

# 2008 FOOTBALL AND CHEERLEADING SEASON INFORMATION:

## *2008 Football and Cheerleading Season Information*

### Practice

Football and cheerleading practices begins Monday July 7th at Providence Park. Practice will be held five nights a week (Monday - Friday) for football. Cheerleading practice will be held four nights a week (Monday - Thursday). We will then go to three nights a week for football and cheer Monday, Tuesday and Thursday starting 6:30pm till 8:30pm Practice begins PROMPTLY at 6:30p.m. and ends at 8:30p.m. RAIN OR SHINE

Practice is a MANDATORY function. A child can be benched or dismissed for missing practices. If a child is sick, please notify the coach before practice time. Please make sure you get the coaches telephone number. Children must show up for practice even if it is raining. The Athletic Director and Cheer Director will cancel practice if necessary. Football and Cheerleading are TEAM sports. It is hard to practice if all participants are not present. Parents are ENCOURAGED and URGED to stay and watch the practices.

### Injuries:

At least one coach on each team or squad will be trained in CPR and have minimal first aid training. Any football or cheer related injury, regardless of outward appearances, is taken seriously and will be addressed as such. We also encourage participants to make known any injury to his/her coach immediately upon occurrence. Participants should not hide injuries. Any player sustaining an injury that requires a doctor's care will be required to provide a medical release from that doctor prior to further participation in games, practices or competitions.

Children must be picked up by 8:30p.m.

What you will need to purchase for practice ...

### Football Players:

- Rubber non-removable cleated black football shoes (Important - They must be non-removable RUBBER cleats.) A player can be benched if they are wearing something other than this. This is for their protection.
- Girdle - Garment worn under the uniform pants to hold the hip and butt pads. (available at sporting goods stores)
- Athletic Supporter & Protective cup (hard or soft),
- White Practice Football Pants (MANDATORY). OR you may purchase the OLD BLUE ones.
- White Practice Jersey or previous years White Brandon Bears Jersey large enough to go over shoulder pads.
- Mouth piece to be worn at all times practice and games.
- YOU MUST PURCHASE THE ABOVE ITEMS

### Cheerleaders:

- The cheerleaders practice set for THURSDAY night only has been included in the sign-up fee and will be provided.
- Cheerleaders are to wear cotton shorts and tee shirt to practice on other nights.
- NO silky shorts or jean shorts - NO tank tops with bellies showing
- NO JEWELRY OF ANY KIND you will be asked to remove it..
- Comfortable tennis shoes
- Hair tied back in HIGH pony not hanging in your face

### Game Day

Home Games are played at SPOTO High School. For directions to other Conference fields please [click here](#)

The coaches will advise you and your child what time they must be at the field prior to the start of the game. Pre-game time is extremely important, football players must be weighed in and cheerleaders practice for half time. Failure to be present at the scheduled time will result in your child not participating in that scheduled event. There are 10 scheduled games plus two (2) Exhibition games. Playoff games will be held to determine the participants in the Super Bowl. All Cheerleaders are to cheer for their scheduled football games. Cheerleaders will also participate in various competitions throughout the season.

There will be additional fees and all competitions are mandatory.

### Park Rules:

Rules and Regulations in the park must be followed at all times. Park rules are as follows:

- The use of profanity, drugs, alcohol or tobacco during any WCYFC or Brandon Bears event is prohibited (Smoking will be allowed in designated areas only)
- No parking in front of emergency gates
- Please place trash in receptacles and keep bathrooms neat
- PERSONAL COOLERS are not permitted beyond the gate at any WCYFC sanctioned event
- NO PETS are allowed at any WCYFC or Brandon Bears function

### Donation Booth:

Please remember that the donation booth helps to pay for game day referees. Please be sure to donate at BOTH HOME and AWAY games. Donation requests are \$2.00 per adult and \$1.00 per child. Please remember this includes board members and coaches.

Please no greasy foods or milk before game.

- Flyweight kick off time is 9:00 am
- Super midget kick off time is 10:45 am
- Midget kick off time is 12:30 pm
- Jr Varsity kick off time is 2:15 pm
- Varsity kick off time is 4:15 pm

(Times are subject to change)

### Pep Rally's

Thursday night is our Pep Rally Night. Come out and support your child's team. The cheerleaders will perform some of their routine at the end of the evening. You truly do not want to miss it. **THEY ARE AWESOME!!**

Please support your child and the Brandon Bears  
Let them see a familiar face in the stands...  
Let them hear a familiar voice in the crowd...  
Your attendance is a great MORALE BOOSTER

### PARENT INFORMATION

Parent Responsibility:

We encourage all parents to get involved with the Bears Organization. If you see something that can be improved upon, please contact any board member with your suggestions. Please be positive with your criticism and be ready to help make the changes that you are suggesting. We ask that you do not voice any complaints or concerns toward coaches, referees or league officials in front of the children. This includes spectators during a game. During practices and on game days, we ask that you support all teams. Applaud good plays, ignore errors, CONGRATULATE the winners and ENCOURAGE the losers. It is our responsibility to set an example of good sportsmanship and behavior not only for our children but the other teams as well.

#### Parents Code of Conduct:

Parents are expected to conduct themselves in a manner that reflects well on the Brandon Bears and the team itself. Failure to follow the Code of Conduct can result in disciplinary actions as stated below. The Parent Code of Conduct is as follows:

- I will support the efforts of all board members, coaches and volunteers
- I will not use profanity, drugs, alcohol or tobacco during any WCYFC event
- I will set the right example for the children by ALWAYS showing good sportsmanship
- I will show respect toward everyone at the field
- I will never argue with a coach or an official during practices or games. Any complaint or concern will be addressed in the following steps:

1. Discuss problem with the individual privately
2. Discuss with appropriate head coach after practice and not on game day
3. Discuss with appropriate Director
4. Discuss with President and/or Vice President
5. Request Grievance Committee hearing
6. Request hearing before Board of Director with grievance committee approval

- I understand that the Brandon Bears Organization does not have a minimum play rule and that my child may not have playing time in every game
- I understand that if I enter the playing field during a game, or incur an unsportsmanlike behavior penalty I risk being disqualified from further league participation

- I will remember to praise my child's efforts and always offer my support
- I understand that if I furnish a false birth certificate or misrepresent my child's age or date of birth I may be subject to both Civil and Criminal legal action.
- I understand that refusal to return all equipment issued to my child, or to pay for missing equipment, may result in my child not receiving a trophy and will not be eligible to sign up for next year.

I further understand that refusal to return any and all equipment issued may subject me to both Civil and Criminal legal action and may exclude my child from further participation in the West Coast Youth Football Conference

Please allow your child to play as a child and have fun

#### Disciplinary Actions:

Breaking the Parent Code of Conduct or violation of any league rule may result in disciplinary action. The Grievance Committee will handle all disciplinary problems submitted in writing on a case-by-case basis. If needed the Conference Trustees may be required to handle disciplinary actions. Punishment can be but is not limited to:

- Verbal or Written Warning
- Game Suspension
- Season Suspension
- Permanent Removal from the Program