



2020 GLENWOOD COUGARS FOOTBALL & CHEERLEADING

<http://www.glenwoodcougars.org>

A 501(C) 3 non-profit organization sponsored by the Village of Glenwood and duly Governed by the following elected executive officers and board of directors...

Gary Richardson	Director of Operations	914-426-2104
Doreen Davis	Executive Liaison to the Director	708-257-7523
Tiffany Henry	Vice President	708-288-8380
TBA	Director of Cheer	
Alan Wilson	Safety Coach	312-402-7085
Michelle Dorham	Secretary/Special Events	312-523-6677
Reginald Davis	Director of Fifth Quarter	708-257-7951
Sean Whitfield	Marketing	708-439-2641

Board meetings are held on the 2nd Friday of each month beginning at 6:30 p.m. in the Hickory Glen Fieldhouse, located on 192nd and Minerva Avenue in Glenwood. Parents are always welcome to attend these meetings and are encouraged to share their ideas on how we may improve our program.

FOOTBALL TEAMS & CHEER SQUADS

- Football teams are determined using the age and weight guidelines established by the Southwest Midget Football League. Cheerleading squads are determined by age and years of experience. *Weights do not apply for cheerleaders.*
- Participants weighing less than the amount indicated in their age category are placed on teams with participants of the same age, *regardless of weight*. Participants weighing more than the amount indicated in their age category are placed on teams with participants of the same weight, *regardless of age*.
- A cut-off date of September 1st of the current year will be used in determining the age of participants. No player can turn 15 years-old before December 1st. No growth is allowed at the second weigh-in.

MIGHTY MITES	Ages 5-7
WIDGETS	Ages 8-9
PEE WEES	Ages 9-10
JUNIOR VARSITY	Ages 11-12
VARSITY	Ages 13-14

EQUIPMENT & UNIFORMS

- Football participants will be issued a helmet, shoulder pads and 1 mouth guard. *Additional mouth guards should be purchased through the Athletic Director.* The equipment issued to the participants are on loan for such period as determined by the organization and must be returned. **Equipment will not be issued until all fees are PAID IN FULL. Failure to return equipment within 10 days of the last season game or within 10 days of leaving the program before the end of the season will result in legal action!**
- Football participants will purchase a custom game uniform, which will include integrated game pants, socks & game jersey which is theirs to keep. Parents must supply an athletic supporter and cleats. **No Screw on or Metal cleats.**
- Equipment and uniforms are to be worn only at practices, games, and on special occasions as determined by the organization.
- Cheerleading participants will purchase a custom game uniform, which will include shell top, midriff, skirt, cheer shoes, briefs, hair bow and backpack which is theirs to keep. Cheerleading participants must furnish their own practice clothing.
- Football participants will not be allowed to wear equipment not issued by the organization, unless approved by the athletic director. *Parents assume full responsibility.*
- Football & Cheer uniforms should be washed after each game. Hang dry uniforms. **Uniforms MUST NOT be dried in dryers.** Every effort must be taken to ensure that equipment is not lost or damaged due to neglect. In such an instance, billing will be based on the replacement cost of each item. Damage or lost uniforms will result in purchase of a new one plus shipping costs.

PRACTICES

- Practices will be held each weekday evening, Monday-Friday, from 6:00 p.m. – 8:00 p.m. at the field located 1016 E 192nd St Glenwood. Practice hours will change beginning the week after the 1st Game.
- Parents must pick up their children from practice promptly at 8:00 PM. *Please be considerate of coaches and team moms who work nights or early mornings.*
- A parent must contact the coach if their child will be absent from practice. *Unexplained absences may result in a child not being allowed to participate in the game.*
- A child must attend practices for at least two weeks in order to participate in their first game.

