

# 2010 Romulus Flyers Parent Handbook



[www.romulusflyers.org](http://www.romulusflyers.org)

## BOARD OF DIRECTORS

President:	John Wester
Vice-President:	Glenn Carr
Treasurer:	Ursula Wester
Secretary:	Carl Pierce
Equipment Manager	Phil Britt
Concessions Manager	Gary Gayle
Co-Director of Cheerleading	Linda Upleger
Co-Director of Cheerleading	Yolanda Brown
Registrar	Denise Jackson
Weigh Master	Amy Atkinson
Board Members	Tonya Pittman
	Dwayne Jackson
	Latalia Williams

**In this document, Romulus Athletic Club by be used interchangeably with Romulus Flyers or Flyers.**

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## **I. Romulus Athletic Club - PURPOSE**

To promote citizenship, sportsmanship, fellowship, and physical development among the youth of the city of Romulus. To sponsor and promote organized sports events for these children. This includes football teams eligible to play in the Downriver Junior Football League, or any similar football league, which may be formed. Players to be selected on a first come first serve basis with preference to the previous years' participants who will be given the option of pre-registration. To purchase and own athletic equipment and facilities necessary to the sponsorship of this sport.

To promote the physical, mental and moral development and well being of youth, without regard to race, creed, color, or religion by providing the means through which the individual shall receive education and instruction in sports programs: and the purpose of setting up such a program will be to develop a sense of fair play, honesty, fair competition and true sportsmanship: Further that the protection of the emotional health and welfare shall be attained by emphasis upon equal competitive standard scientifically determined, rather than upon the winning of games or any other adult competitive standard.

To assist members with publicity in fund raising promotions, upon their request; to establish uniform playing rules for all members; to schedule participation of members on an equitable basis; to promote the growth of this type of activity amongst more and more youth of the community.

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## **II. Downriver Junior Football League Philosophy**

The Downriver Junior Football League Purpose is to provide a healthy typically American, body contact sport for the average youth.

Starting with the premise that youth will play football anyway, anyhow and anywhere, the league directs this activity to proper playing fields provides the best protective equipment and competent instruction.

The league recognizes as valid the usual criticism leveled at programs of this type, that being that the good done by the program as a whole can be outweighed by the harm derived from undue mental pressures placed upon players of this age by the need to win. The program places emphasis on the good sportsmanship, teamwork and team discipline by players, coaches, and all representatives of the franchise, which is to say perhaps that winning at any cost is what is de-emphasized.

Therefore, the weight limitations are designed to tailor the program for the average youth of 8-13, the youth who, in most cases, will not otherwise have an opportunity during their school career to participate in contact sports. Combined with the age limitations that provide for three different teams within a unit, there are achieved equal competitive standards during game participation.

The players play a good hard game, and half lose each time, as it must be. The Downriver Junior Football League wants the half that loses to be proud of the game they played and the way they played, too. With that purpose accomplished, the League can be proud of its program.

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## III. Parent Participation

- A. The Romulus Athletic Club is a “Family” and new family members are always welcome. PARENTS ARE NOT ONLY WELCOME BUT ALSO **ENCOURAGED TO PARTICIPATE IN ANY AND ALL ACTIVITIES OF THE ASSOCIATION.**
- B. Please make sure you sign up for your volunteer hours. We will do our best to find a volunteer time that is as convenient for you as possible. Your time is very important to us. We realize that in today’s society lifestyles are very demanding and time is limited. However, we ask that as parents who expect your children to dedicate their time and efforts to the program, that you do the same.
- C. The Flyers plans on having a fun filled and exciting season. Your time will be well spent, rewarding and FUN. Please remember that you are not limited to the **mandatory 4 hours (which equals 2 complete games) per family** volunteer time. We welcome anyone willing to spare the extra time.
- D. **Volunteer Deposit**
  - a. There is a \$25.00 Volunteer Deposit which is due at Registration. Once you have met the volunteer requirements your \$25.00 will be refunded to you. If you fail to meet your volunteer requirements your money will not be refunded and your child will not be allowed to continue participation until you meet the requirement. If your volunteer assignment is not met your child will not receive his or her trophy.

