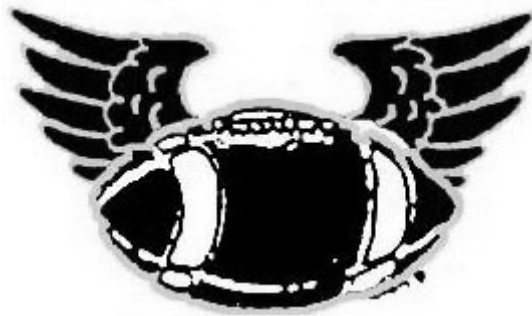
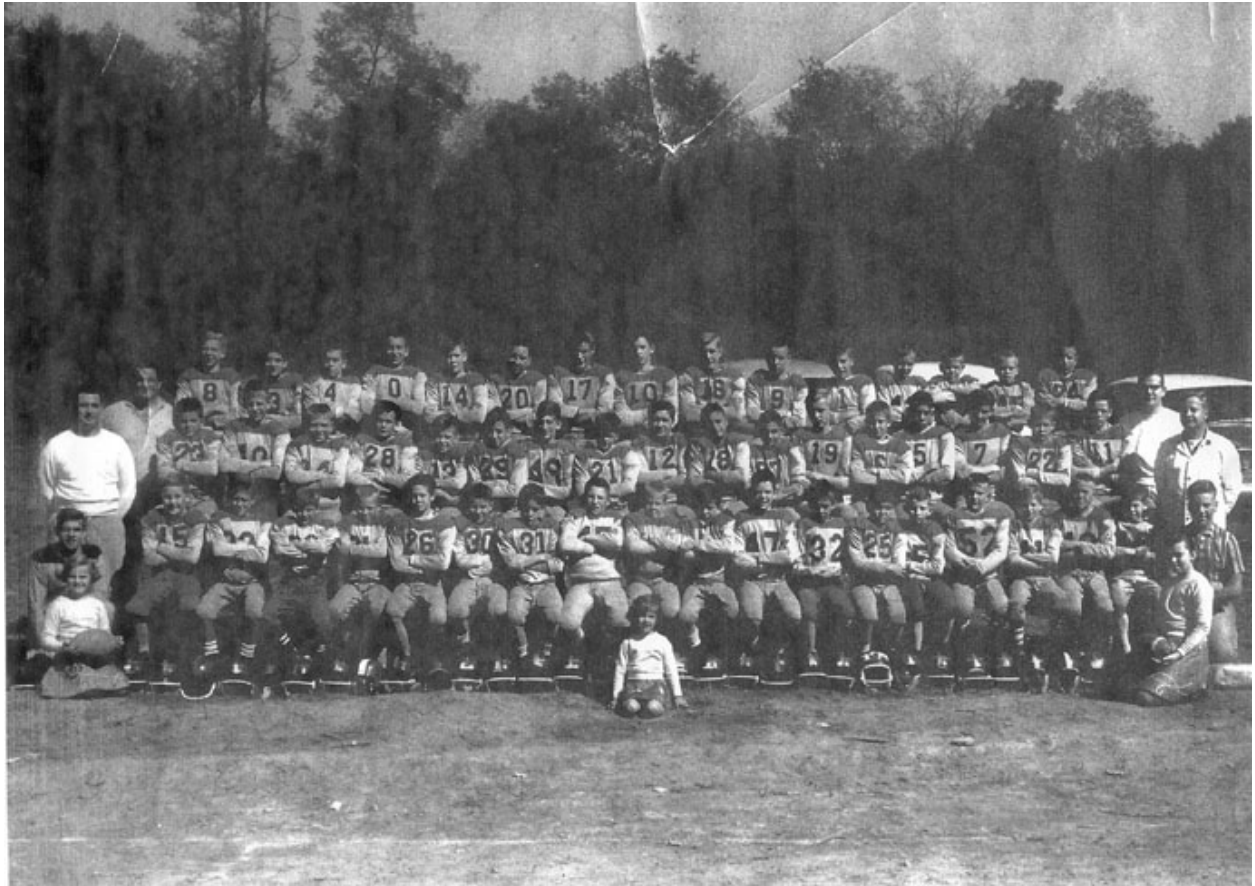


LOWER BURRELL FLYERS



2013 Handbook

welcome to flyers football and cheerleading

Welcome to a tradition that began back in 1957 – a tradition that is carried on today thanks to the work and cooperation of many people. This is an exciting season, as the Flyers will defend their 2012 Super Bowl Championship. The organization is coming off of one of its most successful seasons on the field, as all three teams qualified for the playoffs, with the Flyers and Recruits getting all the way to the Super Bowl (The instructional team, the Plebes, does not have playoff games at their level).

