

**WEST GENESEE ATHLETIC CLUB
(WGAC)
POP WARNER LITTLE SCHOLARS
PARENT HANDBOOK and GUIDELINES 2015
See Our Website for More Information
www.wgac.org**

Welcome to the West Genesee Pop Warner Football and Cheerleading Program.

The following is a summary of what to expect from the program, as well as what is expected from Participants and Parents.

Our territory includes Camillus, Marcellus, Jordan Elbridge, and parts of Skaneateles.

COST: (IF POSSIBLE, PLEASE PAY BY CHECK OR CREDIT CARD)

Flag (Ages 5 and 6 as of July 31 st):	\$75.00
Mitey Mite thru Midget Football/Spirit:	\$100.00 for the 1 st child
	\$80.00 for the 2 nd child
	\$50.00 for the 3 rd child

The 4th child and any additional children register at no charge.

A \$100.00 pre-raffle payment is necessary at the time of registration for the required raffle ticket fundraiser.

You will be given 20- \$5.00 raffle tickets to sell. Tickets will be handed out at registration. When tickets are sold you keep the money.

There will be a \$25.00 fee for all returned checks. **NO EXCEPTIONS!!!!**

THERE WILL BE “NO REFUNDS” AFTER AUGUST 1st. (Unless football player fails to be certified)

Participants will not be able to participate in the program until **ALL** of the required documentation is submitted to the organization, which are due by the **FIRST DAY OF PRACTICE**.

REQUIRED DOCUMENTATIONS (Copies ONLY, as information cannot be returned.)

Each participant is required to supply the following:

- 2" x 2" Head and shoulders photo of your child **without** a hat or sunglasses.
- Photocopy of your child's 2014 / 2015 school report card showing a **complete** year of grades. (ALL quarters/semesters including 'Specials') One copy needed for all levels, FLAG through MIDGET.
- If your child's average is below 70%, you will need to submit a Scholastic Report completed by your child's school principal.
- Photocopy (**NO ORIGINALS**, PLEASE) of your child's **birth certificate** or passport for proof of age.
- A completed and physician signed **Pop Warner Physical Fitness & Medical History Form dated after January 1, 2015** and must be on the Pop Warner Form. (No faxed copies will be accepted.)
- Signed Mandatory Parental Participation Form.
- **Most 2015 Forms required can be found at www.wgac.org (Registration tab) or www.popwarner.com FORMS, National Forms** (Participant/Player Contract, Medical/Physical Form)

You will be notified by your child's coach (or on the website: www.wgac.org) for the date/time of equipment handouts in late July. **No equipment will be issued to anyone with any missing paperwork. No exceptions.**

EQUIPMENT/UNIFORMS: West Genesee Athletic Club furnishes most of the Equipment and Uniforms.

Players/Cheerleaders are responsible to purchase the following required items.

Tackle Football:

- Cleats
- Athletic Supporter (MANDATORY)
- Practice Jersey

Cheer: You will be given specific brand/style/color to purchase. All cheerleaders must be “uniform” in appearance.

This is **mandatory** for all levels, Flag thru Midget.

- Cheer sneaker
- Boy Cut Briefs
- White midriff top/ T-shirt for Flag
- Socks
- **Optional-** Warm-up suit.

PRACTICES

- The program begins on August 3, 2015. Participants may **not** begin practice until all required documentation has been completed and submitted.
- Practice is 4 days (3 Days for Flag) a week in August (Mon – Thurs). After Labor Day, practice is reduced to 3 days (2 days for Flag) a week for the rest of the season. Practice times range between 5:30pm to 8pm (5:30-approx. 7:00 Flag)
- All practices are determined by each Head Coach, and may change or increase, depending on the team’s progress. There may be Saturday and Sunday practices during the season. Breaks will be scheduled throughout practice; however, they do not count towards the required conditioning and practice hours.
- **Please do NOT drop off your child at the entrance to the property, it is not safe!!!**

CONDITIONING

- All football and cheer participants need to complete a minimum number of hours of conditioning and training. Football players cannot engage in full contact activity until they have completed 10 hours of conditioning/training. Cheerleaders cannot engage in stunts until 20 hours of conditioning is completed. Conditioning must take place in the presence of the coaches, not with a parent.

GAMES : Game times and days subject to change. The following was 2014”s schedule>

- The first official game occurs the first weekend of September, Saturday or Sunday depending on which team your child is on.
- Pee Wee games are Sunday’s at 12:00, Jr. Midget games are Sunday at 3:00, Flag games are **Saturday’s** at 10:00 AM, Mitey Mite games are Saturday at 12:30, and Jr Pee Wee at 3:00 Saturdays. Game times subject to change. Night Games are possible.
- Parents are responsible to get their child to and from each game. There are seven (7) or eight (8) games in the regular season; generally four (4) Home Games and four (4) Away Games.
- The official game schedule for the season will not be released any sooner than Certification Day in late August. There is a possibility that schedules change throughout the season.
- At the season’s end, there are post-season games: Jr. Peewee through Midget Divisions are competitive levels and there could be Play-Offs through Championships for Conference, Regional and/or National levels. If a team’s win/loss record ranks high for the Conference, they will continue onto the post-season game schedule.
- Cheerleaders are required to cheer at all regular (including the game on the day before competition) and post season games, unless they are participating in a Pop Warner sanctioned regional/national cheer championship that conflicts with a particular game.
- The Cheer season **does not** end after competition in early October and all cheer participants are required to cheer at all games following competition.

