



Football & Cheer 2020 Parents Manual

MISSION

To be the Premier Youth Football and Cheer organization in New England by creating an all-inclusive program; teaching both the basics and fundamentals of football and cheer to our athletes, ensuring they will be successful in developing the confidence and team-oriented mindset to move on to the next level. We are committed to winning, on the field and off, by providing our players, cheerleaders, and families the best coaches, leadership, and program structure.



New Season
Same Goal!

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INTRODUCTION

This document is provided by the Chair City Lions Football and Cheer herein referred to as Chair City and is supplied to parents for general guidance as well as, our code of conduct, and to illustrate our expectations for parents and participants.

CONTACT

Chair City Lions
PO Box 54, Gardner, MA 01440
Website: chaircitylions.com
E-mail: vp.chaircitylions@gmail.com

Football & Cheer Practice Field
Gardner High School
200 Catherine St. Gardner, MA 01440

Cheer Practice Alternate Location
Narragansett High School Gym,
464 Baldwinville Rd., Baldwinville, MA 01436

Home Games – Watkins Field
200 Catherine St. Gardner, MA 01440

CHAIR CITY LIONS BOARD OF DIRECTORS

(EXECUTIVE BOARD)

President – Rich Gauthier

Vice President – Dave Martioski

Football Director (Instructional)– Von Smith

Football Director (Competitive) – Percy Eady

Cheer Director – Gail Meeker

Secretary – Tammy Hagie

Treasurer – Elaine "Lainy" LaRosee

(AUXILLARY BOARD)

Scholastic Coordinator – Chris DePaola

Website/Social Media – Chris DePaola

Equipment Manager – OPEN

Fundraising Coordinator – OPEN

Sponsorship Coordinator – OPEN

Event Coordinator – OPEN

Team Parent Coordinator - OPEN

REGISTRATION

We ask that all required items (balances & paperwork) be resolved by no later than the first week in August 2020. See the list below for all required items. **ATHLETES WILL NOT BE ALLOWED TO PRACTICE WITHOUT A COMPLETED 2020 MEDICAL CLEARANCE FORM.**

- Completed 2020 AYF registration packet
- 2020 Medical Clearance Form completed and signed by a physician
- Original Birth Certificate (if new to Chair City)
- Original 4th /final quarter report card for 2019-2020 school year (given out in June 2020)
- All balances paid for your respective program (football or cheer)

The prices below apply to both cheer and football. Payment is due in full (or an arranged payment plan) before any child can receive equipment, uniforms, etc.

A **MANDATORY Volunteer and Fundraising fee of \$50** will be assessed to each family (not each child); which will be refunded upon completion of 1 approved shift of volunteering per child. (3 children will require 3 shifts; but only a \$50 fee). *A list of volunteer opportunities is included with this manual.*

Registration Prices

\$50 Deposit is required at time of registration

<p style="text-align: center;"><i>Cheer</i></p> <p>6U & 8U \$150</p> <p>10U-14U \$300*</p> <p><small>*includes \$100 Spirit Pack fee</small></p>	<p style="text-align: center;"><i>Football</i></p> <p>6U (Flex) \$150</p> <p>8U-14U \$250*</p> <p><small>*includes \$50 Jersey fee</small></p>
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Teams Offered

<p style="text-align: center;"><u>Cheerleading*</u></p> <p style="text-align: center;"><u>Division- Level -Age</u></p> <p>Tiny Mite - Non-Competitive- 5, 6</p> <p>Mighty Mite - Non-competitive- 7, 8</p> <p>8U – Competitive Level – 5, 6, 7, 8</p> <p>10U - Competitive Level – 7, 8, 9, 10</p> <p>12U - Competitive Level - 9, 10, 11, 12</p> <p>14U - Competitive Level - 11, 12, 13, 14</p> <p>18U - Competitive Level – 14*,15, 16, 17, 18</p>	<p style="text-align: center;"><u>Football**</u></p> <p style="text-align: center;"><u>Division – Level - Age</u></p> <p>6U (Flex) -Non-competitive level - 5, 6</p> <p>8U - Non-competitive level - 7, 8</p> <p>9U - Competitive Level - 8, 9</p> <p>10U - Competitive Level - 9, 10</p> <p>11U - Competitive Level - 10,11</p> <p>12U - Competitive Level - 11, 12</p> <p>14U - Competitive Level - 13, 14</p>
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****Age is determined by whatever age the athlete is on July 31, 2020. ****