To begin, we would like to offer our thanks to all the volunteers and sponsors, whose efforts and support are already in place to make this another successful year of football and cheerleading. There has been a tremendous amount of work and preparation done to get this season off to a good start. However, we need this to continue as the season gets underway. Football and Cheerleading are, first and foremost TEAM sports, and we would not have the success we've enjoyed throughout the years, without a team effort from many people; including our players, our cheerleaders, and of course, all of the parents.

We've organized many of our program details, expectations and responsibilities in this handbook. Communication is vital in making this an enjoyable season for everyone, and we are committed to doing our best to keep the lines of communication open. However, we also need you to do your part in the communication process, and make sure you pay attention to handouts, website updates, texts, emails, etc. to make sure you have the most up to date information. This handbook will include event schedules and staff rosters for your reference throughout the year. We hope this information provides a framework for you to better understand the Flyers Football Organization. Please feel free to contact any board member should you have *any* questions about anything. And please don't be afraid to volunteer - we need your help and support to make this season a great success! Our vision is to have the kids who participate in this organization leave with great memories that last a lifetime!

Best wishes for a fun and memorable year of Flyers Football and Cheerleading!

2013 Board of Directors

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about our program and the g28yfl

Flyers Football has a long tradition of presenting a successful and winning youth sports program dating back to 1957! Our 200+ youngsters play and perform from as young as 6 years of age through 13 years of age. The Lower Burrell Flyers belong to the Greater 28 Youth Football League (G28YFL), which includes teams from Ar-Ken, Ford City, Guyasuta/Fox Chapel, Highlands, Kiski Valley and Woodland Hills. We will play at least 8 regular season games this year (possibly up to 10), culminating in playoffs, and a Super Bowl. Last year, the league had a “Senior Bowl”, with players from the East competing against players from the West. What a great way to honor the players as they leave the Flyers Football Program.

Preparation for the season begins in July, with games starting in mid-August. This leaves approximately two weeks to prepare for the season. As a result, at the beginning of the season, we practice 5 days a week until the time when school starts, when practice is reduced to 4 days a week (Monday – Thursday) for Flyers and 3 days a week (Tuesday – Thursday) for Cadets, Recruits, and Plebes. This is a huge commitment from all, including the coaches, the players and the parents; but the benefits show on and off the field, as your child's confidence and self-esteem grow. You will see strong friendships develop among the children, and often the parents as well, that will last a lifetime! Once a Flyer, always a Flyer.

A word about coaching: Our coaches are dedicated to your child and the sport. Many have been active at different levels of competition as coaches and players. They are experienced; some with over 30 years of experience! We ask you, as parents, to let the coaches coach. First and foremost, there is a huge amount of information for the children to learn. Please give them time to absorb that information and become experienced and confident in their ability. Be supportive of your child's efforts to learn. As always, if you have any questions or concerns you would like to discuss with a coach, we ask that you do that before practice. Time spent with you during practice, is less time the coaches have to instruct the youth of our organization.

Help us continue to keep the Flyers Football and Cheerleading tradition strong!

2013 flyers board of directors

executive officers

President	John Fisher	(724) 339-0973
Vice President	Dutch Simpson	(724) 498-6319
Secretary	Robin Bennis	(724) 882-0350
Treasurer	Nicole Kennedy	(412) 480-2400
Head Coach	Dave Bellinotti	(724) 335-3192
Cheerleader Coordinator	Sara Nowikowski	(724) 472-7466

appointed board members

Coach Representative	Shawn Bennis	(724) 321-0641
Coach Representative	Ed Shybloski	(724) 212-6318
Director	Lisa Adams	(724) 594-8571
Director	Ron Beach	(724) 351-0670
Director	Beth Beattie	(724) 882-7408
Director	Staci Bechtold	(724) 727-5742
Director	Chuck Bigler	(724) 448-5279
Director	Lance Miller	(724) 472-3153
Director	Ralph Zottola	(412) 977-1571

2013 flyers coaching staff

football

Ages for football are determined by the age of the child on July 31st.
(Coaches are subject to change)

plebes

6 - 7 years old	Head Coach:	Dave Phillips
98 Pounds Max*	Assistant Coaches:	Ray Bitar
* With full pads, minus helmets		Ted Bibza
		Mike McKay

recruits

Maximum age 9	Head Coach:	Shawn Bennis
115 Pounds Max	Assistant Coaches:	Tom Ulizio
		Dave Arledge
		Shawn Mele

cadets

Maximum age 11	Head Coach:	Ed Shybloski
130 Pounds Max	Assistant Coaches:	Mike Kennedy
		Andy Gratzmiller
		Matt Martin

flyers

Maximum age 13	Head Coach:	Dave Bellinotti
155 Pounds Max	Assistant Head Coach:	Butch Nowikowski
	Assistant Coaches:	Ray Kastelic
		Jim Brown
		Rob Tatr
		Matt Landowski

cheerleading

Cheerleaders are assigned to a squad based on their age as of July 31, 2013

plebes

6 – 7 Years Old	Head Coach:	TBD
	Assistant Coaches:	TBD

recruits

Maximum age 9	Head Coach:	TBD
	Assistant Coach:	TBD

cadets

Maximum age 11	Head Coach:	Jamie Bigler	(412) 302-4007
	Assistant Coaches:	TBD	

flyers

Maximum age 13	Head Coach:	Sara Nowikowski	(724) 472-7466
	Assistant Coach:	TBD	

2013 schedule of events

uniform & equipment pickup

Football player uniforms and equipment and cheerleader uniforms will be distributed at the discretion of the coaches.