- Travel for football and cheerleading are an additional expense for the parents.
- Pep Rally in September
- Banquet and trophy in November.

WGAC is part of the CNY POP WARNER League www.cnypopwarner.com

We play **regular season** games against other CNY teams. Our away games can be at any of the following organizations:

Auburn, Baldwinsville, Central Square, Chittenango, Cicero, Clay, Eastwood, East Syracuse-Minoa, Fayetteville-Manlius, Fulton, Geddes-Westvale, Kirk Park, Mattydale, Mexico, Oswego, Phoenix, Sherman Park, Toolon, Valley

ATTENDANCE POLICY Practice is important!! (Absences from practice will result in reduced playing time)

- It is your responsibility to notify the coach in advance if your child must miss a practice.
- Please check with your child's head coach regarding their expectations and discipline policy.
- If your family has a vacation planned you must notify your child's head coach in advance. Vacations taken during the season may result in reduced playing time in a game.
For cheerleaders this may affect their being able to participate in competition.

MANDATORY CUTS PER NATIONAL POP WARNER RULES:

Pop Warner strives to make football and cheerleading a fun and rewarding experience for children. We also understand that it is not for every child and some children may be participating due to parental pressure to do so.

For this reason Pop Warner requires us to comply with the following National Rule:

Any participant must be cut who:

S1: is found to have signed up as a result of parental pressure or tells team management he/she does not really want to play/cheer.

Player/Spirit Positions (Teams):

- All football/spirit positions will **be determined by the football and cheer commissioners.**
- Both football and cheerleading have many different positions and each position has different strength, speed, agility, and stamina age and weight (football) requirements. The commissioners along with team coaches will evaluate each child's strengths and abilities and your child will be placed where he/she is best suited for the team.
- A child's position in a prior year does not guarantee he/she will be placed in the same position for the current year.

MINIMUM PLAY RULE (MPR)

Each Football Player is required to participate in a minimum number of plays per game, as determined by CNY Pop Warner. The number of plays is determined upon the size of the team and the level of play. See the following charts:

<u>JPW thru MIDGETS</u>	<u># of players</u>	<u># of Minimum Plays</u>
	16-25	10 plays
	26-30	8 plays
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<u>MITEY MITES ONLY</u>	16-25	14 plays
	26-30	12 plays

These are the minimum play numbers. In many cases, players will play more than the minimum.

CHILD PARTICIPATION

SEASON EXPECTATION

We expect your child to participate throughout the season. Please do not encourage your child to participate in more than one sport at a time. Sometimes sports overlap with practice and game schedules; and having a child miss any practice and/or game is unfair to the child and his/her teammates.

Pop Warner is a big commitment for both child and parent. Please take this into consideration prior to signing your child up.

PARENT PARTICIPATION

We run this program entirely on volunteers and need every parent to help. This help includes working in the concession stand during practices and games or helping out at the games with the chains, counting plays or doing the 50/50. Parents are expected to help out. Ask your coach what you can do. Please help us out.

ZERO TOLERANCE POLICY!!!

Participants, volunteers, and spectators will be held to a high standard of behavior, “**Zero Tolerance**” Behavior Policy. WGAC, Pop Warner Little Scholars Adult Behavior Policy at any Pop Warner event, practice or competition includes:

- Any person who verbally abuses, attempts to intimidate, is flagrantly rude, and cannot control their language or actions with an Official, Coach, Pop Warner volunteer, or other spectator, shall be instructed to leave the Pop Warner event. He or she and will be suspended from all Pop Warner events until the Board can conduct an investigation.
- Any person that commits a second, similar offense shall be suspended from Pop Warner events for the remainder of the season.
- Any adult who physically assaults an official, coach, or Pop Warner volunteer or spectator will be suspended from the Pop Warner program for one year from the date of the offense. After one year, the parent may apply for reinstatement. If the adult commits a second offense, he/she will be permanently banned from the property and Pop Warner all events.

Note: The term, physical assault, includes, but is not limited to hitting, slapping, pushing, spitting, kicking, or striking in any way with any part of the body or any physical implement.

Please sign and return to West Genesee Athletic Club

I have received a copy and read the WGAC Parent/Player HANDBOOK and GUIDELINES and agree to abide by it:

Participants Name: _____

Parent/ Guardian: _____ Date: _____ 2015

Parent/Guardian: _____ Date: _____ 2015

The information included is based on Regional and National rules and is subject to change.