**Cheer: 14-year-old athletes on 18U must be in high school. Placement will be based on ability, age and Coach’s decision. Review period for placement is Aug 1st – 15th. No tryouts are allowed.*

***Football: To ensure player safety, **NO** athlete will be allowed to participate outside of their age bracket, regardless of ability. No tryouts are allowed.*

Family and Early Pay Discounts still apply – Contact BOD Member for details

REFUND POLICY

- 1) A refund may only be issued when meeting one of the qualifying criteria:
 - a) If a refund is requested prior to August 1st **100%** of the registration fee will be refunded.
 - i) To receive a refund, you must provide proof of registration, i.e. receipt.
- 2) Forfeiture of Registration:
 - a) Any request for refund after August 1st **will not be granted.**
 - b) Any athlete deemed a safety risk will be excused with a 100% refund. This authority resides with the President of Chair City with input from the appropriate staff.
 - c) NO refund will be issued for any player who fails to pass the final certification.
- 3) Parent/Player shall notify their respective head coach prior to the season beginning if:
 - a) The registered player will be absent for the first week of practice or plan on being absent for an extended period during the season. Failure to notify the head coach will result in the dismissal from team without a refund.
- 4) Parents/Cheerleaders must advise the cheer coordinator prior to the start of the season if:
 - a) The registered cheerleader will be absent for the first week of practice or plan on being absent for any extended period during the season. Failure to do this will result in being dropped from team without a refund.
- 5) Self-Termination; there is no refund for self-termination. (Self-termination is defined in general information)

PAYMENT PLANS

Payment Plans are available online via credit/debit card transactions or upon request for cash/check transactions

A \$50 deposit is due at registration or upon Payment Plan Agreement. Payments CANNOT be longer than six (6) months in duration. Completed payment will be due before the start of the season.

Please contact a Board Member for a payment plan.

GENERAL INFORMATION

1. Insurance

- 1.1. Each child is required to have primary insurance when playing for *AYF*. Proof is required in the form of a policy # / policy holder on your registration form.
- 1.2. Insurance which Chair City provides is SECONDARY to the child's own insurance.
- 1.3. If a claim needs to be filed, you can contact (Treasurer).

2. Equipment

- 2.1. Chair City provides the following equipment; however, there is required equipment that we do not provide. Please see the list below.
- 2.2. Equipment provided by Chair City is property of Chair City and must be returned at the end of the season. Parent or Guardian will be billed for equipment not returned.

Equipment Provided Football

Helmet
 Chinstrap
 Shoulder Pads
 Practice & Game Jersey
 Integrated Pants
 Socks

Provided for Cheer

Uniform & Pom-Poms
 *Spirit Pack
 Comp & Game Day Bow
 Socks
 Spanks
 Cheer Bag w/name

Equipment Not Provided Football

Cleats
 Mouthpiece
 Water Bottle
 Athletic supporter
 Rib Protection (compression shirts ok)
 Breast Cancer Awareness Socks (Pink)

Not Provided for Cheer

Undergarments
 Warmup

3. Practice

- 3.1. **Football** – Begins on July 27th at Gardner High School Practice Field.
 - 3.1.1. 10 hours of conditioning is required before equipment can be worn.
 - 3.1.2. Recommended attire is: Cleats, Shorts, T-shirt for the conditioning period.
 - 3.1.3. Practice during the month of July will be Monday – Friday 5:30-7:30 p.m.
 - 3.1.4. Once school begins, practice will be at the Head Coach's discretion 5:30-7:30 p.m. Practice schedule varies by team. Coaching Staff will provide a schedule.
- 3.2. **Cheer** – Begins on July 27th at Gardner High School Practice Field. As weather gets colder/darker Cheer will move inside to Narragansett High School
 - 3.2.1. 10 hours of conditioning is required before any stunting can be performed.
 - 3.2.2. Practice is Monday -- Friday 5:30 – 7:30 p.m. (Tiny Mite and Mighty Mite may vary)
 - 3.2.3. Once school begins, practice will be four (4) times per week, (which may include Saturday). Practice schedule varies by team. Coaching Staff will provide a schedule. Additional/makeup practices may be added during Competition season.
 - 3.2.4. Recommended attire is: Shorts, T-shirt, Cheer sneakers

