

**MIDLAKES JR EAGLES
ATHLETIC LEAGUE, INC.
FOOTBALL
AND
CHEERLEADING
PARENT HANDBOOK**

2011

THIS HANDBOOK WAS PREPARED TO INFORM YOU OF REQUIREMENTS EXPECTED OF YOUR CHILD AND YOU THERE ARE MANY IMPORTANT PIECES OF INFORMATION AND GUIDELINES YOU WILL NEED TO KNOW THROUGHOUT THE SEASON PLEASE READ THIS HAND BOOK THOROUGHLY AND BRING ANY QUESTIONS YOU MAY HAVE TO A BOARD MEMBER.

The MIDLAKES JR EAGLES (MJE) is a charter member of The FINGER LAKES YOUTH FOOTBALL CHEERLEADING LEAGUE (FLYFCL). We and all teams chartered in this league are governed by league rules. All teams follow these rules. There may be rules that you as a parent do not agree with, but they are rules that we, at MJE must follow and cannot change.

This handbook has been written in order to give information regarding our program. If there is additional information that you feel should be included, please let us know so that we can add it for future editions.

The purpose of Midlakes Junior Eagles Athletic league, Inc. is to provide a recreational football and cheerleading program for the youth of the Midlakes School District area. It is our goal to firmly impart to the youth of our program the ideas of good sportsmanship, honesty and loyalty, so that they may be fine, strong, happier youths. It shall be our basic policy that these ideas are of primary importance, stressing participation and teamwork, rather than winning. We welcome any and all comments, ideas, and questions. Please feel free to contact any one of us at any time.

2011 Board of Directors

President	Eric Jansen
Vice President	Steph Kelly
Treasurer	Rebecca Turner
Secretary	Laura Smith
Athletic Director	Matt Cooper
Football Director	Jason Jansen
Cheer Director	Tanya Hoover
Asst. Football Director	Joe Cooper
Asst. Cheer Director	Tonya Llano
Concession Director	Barb Bailey
Public Relations Director	Kris Milliman
Fundraising Director	Patrick Kelly
Insurance Director	Jill Pendergast

Contact information for all members of the board are located on our website at www.jreaglesfootball.com

10 PLAY RULE

Every eligible player, no matter what his/her ability, will play a set number of plays depending upon the number of players on the squad. We have two people on each sideline keeping track of each player. The ten-play sheet is filled out, signed and turned in after each game. These sheets are then sent to the League office.

2011 Schedule of Games

The 2011 Schedule will not be available until May or June. It will include 4 home games and 4 away games and may include a bye date. Once it is available it will be posted to

the Jr. Eagles Website. As always we will end the season with a cheer competition. This year it will be held in the Gates-Chili Field house at Gates-Chili Highschool. The date is to be announced but will follow the end of the football season.

INSURANCE

If your child is injured during practice or a game you must immediately inform your coach to fill out an accident report. If your child later requires professional medical attention, (i.e. Emergency room, doctor's office visit, etc.) **You** must contact the insurance company as soon as possible to file a medical claim. This claim requires your signature. Without proper signatures, our insurance carrier will not pay any outstanding balances. Our medical insurance coverage is considered secondary coverage. Your own insurance company is the primary coverage. If your child should need medical attention, you **MUST** file the claim with Bollinger Insurance, not with the Midlakes Jr. Eagles. Information for filing that claim can be found on the FLYFCL website (www.flyfcl.com). This policy may not cover any or all medical expenses incurred and **YOU MUST** pay the deductible of \$250 after payment is made by your insurance company. You also need to make sure you follow your insurance company's guidelines for seeking medical treatment to insure coverage from them. They have to make their payment first. By doing this, it will insure that you do not receive any bills and will also guarantee prompt payment of these claims. If you should receive any bill, **AFTER YOU** pay the deductible and your insurance company makes payment, please bring it to the attention of our insurance coordinator immediately.

Insurance how it works:

Medical bill: \$1000

Your Insurance: \$ 400

Deductible: \$ 250 (You Pay)

Our Insurance: \$350

Balance: \$0

Please note that if your child sees a doctor a release from the doctor is needed before your child can practice or play again. Without it your child will not be covered on our insurance for any new injury or re-injury.

Weather

We play football and cheer during inclement weather. However, practices will be immediately canceled if lightning occurs at any time during practice. In addition excessive rain or standing water may require that we not practice in Fabrizi park. Should changes be made we will notify you by telephone as soon as that information is available. Please make arrangements to pick your child up. This year we have also instituted a heat advisory that may cause us to shorten or cancel practices and games.

PRACTICES

Participants are not allowed to practice until a **current physical** form is filed with Midlakes Jr. Eagles. Both players and cheerleaders can practice up to 10 hours a week until the first game. Once games start, both players and cheerleaders can practice up to 6 hours a week. All participants will practice Monday, Tuesday, Thursday and Friday from 6:00 to 8:30 pm until the first game. Once games start, practice days and times will change.

Cheerleaders

Days may be adjusted to accommodate use of the school gym for practices once school starts.

Missed Practices:

“A” & “B” **players** if you miss 1 practice you do not start the game if you miss 2 practices you do not play in the game

CHEERLEADERS Each team (players and cheerleaders) also has a 3-strike rule and will explain these to the participants at the beginning of the season. These rules are to insure good behavior from all participants. Participation at **ALL** practices insures your child’s participation at Sunday’s game.