July 13th – 9a to 1p – football equipment handout

May 18th, June 22nd, & July 13th - cheerleader uniform handout (*coinciding with registration*)

Note: Equipment turn in will be determined by the head coach after the final game. It is YOUR responsibility to get your child's uniform & equipment turned in.

football conditioning

July 22nd – 25th – 6:00 PM to 8:30 PM at Flyers Field

cheer clinic

Saturday, July 27th at Flyers Field – we will post more information on times, etc. on our website.

practice schedule

Practice is held at Flyers Field on the Route 56 bypass. From July 29th through August 26th we practice from **6:00 - 8:30 PM**, Monday through Friday. Thereafter, for Flyers level, we move to a 4-day per week schedule on Monday, Tuesday, Wednesday and Thursday, with practice times being **5:30 - 8:00 P.M.**, and for Cadets, Recruits, and Plebes levels, we move to a 3-day per week schedule on Tuesday, Wednesday and Thursday. Coaches reserve the right to request practice schedule changes and will give you notice as needed.

Cheerleading practices will be determined by each cheer coach, and may not coincide with the boys practice schedule.

football camp

Football Camp information is still being finalized, and updates will be posted on our website. As like last year, any camp activities will be held at Flyer's Field. Please check the website regularly for new information.

CAMP IS MANDATORY. All Cadet and Flyer players must attend camp in order to be on the team – no exceptions!

game day information

greater 28 youth football league weigh in

All players will be weighed in at the field on which you will be playing that day. Times will be announced prior to each game. Weigh in occurs at half time of the game preceding yours by a specified “weigh master”, usually 1 hour before your game time. Plebes will be instructed by their coaches as to the time they need to be there for their weigh in. **NO PARENTS PERMITTED DURING WEIGH INS!**

Weigh In is important!!! If your child misses weigh in, they WILL NOT BE ABLE TO PLAY!!!

game schedule

The g28yfl season will run for ten weeks and we will play nine games with a bye week, similar to years past. Our first three games are exhibition, and will not count toward the playoffs. Our final six games will be against the other teams in our league.

August 10th
August 17th
August 24th
August 31st
September 7th
September 14th
September 21st
September 28th
October 5th
October 12th

- *Please note – all game dates and times are subject to change.
- * Home games will be played at Flyers field
- * Game times will be announced once they are determined.
- * Away game times and directions will be posted on our web site.

playoff schedule

1st round - October 19th – at location TBD
super bowl - October 26th – at location TBD

recognition

program/ad book

Flyers Football prints a program with all the football team and cheerleading squads listed with team photos. It also provides an opportunity for you to help our program through advertising and sponsorship. **We ask that you support our business sponsors.** Booster ads are also available to team member families that would like to show their support. (Don't forget, you can also purchase a business size space for a personal message of support).

banquet

The banquet committee will provide this information, once all arrangements are finalized. This information will be available on our website.

awards

Each year, the Flyers Organization will present each child with a gift. These gifts are decided upon by the banquet committee and approved by the board. The board of directors wants to provide our children with the best gifts possible, but there are many factors that determine what gifts will be given. Some of these factors include:

- Funds available to purchase gifts
- Years of participation in the organization
- Attendance at practice and games throughout the entire season
- COMPLETION OF FAMILY FUNDRAISING/VOLUNTEER REQUIREMENTS
- Return of all equipment/uniforms

The board reserves the right to withhold individual gifts, if the child and/or family do not meet **any** of the above requirements.

team photos

Photographs will be taken for both team/squad and individual photos, early in the practice season. Picture day for the football players and sibling photos is scheduled for August 8th, 2013. Cheerleading photos are scheduled for August 9th, 2013. Picture time for both days will be 5:00 PM for Flyers/Cadets and 5:30 PM for Recruits/Plebes. ***All players and cheerleaders will need to be dressed in game uniforms.***

Pictures can be picked up from your team parent when they are delivered. Please pick up your pictures in a timely manner. The Flyers will not be responsible for pictures that are not picked up.