4. Cancellation of Practices

- 4.1. Practice cancellations will generally be posted on our website and Facebook page before practice between the hours of 4:00 to 5:00 p.m. the day of practice.
- 4.2. It is the Coach's discretion to reschedule a missed practice.
- 4.3. Unless otherwise posted, practice shall be considered as scheduled.
- 4.4. Please visit our website for cancellation information.

5. Game Day

- 5.1. Home Games are at Watkins Field; 200 Catherine St., Gardner 01440.
- 5.2. Away Games will be addressed in the schedule.

6. Schedules

- 6.1. We cannot guarantee times and dates will not fluctuate from week to week. It shall be understood that the schedule presented is always subject to change. A tentative schedule may be presented in August.
- 6.2. Times for games will be posted via our Team Moms and Coaches.
- 6.3. Non-competitive teams' games may or may not be at the same location as the competitive teams. Please be aware that if you have more than one child participating at different division levels, they may not be at the same location on game day. We apologize in advance for any inconveniences.
- 6.4. At the time of this printing, Chair City does not have a schedule and we cannot guarantee any locations.
 - 6.4.1. Possible locations are based on the division we participate in as a league. Please visit cmyfcc.com for more information.

7. Attendance

7.1. Football

- 7.1.1. Two (2) lates or One (1) no call/no show = an unexcused absence.
- 7.1.2. Two (2) unexcused absences and the player is ineligible that week.
- 7.1.3. Three (3) unexcused absences result in self-termination upon Head Coach's discretion.

7.2. Cheer

- 7.2.1. Two (2) lates or One (1) no call/no show = an unexcused absence.
- 7.2.2. Three (3) unexcused absences result in self-termination upon Head Coach's discretion.

8. Self-Termination

- 8.1. Any action that is deemed by Chair City board members to be detrimental to fellow athletes, coaches, or Chair City in general, shall be considered self-termination.
- 8.2. Disregard for the attendance policy shall constitute as self-termination.

9. Home Jerseys

- 9.1. Each football player will be sized for a jersey. The jersey must be purchased, and it will be theirs to keep. As long as the jersey fits and is not ripped/torn it may reused the following year.
- 9.2. Chair City will try to keep the jerseys as inexpensive as possible without sacrificing quality and appeal. With that said, prices of jerseys will be based on the best deal we can get. Prices will be made available via Team Moms or Head Coaches.

10. Medical Conditions

- 10.1. It is mandatory that you provide Chair City with any and all information that concerns the safety of your child(ren), such as allergies and medical conditions.
- 10.2. Injuries must be reported to Team Mom and Coach immediately. Injuries which require a player to miss practices or games require the athlete to submit a Resume to Play form signed by a certified physician clearing them to return.
- 10.3. Any suspected concussion(s) must be cleared by a certified physician prior to returning to practice and/or games.

11. Social Media

- 11.1. Chair City has their own private Facebook account which is intended to be an informational tool used to discretely disseminate information pertaining to Chair City.
- 11.2. Each team may have their own Facebook page to coordinate between parents and players. Inquiries may be directed to the Head Coach or Team Mom of your child(ren).
- 11.3. Any post deemed inappropriate will be removed promptly.
- 11.4. **Sharing any media related to Cheer is not authorized and all media related to cheer shall be considered property of Chair City.**

12. Volunteering

It takes support from a vast number of people to make this Organization function successfully. There are always volunteer opportunities and coordinator positions available that require no football or cheerleading experience but play a crucial role in making this Organization run smoothly.

Without the assistance of our membership it would be impossible for the children to have a successful season. **We therefore require that each family fulfill the obligation of providing one (1) hour of volunteer service per child (ie. 1 child = 1 hr., 3 children = 3 hrs.).** Many families exceed that minimum requirement, because it has enabled them to meet such wonderful people and support the program. The generosity of these families greatly contributes to the success of our organization and its football and cheer programs!

