th Grade)	Cannot turn 11 on or before 07/31	2004
11U (previously 5th Grade)	Cannot turn 12 on or before 07/31	2003
12U (previously 6th Grade)	Cannot turn 13 on or before 07/31	2002
13U (previously 7th Grade)	Cannot turn 14 on or before 07/31	2001
*14U (previously 8th Grade)	Cannot turn 15 on or before 07/31	2000
*15U (previously 9th Grade)	Cannot turn 16 on or before 07/31	1999
TEAM DIVISIONS CAN BE COMBINED		
<i>Age divisions provide young athletes the opportunity to compete with other athletes based on birth date. AYF updated From Grade Based to Age Protected, as the starting age at first year of school eligibility varies across the nation.</i>		
*8th Grade Max for 14U and Below *9th Grade Max for 15U		

AYC CHEER DIVISIONS FOR COMPETITIONS		
Division	Min Age	Max
Division 8	5	8
Division 10	7	10
Division 12	9	12
Division 14	11	14
Division 18	14*	18
Note: Division 8 – 14 now have a 4 year age span / Division 18 now has a 5 year age span *14yr old athletes on Division 18 must be in High School		

FUNDRAISING

Fundraising activities are an essential part of our program and registration fees only cover a portion of what it takes to put our children safely on the field. Our fund raising efforts are relied upon to support a majority of the program costs. The community, parents and children are a vital part of this effort and we cannot do it without you.

There may be additional and unforeseen team expenses i.e. national championships where an additional fundraising effort is needed.

We thank the parents, players and cheerleaders for all their support. We cannot succeed without you.

VOLUNTEER DUTIES **Parental/Family Commitment**

Upper Cape Spartans is an expensive and volunteer intensive program. We need every parent to contribute if we are going to continue to provide a high quality program and keep registration fees affordable. Our program would run at a financial loss if not for our fundraising, concessions and the assistance of volunteers. We are asking families to donate their time during the season to support the many on-going activities of the season. This could include assistance with concessions, soft goods, gate monitoring, equipment, field assistance, game day chain crew, etc. No job is too small and a little effort can go a long way.

The Board of Trustees, Coaching Staffs, or Team Parents will be able to provide more information regarding volunteering during the season. We thank you in advance for your support and cooperation.

Remember that Coaches and Board Members are volunteering their time for your kids, and we are asking for a little of your time in return, and it's a great way to get to know other people in your community!

REGISTRATION AND PAPERWORK REQUIREMENTS

In order to participate in the Upper Cape Spartans Football and Cheerleading program certain documents need to be filled out and submitted by certain dates in order for us to register your child with American Youth Football (AYF) and the Blackstone Valley Conference. Also the UCS holds mandatory Parent Meetings and Baseline Concussion Testing for participants must be completed.

In order to streamline the process and limit the paperwork needed to hand in you may register on our website. Additional details related to paperwork requirements and Registration may be found on our website under Documents; **Registration - SOP UCS-04.**

- **Required at Mandatory Parent Meeting (dates to be determined each calendar year):**
 - Proof of birth date (original birth certificate with raised seal, passport or AYF card)
 - Medical Clearance form
 - Emergency Contact Form
 - Report Card
 - Completed registration form
 - Parental permission to participate (may be a component of the conference registration form)
 - Permission to treat in the event of a medical emergency
 - Image release form – Minor
 - Image release form – Adult
 - Release of liability
 - Participant, Parent/Guardian Standard of conduct

- **Required no later than July 27th:**
 - A completed emergency contact form
 - Full registration costs if applicable

Any paperwork can be sent to the following address;

**Upper Cape Spartans
P.O. Box 157
Mashpee, MA 02649**

All of this paperwork is required in order for your son/daughter to participate in the program. If any of these requirements are not met **your child will not be issued equipment or be permitted to participate in any practice until resolved!**

You will be asked to provide an e-mail address and cell phone number at registration. This will be used by the association as well as your child's coach to communicate important information throughout the year.

Please Note that these Paperwork Requirements are subject to change. Any changes will be immediately posted on our web site.