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fundraising

As you might expect, the costs to run a program of this magnitude are tremendous. In order to keep registration fees at a reasonable level, we must find ways to generate additional monies in order to cover all of our costs. Items such as the lease of the property, insurance, field maintenance, electric, propane, portable bathroom rental, cooking equipment, etc. are necessary for us to operate. That doesn't include the equipment and uniforms needed by the players and cheerleaders.

In order to raise these needed funds, the Flyers organization will conduct different fundraisers throughout the year. Every *family* will have to choose between two options for the fundraisers. The options are either to participate in the fundraiser according to the terms listed below, or to pay the cash option. We will have four mandatory fundraisers for *each family* this year.

Families who choose to “buy out”, will be asked to pay the **\$250** buy out at registration. This is so we can determine how many families will be participating in our fundraisers. **You will not receive any tickets if you choose to buy out.**

tag day

tagging will be done only in front of stores such as Community Market, Sheetz, etc.

football – Sat., July 13th from 10:00a – 2:00p (*each team will tag for one hour*)

cheerleading – Sat., July 20th from 10:00a – 2:00p (*each team will tag for one hour*)

Terms: if you choose not to tag, there is a \$10 buy out per child.

subway cards

Due Date – week of August 26th

Pick up Date – At any registration

Terms: sell 10 tickets per family at \$10.00/ticket.

cash payments – two \$20 payments

Due Date – August 31, 2013 and September 30, 2013

If you are unable to make cash payments, you may substitute by selling more Subway Cards or Gun Bash Tickets

gun bash tickets

Due Date – week of October 7th, 2013

The Gun Bash is Sunday, November 3, 2013 at Kinloch Firehall

Terms: sell 12 tickets per family at \$10.00 per ticket.

turning in your fundraisers

We will also be implementing a new system for turning in fundraisers this year. We will have a designated area set up at the field. Money will be collected by board members every evening during practice the week each fundraiser is due. Subway cards and the first cash payment will be collected the week of August 26th, the second cash payment will be collected the week of September 23rd, and Gun Bash tickets will be collected October 7th – 11th. **Please do not turn in fundraisers to coaches, team parents, or at the concession stand.** If for some reason you are not able to make it to the field any evening the week the fundraiser is due, please contact a Board member to make other arrangements.

an important note about fundraising...

Each year we have families who have difficulty selling their fundraising tickets for various reasons. **If you think you will have problems selling tickets, please notify a board member at the START OF THE SEASON.** We do offer the option of choosing to “buy-out” of the fundraiser. If the \$250 fee creates an issue, we will do our best to work out an arrangement to help you satisfy your fundraising obligation. However, we need to know this at the start of the season, and not at the deadline for turning in your tickets. If you wait until the tickets are due, you will be required to purchase them yourself. Please understand that this is not done to punish anyone, but it is not fair to have the majority of our families either sell or purchase their tickets, and then have other families who don’t sell anything. Out of respect for others, please help us by doing your part.

All fundraising money must be turned in to the Board on or before the due date of the fundraiser.

membership

According to our by-laws, the definition of a member of this corporation shall be: any person paying \$2.00 per person or \$3.00 per couple for one year from July 1st to June 30th of the ensuing year. You cannot vote at corporate meetings if you are not a member. This includes voting for board members or any by-law changes at the end of the season.

Please note – this requirement was recently brought to our attention, and because it is part of our by-laws, we must adhere to it. In order to change the by-laws, we need a majority vote of the members. The board may propose by-law changes at the end of this season, *but only members will be able to vote for board members and these by-law changes.*

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volunteering

When you elected the Board of Directors, we agreed to do our best to lead this program in a way which will benefit everyone involved. This organization does not belong to the Board of Directors. It belongs to the families that are a part of it, and most importantly the children who participate. The job of the Board is to direct and oversee the various things that are necessary to make this organization function. However, we cannot possibly do all of the work, on top of what is already required to serve.

As a result, we need you to do your part to support the upkeep and maintenance of our field and program. Each family will be asked to give just 1 hour to help maintain the property, beginning in the spring and running through the end of the season. Clean up days will coincide with sign up days (May 18th, June 22nd, and July 13th). We will ask for volunteers to begin, but if we get no response, we will assign a work time to each family. We certainly don't expect anyone to work all day, but a little help from a lot of people will go a long way toward making this season a success!

Another area where we rely on our parent volunteers is during our home games. Home games are particularly significant as income sources for us, and your help allows us to keep other fundraising to a minimum. We are requesting that one person per family volunteer their time twice throughout the season to work the concession stand, work the gate, sell 50/50 tickets, be a part of the clean-up crew, etc.