It's really a win-win situation, because all families get involved one way or another; turning them into more than strangers or acquaintances! Getting involved makes the season more fun for everyone -- the kids in the program, the parents and the siblings!

We always need volunteers to help on Game Days in areas such as the Snack Shack or on the sidelines as a play counter, but there are other opportunities to get involved as well. Some, such as the Volunteer Coordinator or the Fundraiser Coordinator, do not require a lot time, and what time is required can be tailored around the coordinator's schedule! Others, such as the Game Day Coordinator, don't require any time or planning during the week -- just show up and complete your tasks!

Volunteers run every aspect of CCL. Some positions are year-long Board positions, and some are season-long assignments. Both types of volunteer positions completely fulfill the family minimum volunteer hours for the year. Then there are one-off game-day volunteer opportunities which are tracked hourly.

There are two types of season-long assignments available: Coordinator volunteers and Team volunteers. Only one of each Coordinator position is necessary (though in certain circumstances two people can share one), while one or more of the Team volunteers are needed per team.

All season-long volunteer assignments will be approved of by the Board. To submit your name for consideration for one of these positions, or if you have questions about them, send an email to vp.chaircitylions@gmail.com with a request for consideration.

Coordinators

Each Coordinator position is guided by a Board of Directors Member, as noted below. Coordinator positions are a great way to get involved as a parent or friend of football, and it covers your required volunteer hours for the season. Job training is available, so don't be afraid to step up!

DESCRIPTIONS OF POSITIONS:

Apparel Coordinator – Guided by Treasurer

The Apparel Coordinator position is one that beckons an organized person with an eye for what sells, as well as good business sense! This person would work with the Vice President to determine what will be made available for sale, and if an inventory would be pre-purchased. He or she would communicate instructions to those volunteers scheduled to work the Apparel table at home games and would be responsible for setting up the table at the beginning of the day and taking it down at the end. They would work with the apparel distributor to place and receive orders, and then coordinate the distribution of those items to the purchasers.

Concessions Coordinator – Guided by Treasurer

Responsibility of managing the concession stand during games. This coordinator would be responsible for securing our food permit and must be serve safe certified.

Flex Football Coordinator – Guided by Instructional Football Director

Responsible for overseeing the day-to-day coordination of the flex football program to ensure all aspects of the program run smoothly. Duties including supervision of coaches, making sure all rules and regulations are understood & followed, and being a resource to the Flex Parents. This coordinator also helps players make the transition to the tackle program.

Football Equipment Coordinator – Guided by Competitive Football Director

Receives training on properly fitting players with equipment, and ensures all equipment fits properly and is in good working order. Responsible for equipment inventory and maintenance including helmet reconditioning, shoulder pad repair and uniform repair. Organizes equipment distribution and collection.

Football Safety, Training, & Education Coordinator – Guided by Competitive Football Director

This coordinator is responsible for providing the football teams with stocked first aid supplies, assisting coaches with getting CPR & First Aid certified, and assisting coaches on finding Football related trainings and educational opportunities. This coordinator is also responsible for maintaining the injury database for Football.

Game Day Coordinator – Guided by Vice President

Game Day Coordinator is responsible for all facets of HOME game day preparation. This person would need to arrive early to unlock the gate, concession stand, bathrooms, and rear shed, and other tasks necessary to prepare for home games, including setting up the field with field markers, chains and upright pads. At the end of the day, this person is responsible for the reverse of those setup duties as well, including cleanup, although not without help!

Raffle Coordinator – Guided by Treasurer

Though new ideas are always welcomed and encouraged, our main fundraiser – the Calendar Raffle – almost runs itself! However, we still need someone to get the raffle cards printed, distribute them to parents, collect the money, and then take responsibility for drawing names and notifying the Website Coordinator of the daily winners in October.

Special Events Coordinator – Guided by Vice President

Organizes the Family Fun Day, Banquet, and other special events. Might work with Fundraising and

Volunteer Coordinator's. Another very time-flexible position!