## IV. Mandatory Fund Raiser 2010

The Downriver Junior Football League allows the individual franchises to implement one MANDATORY fundraiser per season on each player and cheerleader.

Each eligible player and cheerleader will be required to sell 100 raffle tickets. Parents may take advantage of the Flyer Buyout cost for buyout is \$75.00. The buyout must be paid on the date of registration or the raffle tickets must be taken.

## V. ADMITTANCE

The Downriver Junior Football League permits each team one game in which they can charge a \$5.00 per person (16 and older) an admittance fee. The “gentlemen’s” agreement amongst league franchises is that it is typically the team’s first home game. This insures no one pays the admittance fee more than twice.

## VI. REGISTRATION

The registration fee for the 2010 season is \$75.00 for the first child and \$40.00 for each additional sibling living at the same residence. The sibling rule also applies to foster children living in the same household.

Registration is a vital source of funding to the Romulus Flyers. Expenses are incurred once an individual has been registered. Therefore, refunds will not be after the fourth day of practice for

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the cheerleaders and the first eligible day of contact for football players. We are sure you understand our situation and will respect this policy.

## VII. Practice Information

### A. Team Practice

1. All teams **will meet** at the practice field on each and every scheduled date and time. (You will be notified in advance of any schedule changes).
2. All teams **will meet** at the practice field when the weather is clear, cloudy, raining, hot, warm, cold, snowing, freezing, and sleeting.
3. Practice **will start and end at the scheduled time** as directed by the Downriver Junior Football League.
4. Teams will not participate in practice or exercise prior to or later than the scheduled times and never without a coach present to supervise their activities. However, practice will begin promptly at the scheduled time. Thus, we recommend that your player or cheerleader arrive 10 –15 minutes before practice and are prepared, dressed and ready to go.
5. Always send a water bottle with your child to practice. It is very important that they have access to hydration at all times.
6. At the end of practice, players and cheerleaders must leave with a parent or guardian. In the event that a parent or guardian does not show up on time coaches and/or board members are forced to wait with the child until someone arrives. Please be prompt in picking your child up. Remember, all coaches and board members are volunteers and they have families to get to, homework help that needs tending and dinners that need to be fed as well.
  - a) A continue practice of late picking up your child will result in your child being delivered to the Romulus Police Department.

### B. Weather

In the event lightning is sighted during practice, practice will be suspended 30 minutes to allow weather to clear. If weather does not clear, practice will then be terminated **at the field**.

Because we practice in all kinds of weather, please be prepared for muddy, dirty, messy kids. Prepare your car with old sheets and garbage bags if necessary. We ask for your patience and understanding in this.

### C. Attendance

- Practices will be held at Senior Citizen's Park unless otherwise directed. Please refer to your ROMULUS FLYERS Calendar for dates and times.
- Practices are mandatory. The only exceptions are those beyond your control. Examples are: severe illness, a death, school activity, and religious education. To be excused from a practice you must contact the head coach of your squad.

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- If a player or cheerleader, misses practice without an excuse on record that player or cheerleader will be disciplined at the discretion of the Head Football or Cheerleading Coach of the squad that they participate.
- Football players who exceed the weight limits designated for his age group as per the DJFL are ineligible for player- to- player contact during practice. This player may be weighted prior to each practice.

**Players and cheerleaders are not allowed to bring young siblings or friends to practice. The ROMULUS ATHLETIC CLUB is not responsible for non-registered minors left at practice.**

## **D. Transportation**

Per Romulus Athletic Club rules and the rules of the Downriver Junior Football League:

1. All players and cheerleaders must be delivered to any team function via motor vehicle, unless written permission is given to the Romulus Athletic Club.
2. All players and cheerleaders must depart from any team function via motor vehicle. Unless written permission is given to the Romulus Athletic Club.

**NOTE: Team function is defined as any of the following:**

1. **Practice session**
  2. **Football Games**
  3. **Any other organized event sponsored by the club.**
3. Players or cheerleaders who attempt to depart from any team function without proper transportation or an acceptable escort will be instructed to remain at that function until the required transportation criteria are met.