We will have a list of volunteer opportunities available on July 13th, beginning at that time, you will be asked to choose the jobs you would like to volunteer for. Based on the responses received, we will put together a volunteer list that will be published on the web site, and also at the concession stand. **If you cannot work the day you are scheduled, you must make arrangements for someone else to work your time.**

donations

We know that many people in our organization have unique gifts and talents. You can help us by putting those gifts and talents to use! One area where this applies is with food donations. If you have a special dish or food that you enjoy making, would you consider donating it to the concession stand for us to sell? The concession stand committee would like to offer affordable dinners to our families on practice nights. Donations can help us to keep our costs down, and make these meals as affordable as possible. We also like to

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offer special foods on game days, and your donations here can go a long way to help make our concession stand profitable.

Of course, food donations are only one example. If you are a handyman or enjoy maintaining our facilities, then you may want to donate some time as part of our field maintenance committee. If you enjoy planning for special events, then maybe the banquet/awards or special events committee is for you. Our committee information is detailed in the next section, but any donation of your time and talents is much appreciated and needed!

committees

One of the best ways for you to help your child to get the most out of this season is to get involved in one or more of our committees. Each committee is headed by a board member, and we welcome and encourage participation from all of our families. By being on a committee, you get to see first-hand how things work in the organization. We also believe that everyone is more accountable, there is more transparency, and more trust is built when the members of our organization join our directors in its operation. Our current committee list below will give you more information. Please feel free to ask any of our board members if you have further questions.

Apparel

Chairperson: Staci Bechtold

Other members: Lisa Adams

The apparel committee is responsible for determining what apparel the Flyers organization will sell to raise money. These typically include things like t-shirts, sweatshirts, shorts, sweatpants, etc.

Banquet & Awards

Chairperson: Nicole Kennedy

Other members: Beth Beattie

This committee will handle all aspects of our year end banquet, including planning, event location, inviting people, keeping track of those signed up for the banquet (including payments), and the year-end gifts for the kids.

Camp

Chairperson: Dave Bellinotti

Other members: Lisa Kastelic, Robin Bennis, Ron Beach

This committee will include the head football coach, and is responsible for planning and carrying out football camp for the Cadet and Flyer football teams. This may include arranging for the camp location, getting enough adult volunteers to supervise camp, plan for meals and cooks, and transportation to and from camp.

Communication

Chairperson: Ed Shyblowski

Other members: Shawn Bennis, Dave Bellinotti

This committee is in charge of communicating information from the organization to the parents, players, coaches, etc. This can be done in a variety of ways such as the web site, newsletters, handouts, team parents, etc. It also includes getting information out to the community about important events and other happenings for the organization. Communication is a vital link, and when done well, makes everything run more smoothly for everyone.

Concession Stand

Chairperson: Ralph Zottola

Other members: Dutch Simpson, Chuck Bigler, Lisa Adams, Amy Zottola, Rebecca Fisher

This committee is responsible for running the concession stand for both practices and games. This includes overseeing all operations pertaining to the concession stand such as ordering items needed, arranging for pickup or delivery of items, offering a variety of foods for people to enjoy, and generating as much profit for the organization as possible.

Field Maintenance

Chairperson: Dutch Simpson

Other members: Lance Miller, Ron Beach, Chuck Bigler, Ralph Zottola

This committee is responsible for maintaining the buildings and grounds at Flyer's field. This includes cutting grass, trimming weeds, painting the field, and any other maintenance necessary to keep the building and grounds looking as nice as possible, and safe for everyone who comes to our facility.

Fund Raising

Chairperson:

Other members: Robin Bennis, Lance Miller, Ron Beach, Dutch Simpson

This committee oversees the fund raisers that are done each year by the organization. They suggest fund raisers to the board for approval, and help in the collection of fund raisers throughout the year.

Nominations/Elections

Chairperson: Robin Bennis

Other members:

This committee will take care of providing a slate of officers for election at our annual banquet. The committee will provide recommendations for four (4) officers: President, Vice President, Secretary and Treasurer, as well as seven (7) directors.

Special Event Days (Parent's Day)

Chairperson: Nicole Kennedy

Other members: Lisa Bellinotti

This committee will decide upon any special game days throughout the season. Examples would include Parent's Day, Alumni Day, Sponsor Thank You Day, etc. This committee needs a minimum of one board member.

Picture Day

Chairperson: Robin Bennis

Other members: Nicole Kennedy

This committee will make sure a picture day photographer is arranged, and dates for pictures are set. They will also provide names and team pictures for the program book. This committee needs a minimum of one board member.

Programs

Chairperson: Lisa Adams

Other members:

This committee will oversee the annual program book for the organization. This includes solicitation for ads, keeping track of ads, and coordinating the printing of the program book with the printer. This committee needs a minimum of one board member.

Registration

Chairperson: Robin Bennis

Other members: Dutch Simpson, Nicole Kennedy, Beth Beattie

This committee will prepare for registration of children in the organization. This includes the handbook provided at registration, registration forms, and the advertising of registration throughout the community. This committee needs a minimum of two board members.