Volunteer Coordinator – Guided by Vice President

Utilizing the "Sign-Up Genius" software, the Volunteer Coordinator position is easier than ever! While he or she would still be responsible for ensuring all volunteer shifts are covered each week, the software provides an easy avenue for volunteers to sign up for open shifts. The Coordinator would communicate instructions and reminders each week to those volunteers scheduled to work in various positions. Each week they would collect and keep a record of volunteer hours as reported by each Team Parent after each game and then report on volunteer hours to the Vice President for internal administration.

Website/Social Media Coordinator – Guided by President

Handles all aspects of the League website. Makes sure ALL notices and information are posted on website and Social Media sites. Would work closely with President, Fundraising, Volunteer and Special Events Coordinators to tailor a message that best fits. May be tasked with creating graphics for print, such as flyers.

Season-Long Team Positions:

Head Coach - One (1) per team, chosen by BOD in Spring

Assistant Coach - Five-Six (5-6) per team

Team Parent - One (1) per team

Team Parents will work with a member of the BOD to help the coaches manage the team. As a Team Parent, you are the key link for communication between the league, the coaches, and your parents. This handbook should answer most of your questions regarding your responsibility as a Team Parent. It is important that you keep good communication skills, be detailed oriented, and have a positive attitude!

Football Photographer/Videographer - One (1) Needed

Cheer Photographer/Videographer - One (1) Needed

NOTE: Coaches, Assistant Coaches, and Team Parents must complete a CORI form PRIOR to the start of the season (Jamboree). The completed CORI form along with a copy of your current photo ID (license or passport) may be given at paperwork collection time.

Game-Day Volunteer opportunities:

Chain Gang - Three (3) per each home game

Volunteers are needed for each home game to hold the chains during the game. This position will give you the best possible view of the game. Please note that you will not be allowed to excessively cheer for our teams or have use of an electronic device (no cell phones or cameras).

Play Counter - Two (2) per game, both home and away.

Every player is required to play a minimum amount of plays so these volunteers keep track of each players play count. One (1) volunteer records our plays and the other volunteer stands with the opposing teams play keeper and watches them.

Concession Stand - Two to Three (2-3) per shift at home games

Handle and sell the Concession Stand food during your time slot and maintain a clean concession stand.

Grill (at concession stand) – One to Two (1-2) per shift at home games

Prepare various grilled items such as breakfast sandwiches, burgers, hot dogs, sausage sandwiches, etc.

Apparel Table – One to two (1-2) per shift at home games
Sells apparel items and keeps accurate record of items sold during shift.

Announcer/Score Board Operator - One (1) per shift at home games
Announce games, 50/50 raffle winners, concession specials, rosters etc.

Announcer/Score Board Assistant - 1 per shift at home games
Assist our Game Day Announcer with watching plays to relay to them player numbers. Volunteer is also responsible for assisting with the score board.

Concessions Setup - One (1) per home game day
Assist the Concession Stand Coordinator setting up the area before concession open.

Concessions Breakdown - Two (2) per home game day
Assist the Concession Stand Coordinator with cleaning the grill and concession area, taking out trash, inventory count, and trash.

Field Set Up - Two (2) per home game
Assist BOD members with setting up yard makers, fan barrier, signage, announcer booth, and apparel booth.

Field Breakdown- Two (2) per home game day
Assist BOD Members with collecting field markers, taking up the barrier around the viewing area, picking up any signage, breaking down the announcer booth, breaking down apparel, and picking up trash.
Sign up for Game Day volunteer shifts on the volunteer sign-up page of our website!
And don't forget to sign in when your shift starts, so your family gets credited for the time!!!

Thank you in advance for making our league and season a success!!

13. Fundraising

13.1. Association - Each year, Chair City conducts a MANDATORY fundraiser that each family contributes time and effort towards. Proceeds from this fundraiser assist in the day-to-day operations of the Association: Association dues, equipment, cheer music, etc.

13.2. Besides the mandatory fundraiser, all other fundraising is completely OPTIONAL. Please keep in mind that all fundraisers are in place to help YOU (the parent/guardian) raise funds for your child(ren)'s travel and/or other season-related costs. With that being said, you are responsible for the balance on your child(ren)'s travel/other account in the event that they advance to Nationals and for any outstanding season-related costs.