**\*\*\*\*\*IMPORTANT\*\*\*\*\***

**Please keep in mind that the coaches, board members and leagues representatives are not babysitters! While it is certain that one or more of us will remain at team function until such time as proper transportation is provided for each and every child, most of us would rather not spend excessive time waiting for you to pick-up your child. The cooperation of parents and players/cheerleaders is appreciated.**

**Remember: Repeated behavior of not picking your child up on time will result in the delivery of your child to the Romulus Police Department.**

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## VIII. Equipment - Football

### A. First Year Players and Parents

You may be faced with putting on a Football uniform for the very first time. Maybe this will help.

1. Pads
  - a. Knee pads with rounded end down into the knee “pocket”.
  - b. Thigh pads into thigh “pockets” wide side out. Pad should curve around the thigh.
  - c. Girdle pads are a bit trickier. The girdle itself is like a pair of under pants with pocket on the hip and the “tail” area.
    - i. Hip pads look like a lower case “t” on steroids. This pad is to be maneuvered into the hip area “pocket” so that the head of the “t” only is sticking out of the girdle. One on each hip.
    - ii. The “tail” pad is to be maneuvered into the “tail” area “pocket.” It’s a pain the first couple of times. You will get the hang of it.
2. Start Dressing
  - a. Athletic supporter with hard cup already inside
  - b. Girdle with pads already inside.
  - c. Pants with pads already inside.
  - d. Shoulder pads
  - e. Elastic strap under arm, laces snug, tied and locked
  - f. Jersey with large number on back.
  - g. Helmet
    - i. Strap chin guard and **insert mouthpiece.**

### **READY TO PLAY!!**

**NOTE:** All pads inside the pants are held in place by the pant itself, therefore they need to be VERY snug. It should not be unusual for parents to have to lift the player off the floor by the pant waist and shake him into his pants!

*If you have any questions or need help, please do not hesitate to ask a member of the coaching staff.*

## IX. Helmet Information

### A. Helmets must fit properly

The helmets provided to our football players meet or exceed the safety requirements for our level of competition.

To assure that each player benefits from the safety features of these helmets we must insist that the following guidelines be observed:

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1. Only a coach can adjust the air in the helmet “bladder”. Special lubricants, needles and pumps are required.
2. Jaw pads must touch the players face to be effective and properly fit the helmet to the player.
3. Properly fit, the player will need to develop an ability to spread the bottom of the helmet to get it over his ears and off his head.
4. First year players often find removal of a properly fit helmet to be difficult. Rather than provide smaller pads and reduce effectiveness of the helmet, we suggest the player apply some lotion to the pads and his ears to make removal of a properly fitted helmet easier.
5. Chinstraps need to fit the cup portion of the strap to the player’s chin. If the strap is “tight rope” tight and still does not “cup” the chin, see an assistant coach immediately.
6. Facemasks are all coated. The coating can be scraped off or knocked off during normal use. It is a rule violation for there to be any exposed metal on the facemask during a game. If you notice any exposed metal see an assistant coach immediately.
7. Helmets may be cleaned using soft rags and mild liquid detergents. However, there is a lot to be said for a scuffed up helmet.
8. If your child uses a helmet provided by you, the certification of the helmet is your responsibility. The equipment manager will check the certification of your helmet if it is not current your child will not be allowed to participate with that helmet.

Eyeglasses may be worn with the helmet if necessary. **NO GLASS LENSES ARE ALLOWED.** Players who wear regular glasses use straps to hold their glasses in place. We recommend that you visit your eye doctor with a properly fitted helmet before purchasing any straps or special athletic glasses.

You must provide the following equipment for your football player:

1. Football Shoes
  - a. Plastic Spikes are allowed.
  - b. Metal spikes are not allowed.
  - c. Preseason break-in is recommended.
2. Athletic supporter with hard cup.
3. You will be provided with ONE colored mouthpiece.
  - a. Your child will chew through it!
4. You will be provided one pair of game socks.