Volunteers

Chairperson: Staci Bechtold

Other members: Lisa Adams

This committee will work at providing volunteers for various activities within the organization. These can include help for work days, registration, game day, fundraisers, etc. A list of volunteers for each activity should be created and posted for people to reference. This committee needs a minimum of two board members.

2013 budget

INCOME	2013	EXPENSES	2013
Apparel	\$5,000.00	Apparel	\$1,400.00
Donations	\$1,500.00	Donations	
TOTAL Fundraising	\$72,400.00	TOTAL Fundraising	\$51,400.00
Game Day	\$17,500.00	Game Day	\$8,835.00
Program Ads	\$2,500.00	Program Ads	
Registration	\$15,000.00	Registration	
Banquet		Banquet	\$1,500.00
Banquet Gifts		Banquet Gifts	\$9,000.00
Camp	\$0.00	TOTAL Camp	\$1,000.00
TOTAL Equipment	\$0.00	TOTAL Equipment	\$21,200.00
TOTAL Fees & Charges	\$0.00	TOTAL Fees & Charges	\$50.00
Field Lease	\$0.00	Field Lease	\$4,000.00
TOTAL Field Maintenance	\$0.00	TOTAL Field Maintenance	\$5,887.00
Insurance	\$0.00	Insurance	\$2,900.00
Membership Fee	\$0.00	Membership Fee	\$300.00
Misc.	\$0.00	Misc.	\$0.00
Office Supplies	\$0.00	Office Supplies	\$150.00
Parents Day	\$0.00	Parents Day	\$200.00
Printing	\$0.00	Printing	\$1,500.00
TOTAL Utilities	\$0.00	TOTAL Utilities	\$1,800.00
Website	\$0.00	Website	\$200.00
Total Income	\$113,900.00	Total Expense	\$111,322.00

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player/cheerleader responsibilities

football players

equipment/uniforms

The Flyers Football Organization furnishes each player with the following: game jerseys, game pants, practice jersey, practice pants, girdle, and a full set of pads including: hip, tailbone, knee, thigh, rib, shoulder, mouthpiece and helmet. We ask you to please take care of these items, as they will be reused. Coaches require players to purchase and wear a pair of rubber cleated football spikes, for all practices and games. Be sure you regularly inspect all equipment for damage, and bring this to your coach's attention ASAP. Don't wait until game day! Make sure you dress appropriately for the weather. You will be required to return all your equipment at the end of the season as per the player's agreement, which you will be required to sign when you pick up your equipment. Equipment turn in will be decided by the head coach after the final game.

conduct

- You are expected to behave in a respectful, courteous manner both on and off the field AT ALL TIMES.
- Be proud of your accomplishments. You are one of only a few in the entire community to dedicate yourself to football.
- You are a reflection of the Lower Burrell Flyers Youth Football organization. Always behave in a manner that brings pride to your family and the organization.

practice

- It is your responsibility to be at the field on time and prepared to practice, when practice is scheduled to begin.
- You must let your coaches know if you will be absent or late.
- Try to eat early, or even after practice. No heavy meals less than 1 ½ hours before a practice begins. We realize it's not always practical, but we practice very hard and this will help ensure players are physically ready.
- Practice is where everything begins! Be prepared to play hard as coaches are not only getting you into "game shape", but are also evaluating you for playing positions.
- Swearing, fighting, trash talking or talking back to coaches and other players will not be tolerated!!!
- Drugs and alcohol are not permitted at the field and will not be tolerated!!!
- Schoolwork is first and foremost - homework should be completed before practice.
- If you feel sick during practice or a game, tell your coach immediately.

- All injuries or illness requiring medical treatment will require a doctor's release to return to practice. All other injuries or illness requires a parent to sign off on their child returning to the field.
- You must never leave the practice or game field, without asking a coach's permission.
- All players must wear their full equipment while on the field.
- Coaches are here to teach you. If you do not understand something or are having trouble, talk to your coaches!
- Always run onto the field. (practice and games)
- Mouthpieces must always be worn while on the field.
- **Bring a water jug to practice.** The coaches will give water breaks as the weather dictates. Water is provided at games and bottled water can be purchased at the concession stand.
- Transportation to practices and games is YOUR responsibility. "I don't have a ride" is not a valid excuse!
- Always pay attention to your coaches. It is important for you and your team's safety.
- Let your coaches know of any special medical conditions you may have.
- Always take home all handout sheets. The information is very important.
- It is extremely important to be at practice and ready to play at all times. Coaches teach techniques, new plays, and drills, and when you miss practice you will fall behind and will not be prepared to play.
- You will be expected to learn more than one position, and all offensive and defensive plays.

playing time

- Football is a disciplined sport that requires all players working together as ONE UNIT. Playing time is EARNED by what YOU DO on the practice field.
- Playing time is NOT GUARANTEED. Practice gives you the OPPORTUNITY TO COMPETE for positions and playing time.
- Coaches do their best to evaluate all players for positions, with the ultimate goal of helping the team to WIN.
- Players unprepared to play cannot only hurt themselves, but could also allow teammates to get hurt.
- Coaches make every effort to get you into games, as the actual game situation allows.

cheerleading

uniforms

Shell and skirt are supplied by the Flyers Football Organization. All cheerleaders are to bring a change of clothes on game day, and change out of their uniforms immediately after their respective games. This is to keep the uniforms in as good a condition possible for future squads. Wash uniforms in cold water; no bleach; gentle cycle and line dry. Do not dry clean or iron uniforms. Each cheerleader coach will determine when uniforms are to be returned, at the end of the season.