13.2.1. All other fundraising is tracked individually. If your child(ren) do/does not participate in the fundraiser, he/she will not get credit for said fundraiser. All other fundraising is property of Chair City but, is credited to your child(ren) for National travel and other season-related costs.

13.2.2. In the event, your child(ren)'s team does not advance to Nationals, any monies in the fundraising account will revert back to the General Account after three (3) years for Association costs. Fundraising money cannot go towards team gifts or outstanding registration dues.

13.3. Football and Cheer

13.3.1. Any fundraising event that is conducted and not approved by Chair City's Board is prohibited and will result in the coach's and the pertaining football player's/cheerleader's dismissal from Chair City.

14. Personally Identifiable Information

14.1. All information collected by Chair City is kept confidential and destroyed at the end of the current season.

14.2. AYF requires photos of all players/cheerleaders. These photos are kept in a team book which the Head Coach or Team Mom should be in custody of for the entire season.

14.2.1. Please be advised throughout the season various types of media are shared through our website and private Facebook & Instagram pages: i.e. photos, videos.

15. Bank fees

15.1. Any payments made by check, which are returned due to insufficient funds, will incur a \$25 “returned check fee”. Check fees will be handled by parent payment. In the event of non-payment, this amount will be deducted from your player/cheerleader’s fundraising account.

16. 24-Hour Rule

16.1. The 24-Hour Rule simply states that coaches will not discuss a game or situation in a game until at least 24 hours after the fact.

The complete 24-Hour Rule is included in this manual

The following pages are forms/agreements that need to be completed.

Please sign these forms and return with your registration paperwork.

- Receipt of Handbook
- AYF Code of Conduct (included in registration packet as well)
- CCL Code of Conduct
- 24-Hour Rule
- Payment Plan Agreement (if needed)

Required Paperwork Checklist *(to help you stay organized)*

Image Release - MINOR _____
Waiver and Release of Liability – MINOR _____
Emergency Medical Treatment, Consent and Information Form _____
Medical Clearance Form _____
Resume Participation Medical Clearance Form _____ (do not fill out)
Official Participation Tracking and ID Form _____
Absentee Form ____ (do not fill out)
Concussion Form _____
Report Card (issued in June of 2020) _____
Original Birth Certificate (if new to Chair City) _____
Receipt of Parent Manual _____
AYF Code of Conduct _____
Chair City Code of Conduct _____
24-Hour Rule _____
Payment Plan Agreement ____ (only if making payments via cash or check)

PARENTAL CONDUCT

It shall be assumed that all participants follow a code of conduct not detrimental to the individual’s team or Chair City. The same code of conduct shall apply to parents during the season. Chair City will align with the same code of conduct issued by Central Mass AYFCC. Any unacceptable conduct will be investigated by Chair City and its appropriate Board Member(s).

I hereby pledge to provide positive support, care and encouragement for my child participating in Chair City Lions by following this code of conduct, and:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, volunteers, officials and executive staff at all practices, games, competitions and Chair City Lions related events.
- I will place the emotional and physical wellbeing of my child ahead of any personal desire to win.
- I will insist that my child play/cheer in a safe and healthy environment.
- I will provide support for the coaches and staff working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all Chair City Lions events.
- I will treat other players, coaches, staff, and officials with respect and require my child to do the same and understand that **my child and I can be removed from the Chair City Lions Organization if we violate the Code of Conduct.**

Acknowledgement:

I acknowledge that I have received the 2020 Parent Manual. I hereby agree to comply with the Chair City Lions' Parent Code of Conduct. I also acknowledge that I am responsible for anyone who accompanies me to any Chair City event on behalf of my child(ren).

Signature of Parent or Guardian

Date

Print Name

Print Athlete’s Name

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2020 - AYF Code of Conduct Form

Chair City Lions will not tolerate verbal abuse of its volunteer coaches from any Fan, Parent or Spectator.

This is American Youth Football, not the pros. Fans, as well as the players and coaches, are expected to abide by a code of conduct at all American Youth Football Events. While 99% of the adults in the program will abide by this code without being told, this code is being published to protect the children and volunteers (which includes all coaches and board members) from the 1%.