Your child will be provided with all other necessary equipment to play the game of football. He will be given one set of a complete uniform. If he wears through or losses what is distributed to him by the Romulus Flyers it must be replaced. If he is without any portion of his required uniform he cannot participate in either practice or game. This includes but is not limited to all pads, giridle, practice uniform (jersey, pants) etc. All of these items are available at local sporting good stores. Game uniforms will be replaced by the Romulus Flyers at the guardian’s expense.

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## B. Equipment Hand-in

Uniforms must be turned in **LAUNDERED CLEAN** at the end of the season on the specified day. If it is not laundered you will be asked to take it back home, wash it and return it to the Romulus Flyers at a specified time and location of *our* convenience. If the complete uniform and equipment is not turned in or is damaged beyond normal wear and tear you will be responsible for the replacement value of the equipment.

## X. Cheerleading - Equipment

### A. Equipment Handout

a. Cheerleaders are provided with the following equipment:

1. Skirt
2. Vest
3. Warm-up Jacket & Pants
4. Cheer socks

b. Cheerleaders are required to purchase the following equipment:

1. Turtle neck body suit (color determined by squad)
2. White "Game Day" athletic shoes (must be only worn at the Games and Competition)
3. Athletic shoes with arch support (for practice)
  - You will be responsible for purchasing these items on your own prior to the first game.

### B. Equipment Care Instructions

a. Skirt and Vest

1. Wash in cold water and hang to dry (DO NOT PUT IN DRYER)
2. Use mild detergent and Stain Stick if necessary.
  - a. Do not use bleach; including color-safe bleach.
3. Do NOT iron.

b. Warm-Up's

1. Wash in cold water and dry on low heat.
2. Use mild detergent and Stain Stick if necessary. Do not use bleach including color-safe bleach.
3. Do NOT iron.

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## C. Equipment Hand-in

Uniforms must be turned in LAUNDERED CLEAN at the end of the season on the specified day. If it is not laundered you will be asked to take it back home, wash it and return it to the ROMULUS FLYERS at a specified time and location. If the complete uniform and equipment is not turned in or is damaged beyond normal wear and tear you will be responsible the full replacement value of the equipment.

## XI. Basics You Need to Know

### A. Football

1. As a general rule players are to arrive one and a half hours before their scheduled kickoff time to prepare for weigh-in. The Head Coach of each squad will inform the players of what time they are to show up prior to their game.
2. Each player must weigh-in before each game.
3. Players must meet league weight requirements in order to participate in the game.
  - Freshman Ages 8-9 Maximum Weight 110 pounds
  - JV Ages 10-11 Maximum Weight 130 pounds
  - Varsity Ages 12-13 Maximum Weight 150 pounds
4. Based on a 33 player roster, each player is required a minimum of **5** (five) plays per half.
5. **At no time are parents and or fans allowed on the game or practice field.** No exceptions. In order to be on the practice or game field you must be a coach, league representative or board member in good standing and registered with the Downriver Junior Football League as such.
6. You must have your player to practice on time each day. Tardiness will result in disciplinary action. Your child may have to run laps, do “down-ups” or even sit out portions of a game. Essentially, you as parents have complete control over this. Yes, your child may have to pay the price for your getting stuck in traffic.
7. You must pick-up your player from practice on time each and every day. Your ROMULUS FLYERS coaches and other members are not babysitters. Please respect their time. They also have families, dinners and homework to get home to. If you are late picking up your child he may have to run laps the following practice do “down-ups”, or even sit out a quarter. Yes, your child may have to pay the price for your getting stuck in traffic.

**NOTE: Repeated tardiness may result in your child being delivered to the Romulus Police Department.**

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## B. Cheerleading

1. Cheerleaders are to arrive, on game days, one hour before their scheduled kickoff time prepared for warm-up. Head coaches will inform the cheerleaders of the specific arrival time.
2. You must have your cheerleader at practice on time each day. Tardiness will result in disciplinary action. Your child may have to run laps or sit out during "Show & Yell". Essentially, you as parents have complete control over this. Yes, your child may have to pay the price for your getting stuck in traffic.