All cheerleaders will also be responsible for the cost of the following personal items:

- ▶ Cheer Shoes — all white cheer appropriate shoes
- ▶ Black — low rise boy cut shorts
- ▶ Wind Suits (jacket/pants)
- ▶ Hair bow
- ▶ Mid-drift top – black
- ▶ Pom-poms

Order forms for mid-drift tops, hair bows, briefs, and wind suits will be available at sign-ups.

conduct

- ▶ Athletes will show respect to the Board Members, Coaching Staff (All levels), Volunteers, and especially to each teammate.
 - Never bad mouth or insult any of the coaches or your teammates. Anyone who is caught saying inappropriate things will have to “sit out” at least one game, and parents/guardian will be called.
 - No swearing.
 - Please be honest- let your coach know when you’re having a problem with a stunt/cheer/motion.
- ▶ Athletes will give 100% effort at practices, games, and competitions.
 - Must stretch, do repetitious drills, jumps, and practice cheer & dance — without complaints.
- ▶ Athletes will represent the Lower Burrell Flyer Organization in a positive, respectful manner at all times, during and outside of practices, games, and competitions.
 - Always be kind and considerate to the opposite team’s players, cheerleaders, coaches and family members.
 - **NEVER ATTEMPT STUNTS WITHOUT A COACH OR PROPER SAFETY MEASURES IN PLACE.**

attendance

- ▶ Please let the coach know soon as possible in writing that your daughter chooses NOT to be involved in any of the cheer competitions, so routines can be choreographed accordingly.
- ▶ GAMES are mandatory.
- ▶ If a cheerleader has to miss practice, please have the courtesy to call the coach and let them know. Too many missed practices will result in an unknown routine, and your daughter will only be a fill-in.
- ▶ Please understand, that a lot of personal time is put forth to choreograph the girl's routines, and without all the members of the squad there... placement of stunts, dances will be jeopardized, and it isn't fair to the girls.
- ▶ If the boys are playing — the girls are cheering.
- ▶ No leaving the game after the halftime routine! Boys playing = Girls cheering!

dress code

Cheerleaders need to be dressed appropriately for practices:

- Proper gym clothing
- Neat Appearance — always at practice and games! No “revealing shorts/shirts”
- NO JEWELRY!!!! Especially Stunt Groups!
- Hair Back out of face
- Appropriate Tennis Shoes — please do not wear your “game” shoes for practice.
- If you are a flyer — do not wear shoes with thick/jagged treads.

practice

- The cheerleading practice will be five (5) days each week during August, and (3) days a week when school begins.
- It is YOUR responsibility to be on time for practices and games.
- Routines can sometimes be difficult to master. Ask your coaches for help if you don't understand.
- No swearing, fighting, trash talking or talking back to coaches and other cheerleaders or players.
- Schoolwork is first and foremost. Homework should be completed before practice.
- If you feel sick during practice or games, let your coaches know.
- Never leave the field without a coach's permission.
- Bring a water bottle to practices and games. Coaches will give water breaks as the weather dictates.
- Transportation to practices and games is YOUR responsibility. "I don't have a ride" is not a valid excuse.
- Always take home all handout sheets. The information is very important.
- Always pay attention to your coaches. It is important for you and your squad's safety.

- Be prepared when you get to practice. Cheering is a team effort and routines will only be as good as you make them - together, as a squad!
- It is very important to attend ALL practices. Your coaches teach new routines and techniques regularly, and when you miss practice, you will fall behind and will not be prepared to cheer as a squad.
- Cheer parents are asked to please stay on the home side of the field (near the concession stand) while the girls are on the visitors side during practice. Parents are distracting to the girls, and the coaches would like to be able to have their full attention without distraction.