FANS' CODE OF CONDUCT

Fans will abide by a Code of Conduct which includes the provisions which follow. If any of these rules are broken, Chair City Lions shall have the authority to impose a penalty.

Fans shall:

1. Not criticize the players/cheerleaders or coaches in front of the other spectators in the stands, but reserve constructive criticism for later, in private.
2. Accept decisions of the game officials (including referees and coaches) on the field as being fair and called to the best ability of said officials.
3. Not criticize an opposing team, its players, coaches, or fans by word of mouth or by gesture.
4. Refrain from using physical or verbal abuse or profane language at any time at the game, practice field, or other AYF functions.
5. Abstain from being under the influence of or in possession of and/or drinking alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.
6. Not be allowed on the sidelines during a game.
7. Not interfere/interrupt the coaching staff before, during or after games or at practice.
8. Not express complaints about coaches in stands or to coaches in front of or around the children (i.e. right after a game or practice).

VIOLATION

Any parent or fan who violates the code of conduct risks the further participation of the child in the program. The procedure is as follows:

1. Any fan who violates the code of conduct or becomes a nuisance will be asked to leave by the head coach and can be suspended from all team activities.
2. If the fan fails to leave upon request, the child may be suspended from further participation in team activities by the head coach.
3. The head coach along with the executive board will decide if the duration of the suspension is to be longer than one to four weeks or if the child will be dropped from the program. That decision will depend on the attitude of the parents.
4. Any parent or fan who violates the code of conduct risks the future participation of his/her children in the program. Depending on the severity of the incident the board of directors may decide to ban future participation in the program for up to three years.

CONDUCT OF ALL PLAYERS - PARENTS

All players are guaranteed 6 plays in each Jamboree, Regular Season or Playoff game. Everything beyond that must be earned in the opinion of the coaching staff whose decisions are final.

Athlete's Code

I will: emphasize the ideals of sportsmanship, ethical conduct and fair play. Show courtesy to my opponents and officials. Recognize athletic contests are serious educational endeavors. Give complete allegiance to my coaches who are the instructional authority for my team. Discourage fans, fellow players and parents from undercutting my coach's authority.

I will not: Use profanity or talk "trash" before, during or after any game. Use drugs, alcohol, or tobacco. Criticize my teammates. Act in any way that may incite spectators.

Parent's Code

I will: Support my child's team/squad and teach the value of commitment to the team/squad - emphasis the ideals of sportsmanship, ethical conduct and fair play. Help my child and American Youth Football make athletic contests a positive educational experience. Show courtesy to opponents and officials. Direct constructive criticism of my child's athletic program to the athletic director or association officials and work toward a positive result for all concerned.

I will not- Criticize officials, direct abuse or profane language toward them, or otherwise subvert their authority. Undermine, in work or deed, the authority of the coach or administration. Intrude onto the field, stand on the sideline, or yell from the bleachers at or to the coaches, referees or administration.

Please cut along this line, sign and return to the head coach I have read

the *FAN'S CODE OF CONDUCT* and understand what is expected.

Child's Name (PRINT) Team Name Date

Parents Name (PRINT) Parents Signature

This part of the form must be returned to the head coach before the first game to the season.

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2020 CHAIR CITY LIONS CODE OF CONDUCT

Interscholastic and youth sports programs play an important role in promoting the physical, social and emotional development of children. It is therefore essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Children involved in youth sports events should be models of good sportsmanship and should demonstrate respect and self-control. The Chair City Lions are committed to each athlete's success within a caring, responsive and safe environment that is free of discrimination, violence and bullying. Our organization works to ensure that all athletes have the opportunity and support to develop to their fullest potential and share a personal and meaningful bond with their teammates and coaches/volunteers.