MANDATORY FOOTBALL WEIGH-INS

- **Mandatory league weigh-ins will be held TBA.** The exact location and time will be announced no less than one week prior to weigh-in. ***Each football participant must attend this weigh-in or will not be allowed to play in the league!***
- A 2nd mandatory league weigh-in will be held **TBA** at a designated location prior to the 6th season game. The exact day and time will be announced at least two weeks before the weigh-in. ***Each football participant must also attend the 2nd weigh-in or will not be allowed to continue playing in the league!***
- A 3rd mandatory league weigh-in will be held **TBA** at a designated location prior to the 1st playoff game. The exact day and time will be announced at least two weeks before the weigh-in. ***Each football participant, with the exception of Mighty Mites, must also attend the 3rd weigh-in or will not be allowed to continue playing in the league!***

- A copy of each football participant's birth certificate is required by the officials at weigh-in and must be turned in if not already in our files. Birth certificates can be turned in to a coach or any board member.
- **Should any circumstance arise that will keep a participant from weighing-in, our organization must be notified immediately!**

GAMES

- Games are played against other teams within the Southwest Midget Football League. These include Mid-Crest, Crete, Palos, Matteson, Joliet, Oak Forest, Dolton, New Lenox, and Romeoville (subject to change)
- There are 10 league games. This does not include pre-season and scrimmage/scrub games and possible additional tournaments at the end of the season.
- Half of the games are played at our home field. The remaining halves of the games are played away at opponents' home field.
- *Check the game schedule handout for specific game dates, times and directions.*
- **Cheerleaders will participate in no less than 2 cheerleading competitions** at the end of the regular football season, which could possibly extend the program into early December. It is a parent's responsibility to inform the Director of Cheerleading if their child(ren) will not participate in competitions.

VOLUNTEERS

- Parents interested in becoming a team mom or dad may express their interest to a coach or board member. Responsibilities are minimal and include distributing announcements to players after practice or on game days. All coaches, team moms and assistants must pass a background check prior to participation.
- Parents will be needed to work in the concession stand and to hold the chains during each of our home games. **(minimum of 1 hour per child)** Volunteers will also be needed to clean up the field during and after home games. If a parent chooses not work, there will be a \$50 fee.
- *If a parent refuses to work when needed or does not show up when scheduled, they will be required to pay for their **child's** award celebration ticket at the end of the season, which is otherwise free to the participants in the program!*

FUNDRAISING

- Parents will be required to take part in other fundraisers throughout the season to defray the costs of other activities for the children. These fundraisers may include popcorn and raffle ticket sales etc. Parents who refuse to participate in additional fundraisers throughout the season will be required to pay for special events organized for the children including homecoming activities and the Annual Awards Celebration. Parents support in all fundraisers also, enables the organization to raise monies for football tournaments and cheerleading competitions, which reduce the parental financial responsibility for these activities.

SPIRITWEAR

- Spirit wear including; t-shirts, sweatshirts, jackets, winter hats and caps may be purchased. You may contact the Director of Concession to order spirit wear. Show your spirit on games days at our home field or at an opponents' home field.

PARENT'S CODE OF CONDUCT

- **Parents must attend parent meetings.**
- Parents are responsible for bringing and picking up their child on time for practices, games, and other association functions. *If your child is late, absent, or inattentive at practice, it is at the head coach's discretion whether or not your child participates in the game.*
- Parents will accept decisions of the game officials as being fair and called to the best ability of said officials. **Any parent confronting a referee before, during, or after a game will be removed, along with their child, from the program immediately.**
- Parents will not criticize any team, coach, player, cheerleader, or fan by word of mouth or by gestures.
- **Parents will refrain from using abusive and profane language.**
- Parents will not deliberately incite unsportsmanlike conduct.
- **Parents will refrain from drinking alcoholic beverages or using illegal drugs at all fields. Smoking cigarettes is not allowed on the field.**
- Parents are required to help out when needed and will collaborate with their respective team parent, coach, or board member in carrying out volunteer duties.
- Parents must support organization's fundraising
- Parents are responsible for all equipment issued by the organization and will replace anything that is lost, damaged due to misuse, or not turned in at the end of the season or upon leaving the program before the end of the season.
- Parents should bring any conflicts with a coach or a parent to the attention of Gary Richardson (Athletic Director) or Tiffany Henry (Vice President).
- Parents should request a meeting with the Board if any issues have not been resolved to their satisfaction.
- Parents will uphold all rules, regulations, code of conduct, by-laws, and board directives as set forth by the organization.

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