parent/guardian responsibilities

1. Try to adjust your family schedule to be able to have your children at practice on time.
2. Football player parents: Please be aware of and ready to get your son to the weigh in on time. IF YOUR SON MISSES WEIGH-INS, HE WILL NOT BE PERMITTED TO PLAY. THIS IS A G28YFL RULE. THERE ARE NO EXCEPTIONS!
3. There is not a paramedic in attendance during practices. Therefore, **it is extremely important for you as a parent or guardian to be present during our practices.** Medical treatment for participants IS NOT the responsibility of Lower Burrell Flyers Organization.
4. No parent / guardian is permitted on either the practice or game field unless invited by a head coach.
5. Coaches will make certain that all participants are picked up or have rides home after practices / games. Please be considerate of their time, and don't make the coaches wait for your arrival.
6. Flyers Football Insurance is a supplemental policy. Should an accident or injury occur necessitating medical treatment, you should first enter the claim with your personal insurance company. Our policy will go into effect when your primary medical insurance benefits have been exhausted. If you do not have medical insurance, this policy will cover you, after a \$100 deductible, up to \$100,000 maximum benefit. Copies of this policy can be obtained from the Board of Directors.
7. Always make sure your child is ready for practices and games. Check his / her uniform and equipment, and report any problems to coaches immediately. If your child is sick, please call the coaches. The weather is usually warm through the end of September, so coaches give frequent water breaks. Make sure your child brings a water jug to the practices.

8. Discipline - Coaches take responsibility for players and cheerleaders while on the field, and a large part of our preparation is both individual and team discipline. Disruptive behavior will not be tolerated! Coaches determine the methods of discipline based on their experience and collectively aimed at continuing to build team unity.
9. Conduct - We require our players and cheerleaders to be respectful at all times both on and off the field. We believe parents, as positive role models, should act accordingly. Please be careful not to use negative or foul language toward any player, cheerleader, coaches, other fans or the referees. Bad conduct is cause for removal from the premises, and your child may possibly be eliminated from the Flyers Football Program. Maintain an attitude of good sportsmanship.
10. Pride - Be proud of your son or daughter! Our children are part of a select few in our entire community who have committed their time and effort to participate in this very demanding activity. Your child will develop a special camaraderie with his or her teammates, as they push themselves everyday to become better players and people.
11. Playing Time (Football) - Unlike other youth activities, there is no guarantee of playing time in football. A player's abilities, both mental and physical, and hard work at practice determine his level of playing. The G28YFL is very competitive, and its bylaws require we do our best to compete to win. Coaches evaluate players based on their perception and experience toward fielding a winning team. They will try to play all players during games, but individual action will depend on actual game situations. Remember, a player's worth is not necessarily measured by HOW MUCH he plays, but by HOW he plays.
12. Volunteering - The Flyers Football is a nonprofit, all volunteer organization of parents and children, and we need your help in many ways. Game days are particularly busy and here are some areas where we need your help:
 - a. Work concessions
 - b. Work the 50/50 in the stands
 - c. Collect admissions at the gate
 - d. Handle the sticks during games
 - e. Clean up the field afterwards
 - f. Announce games and run the scoreboard
13. There will be a schedule for all work duties posted at the concession stand for games days and practice days. We are asking each family to sign up for one practice and one home game or two home games the entire season. We aren't asking anyone to miss their children's games. The more you contribute, the more you will get back by helping your children's and friends. Should you not want to perform your volunteer duties, you are given the opportunity to opt out of the volunteer requirements by paying \$50 at registration.

14. Hand Out Sheets - Sometimes during practices, we need to get information to parents, so we send home hand out sheets to each child. Please read these hand-outs, as the information contained in them is very important.
15. A note on fundraising - During the past, we have experienced problems with fundraising. Mostly participation and collection of monies owed. We believe that since each child receives the same benefits (and awards) from this organization, that it is only fair that everyone participates equally. It wouldn't be fair to expect someone else to do your share, so we are asking you to please be aware of your fundraising responsibilities, and timely returns; so that we may all have a successful season.
16. Questions/Comments/Concerns - All coaches are available BEFORE practice, for discussion of issues or concerns you may have. Board Members are usually around the concession stand, and will try to help you with anything we can.
17. ***Note: We are always seeking out individuals who might be interested in joining the Board of Directors. We believe that we are helping to build and strengthen our children's' lives by being a part of it. Although we work very hard, it is that feeling of pride and accomplishment that we get each and every season that makes it so rewarding. If you are interested, please sign up when nominations are being accepted.***

important contact information

Head Coach: _____

Phone #: (_____) _____

Assistant Coaches: _____

important dates to remember

registration days

May 18th 10a – Noon

June 22nd 10a – Noon

July 13th 10a – Noon

equipment days

Football – July 13th

Cheerleading – at each registration day

conditioning

July 22nd to 25th - all teams

practice begins

July 29th

football camp

TBD

fundraising dates and deadlines

tag day

football – Sat. July 13th from 9a – 1p

cheerleading – Sat. July 20th from 9a – 1p

subway cards

Due Date – week of August 26th

tailgate party

Due Date – August 31, 2013

Sun., September 15th at VFW

gun bash tickets

Due Date – October 12, 2013

Sun., November 4, 2013 at Kinloch Firehall