I therefore pledge to be responsible for my words and actions while participating in events as a member of the Chair City Lions or representing Chair City Lions in the community and shall conform to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee. This includes act of physical aggression, helmet throwing or actions not associated with football play; hitting, kicking or punching an opponent or teammate during practice and/or games.
3. I will not engage in the use of profanity on the sidelines. Coaches will adhere to the Central Massachusetts AYF rules regarding conduct on the sidelines; including only Head Coaches are allowed to address officials during game play.
4. I will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, ethnicity, national origin, religion, sex, sexual orientation, height, weight, physical or mental ability.
5. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, participant, official or any other attendee. This includes both in person, via text or online.
6. I will not initiate a fight, verbal or physical, with any coach, parent, player, participant, official or any other attendee.
7. I will adhere to this Code of Conduct whenever I am representing the Chair City Lions, this includes at school and in the community.

I hereby agree that if I fail to follow the above code of conduct while participating as a member of the Chair City Lions, I will be subject to disciplinary action, including but not limited to the following in any order or combination based on the severity of the infraction:

1. Verbal warning issued by a league/organization official. (Head Coach- to be filed with the Board immediately.)
2. Written warning issued by league/organization official and immediate removal from the practice/game. (Executive Board Member)
3. Suspension for 1 day or immediate ejection from a youth sports event issued by league/organization official. (Executive Board Member)
4. Suspension, to be determined, from both practice and games issued by a league/organization official. (Executive Board Member)
5. Season suspension or multiple season suspension issued by a league/organization official. (Executive Board Member)

Chair City Lions Code of Conduct Acknowledgement Form

I agree to the above code of conduct and the consequences if the code is violated.

Participant/Coach Signature

Date

Parent/Guardian Signature

Date

CCL "24" HOUR RULE



Youth sports can be an emotional experience. The physical activity of the kids can often spill onto the sidelines and into the stands and create strong reactions in coaches and parents. Each year 2.5 million people volunteer their time to help coach kids. These coaches are the vehicle that provide organized youth athletics an existence. As parents we will not always agree with a coach's decision. However, it is important to recognize that the coach's role is to make decisions for the team first and a player second. Often, we tend to recognize the coaching staffs' decisions through our player first and the team second. Also, we need to understand that most players are not aware of any problem until we, as parents, bring it to their attention. For parents, it is important to separate their child's sports development from game emotions. For this reason, we adopted the "24 Hour Rule" which simply states that coaches will not discuss a game or situation in a game until at least 24 hours after the fact.

- **Parents/guardians are not allowed to confront a coach, team or league official to discuss any 'negative' game or practice situation with the coaching and Board of Directors until at least 24 hours has passed from the completion of the game or practice. A confrontation shall consist of any conversation, which elevated from a normal speaking tone and demeanor to one which involves yelling, profanity or derogatory comments toward said coach, team or league official.**

Football is an emotional sport. Physical battles and tough calls among other things can spill on to the bench and stands and create strong reactions from coaches and parents. The intense emotional aspect of football is one of the reasons it makes exciting entertainment, but it is important to have a "cooling off" period so that emotions (parent and coach) do not cloud judgment.

If parents respect the 24-hour rule, their concerns are more likely to be fully addressed in reasoned discussion. More importantly, the child's enjoyment of a game won't be marred by an ill-timed confrontation. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off", compose themselves and put the incident or situation that occurred in the game in perspective before meeting to discuss it.

Violation of the 24-Hour Rule Policy will result in Parent being suspended for 7 calendar days.

PARENT SIGNATURE

PARTICIPANT SIGNATURE

COACH'S SIGNATURE

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PAYMENT PLAN AGREEMENT

Use this form only for Cash/Check Payment Plans

Player's Name: _____

Today's Date: ____/____/____

Address: _____

Telephone #: _____

Email: _____

I, the undersigned parent/guardian, agree to make payments on the specified dates and the agreed upon Amounts stated on the payment schedule listed below. I understand that consequences will be brought Against me if the agreement is violated. This includes, but is not limited to, suspended participation in Chair City Lions Football and Cheer.

I understand that payment is limited to six (6) months in duration and that a \$50 deposit is due at Registration. Complete payment will be due before the start of the season.

<u>Date of Payment</u>	<u>Payment Amount</u>	<u>Remaining Balance</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I agree that the above schedule of payments is an acceptable resolution and I will remain current with this payment plan.

Parent/Guardian Signature Date

Chair City Lions BOD Rep Signature Date