ABSENCES

If your child is going to miss ANY practices, please let his/her head coach know ahead of time if possible. Attendance is kept to insure we have an accurate record for insurance purposes. Each participant must have a certain number practice hours in before they are allowed to participate. A NOTE WILL BE REQUIRED FOR ALL ABSENCES, please send it with your child when he/she returns to practice.

Volunteerism:

All parents or guardians are required to participate in at least 2 volunteer duties per child during the season. This volunteer requirement is critical to the operation and safety of our program. There are many choices of volunteer duties and all are important. We will provide information about the various duties, but once you have signed up it is your responsibility to complete the duty. Should you be unable to do so please make arrangements with another parent. If the duty goes unfilled games may be canceled or forfeited and your child may be suspended from play or cheer at the next week.

ARRIVAL/DEPARTURE FOR PRACTICE

Please do not drop off your child more than 10 minutes early for practice, as there is **NO** supervision. Plan to pick up your child promptly at the end of practice. Coaches/board members are not allowed to leave the field until all participants have been picked up. The coaches/board members volunteer their time and have other commitments outside of football, please be considerate of this.

DRESS FOR PRACTICE Cheerleaders:

1. Sneakers that tie. No slip on sneakers, sandals, or shoes.

2. T-shirts, shorts, sweatpants. No jeans of any kind.
3. Hair must be pulled back away from face. Only approved hair accessories. This is required during games also.
4. ABSOLUTELY NO JEWELRY. Girls with newly pierced ears will be required to remove the earrings during practice and during games.
5. No gum or candy at practice or during games.
6. NO NAIL POLISH or white-out allowed.
7. NO artificial nails of any kind.
8. No makeup or glitter

Football Players:

1. Dress as coaches have advised.
2. ABSOLUTELY NO JEWELRY. Boys with pierced ears will be required to remove the earrings during practice and during games.
3. No gum or candy at practice or during games.
4. NO NAIL POLISH or white-out allowed.

FUND RAISERS

We have incorporated fundraising into our annual registration fee and no additional fundraising is required. However, our continued success relies on the money that we bring in. Registration may be paid in 2 installments. 50% is due at registration. The remainder is due at equipment handout in July! The board is very concerned about the cost of registration and making football and cheerleading sports that are open to all. As a result scholarships are available on a case by case basis. In addition we will offer additional opportunities to raise funds to purchase new uniforms for our cheerleaders and football players while also decreasing registration costs next year.!

REGISTRATION FEE REFUNDS

These requirements for refunds must be met prior to receiving your refund:

1. Any money from fundraisers that you have chosen to participate in must be turned in.
2. All uniforms and equipment issued to participant must be returned, clean and in good repair as when issued. The replacement cost of damaged and/or missing is the responsibility of the parent at current cost of the damaged equipment.
3. You may receive a full refund assuming all above criteria are met until June 1. After June 1 you may receive a 50% refund until the first scrimmage. After the scrimmage no refund

Parking at Practices:

Parking is only allowed in the Fabrizi Field parking lot, the parking area at the adjoining park, near the Clifton Springs Library or in the parking lot of Wellspring Church. Under no circumstances will parking be allowed along Park Street or Hibbard Avenue. People who park their Vehicles along Park Street or Hibbard Avenue will be asked to move them. Vehicles that remain may be towed at the owner's expense.

Code of Conduct: As part of the the Finger Lakes Youth Football and Cheerleading League MJE is committed to promoting the proper ideals of sportsmanship, ethical

conduct and fair play at all League and Team activities. We will oppose instances and activities, which are not centered on the best values of athletic competition in order to insure the well being of all youth athletes. We will expect acceptable standards of good citizenship and proper regard for the rights of others. We are further committed to the belief that individuals 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 educational value of athletic activities, may be deemed just cause for a League reprimand, probation, or suspension from League and Team activities.

A. Keep cheering positive. There shall not be any profanity or degrading language / gestures.

B. Avoid actions, which offend visiting teams or individual players.

C. Show appreciation of good play by both teams.

D. Learn the rules of the game in order to be a better informed spectator.

E. Treat all visiting teams in a manner in which you would expect to be treated

F. Accept the judgment of coaches and officials.

G. Encourage other spectators to participate in the spirit of good sportsmanship.

H. Discourage the use, abuse and resulting negative influence of drugs, alcohol, and tobacco.

I. Observe the No Smoking Policy at all FLYFCL events.

J. Help maintain the field area by disposal of all trash in trash receptacles.

COMPLAINTS:

While the board of directors tries to insure that everything goes smoothly we understand that from time to time there will be conflicts, differences of opinion, or conduct that is detrimental to the ideals we seek to uphold. In those instances please use this procedure to insure your concern is heard and acted upon in a timely manner.

1. All complaints must be submitted in writing, on timely basis to the Vice President, or it will not be dealt with.

2. The board will not act on hearsay

3. All complaints must be acted upon within 7 (seven) days from the receipt of the complaint by the Vice President.

4. Findings will be put in writing, a copy of which will be sent to the person or persons who submitted the complaint. A copy will remain with the Secretary's records.

5. An anonymous copy will be included in the President's file for future solutions to the same or similar problems.