ADULT BEHAVIOR

THE UPPER CAPE SPARTANS WILL STRICTLY ENFORCE OUR STANDARD OF CONDUCT

It is the policy of UCS to promote an atmosphere where the essential elements of Character, Academics, and Leadership in life and in sports are personified. It is to be expected that at all times, on and off the field, that UCS administrators, coaches, parents, players, and cheerleaders conduct themselves in a positive manner, and that nothing less than satisfactory behavior be tolerated. The Standard of conduct identified in the American Youth Football rulebook, and by the Blackstone Valley Conference, will serve as guidelines for UCS. Disciplinary actions handed down by the League for offenders will be followed and at no time will the UCS override, or lessen any disciplinary action handed down from a higher-level authority. Additional consequences determined by the Board of Trustees of the UCS may also be applied.

Parents or Guardians are not to communicate with the Blackstone Valley Conference. All communications should be handled through Upper Cape Spartans and failure to comply with this could result in a fine to Upper Cape Spartans and could result in a penalty to you or your child.

Additional details related to Conduct and Discipline and the Standard of Conduct may be found on our website under Documents; **Standard of Conduct Add. UCS-00 & Conduct & Discipline SOP UCS-02.**

Each family is required to sign the Upper Cape Spartans Standard of Conduct. These will be provided to you prior to the season, however a copy is attached for your records.

There are no refunds or partial refunds for any Standard of Conduct violations.

UPPER CAPE SPARTANS STANDARD OF CONDUCT

"Don't pray for an easy victory, but pray for the strength to do your best at the moment of decision!" – Joe Galat

All Administrators, Coaches, Participants, Parents and Volunteers will abide by a Standard of Conduct, which includes the provisions listed below. If any of these provisions are violated, the Association/Conference shall have the authority to impose any penalty they see fit. If any of these provisions are violated during a Regional or National event, the National Office at its sole discretion shall have the authority to impose any penalty it sees fit with no right to appeal.

Administrators, Coaches, and Volunteers, having already accepted and agreed to abide by the Coach and Administrators Pledge and the Coach and Administrators Code, by their accepting and active participation in membership, shall follow the intent of the Pledge and Code and shall inclusively and/or additionally agree to:

1. Not smoke and/or use smokeless tobacco on the field or in front of participants at any time.
2. Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on the field or in front of participants at any time.
3. Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best of their ability.
4. Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.
5. Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any parent, guardian or fan that becomes a nuisance and out of control must be asked to leave.
6. Not use abusive or profane language at any time.
7. Not encourage their team to intentionally run up the score on an opponent. In the event of a commanding lead every effort shall be made to let all players play.
8. Not permit or encourage, "extreme dieting," or "sweating down" tactics of any kind for any reason. Must report any instance witnessed or suspected to the parent/guardian and local administrator.
9. Not recommend or distribute any medication, controlled or over the counter
10. Not deliberately incite unsportsmanlike conduct.
11. Not criticize/berate participants ever, to provide constructive criticism, in private, or in the presence of team/squad members if others might benefit.
12. Remove from a game or practice any participant when his/her health is in question, whether or not as a result of injury, until competent medical advice is available.
13. A coach will follow the parameters of the Anti-Substance Abuse Rule and see that it's carried out faithfully and that all players understand its importance.
14. A coach will not use ineligible players and will take the responsibility of having proper and legal documents on each and every player proving his eligibility at all times.
15. Insure that all participants meet the minimum required number of plays under the Mandatory Play Rules and Regulations.
16. Uphold all rules and regulations of Association, Conference, Region, and National AYF.
17. A coach must discourage the wearing of gang colors or any gang symbol and the use of any gang related forms of communication during any and all team related activities including but not limited to team.
18. The act of spreading rumors, which is general talk not based on fact, will not be tolerated in American Youth Football/American Youth Cheer. It not only hurts your credibility, but affects your team/squad/association, the other team/squad/association or conference that may become involved in the rumor. In the case of cheating or rules violations, these must be reported in writing and given to the Association or Conference Official for review.

Consequences for players/cheerleaders, and/or coaches who violate the code of conduct will range from a warning for the first violation of a minor offense through suspension for one or more games for subsequent and/or major offenses. Consequences for spectators will range from a warning for the first violation of a minor offense through expulsion from the premises for the remainder of the game/practice or longer for serious infractions.

_____/_____/20_____
Parent/Guardian Signature Date

_____/_____/20_____
Athlete Signature Date



HARBOR HOMES

BUILDING & REMODELING



*Welcome to
New Wave
Printing*





LANDSCAPING, INC.



Laura's Home Cookin'