**NOTE: Repeated tardiness may result in your child being delivered to the Romulus Police Department.**

3. Age Requirements
  - Mascot - Ages 7
    - Under age of 7 requires approval by the Head Coach
    - Under age of 6 requires approval by the Board of Directors
  - Freshman - Ages 8-9
  - J.V. - Ages 10-11
  - Varsity - Ages 12-13
4. Mascots
  - Mascots are to be accompanied by a parent at all times during all ROMULUS FLYERS events including practices, games and competition.
  - Mascots are prohibited from partner stunts and are restricted to only basic cartwheels, ground rollovers, splits and jumps.
5. Attire
  - During practice, games and competition, hair must be pulled back from the cheerleader's face in a ponytail or braid. Barrettes, hair clips, bobby pins or any other metal or plastic item are NOT allowed.
  - Shirts and blouses with zippers, hoods, snaps and/or pockets loose fitting v-neck shirts will not be worn during practice when performing stunts.
  - Cheerleaders must wear athletic shoes with arch supports at all practices, games and competition.
  - Jewelry of any kind is prohibited for all cheerleaders during all practices, games and competition.
  - Make-up, nail polish, body and hair glitter is prohibited for all practices, games and competition. Nail length must not be visible when looking at the palm of the hand. No artificial nails allowed.
6. Game Day Equipment Requirements
  - Cheerleaders must come prepared for every game. Full uniform must be worn upon arrival to the field.
    1. Skirt
    2. Vest
    3. Turtleneck (weather permitting)
    4. Cheer Briefs
    5. Cheer Socks

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6. “Game Day” Shoes
- Cheerleading bags must be brought to EVERY game. All the following uniform and equipment must be in the cheerleading bag.
  1. Warm-Up Jacket
  2. Warm-Up Pants
  3. Turtleneck (if not worn with uniform)
  4. Gloves and Headband
  5. Water Bottle

## **XII. Conduct**

### **A. Players & Cheerleaders**

Go to practice. There are very few acceptable excuses for missing practice. You should always be on your best behavior. Others will judge the entire association by your conduct. You are an official representative of the Romulus Flyers. This position of responsibility and representation should not be taken lightly. No profanity or trash talk.

Remember, people do not see you; they see the name across your chest. Always respect your opponents and officials regardless of the situation.

The Romulus Flyers will not tolerate any misbehavior, backtalk, swearing or fighting. Discipline is a fundamental principal of our training program. Failure to comply with the rules or to cooperate with coaches will result in benching or removal from the program based on degree of infraction. Parents will be notified immediately if there is a problem.

Fighting that occurs on the game or practice field between any players or cheerleaders with another team member or opposing team member will result in immediate removal of those players or cheerleaders from the game or practice session. Any player or cheerleader ejected from a game will miss the next weeks practice and game in accordance with the Downriver Junior Football League and the Michigan High School rule books. Players and Cheerleaders that are ejected from practice session will not participate in any team activity until that child’s behavior has been reviewed by the coaching state at a meeting of the Romulus Athletic Club Board of Directors.

### **B. Parents and Fans**

Parents should always behave in a sportsmanlike manner. Parents, coaches and other involved adults should be examples of such sportsmanship and respect.

The Romulus Athletic Club will not tolerate any foul language or gestures, fighting or any other disruptive behavior from parents or other fans that would take the focus away from the children during any practice session, game situation or sponsored event.

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Additionally, the Romulus Athletic Club will not tolerate the use of Drugs or Alcohol at any of its sponsored events. The use of Drugs or Alcohol on school property is against the law.

The Romulus Athletic Club will remove any individual behaving in such a manner from the event. Such behavior will directly affect your child's membership with the club. We ask you as parents to help monitor these situations. Please relay to family and friends also in attendance, that such behavior will not be tolerated and will only hurt the program and the children they are wishing to support.

DJFL Executive Committee Member will be able to sit in on all Romulus events. The Flyers can be fined monetarily as well as with "sportsmanship points" at the discretion of the league. The loss of these league points will affect our team's opportunities at post-season play and competition. To make it clear, your behavior in the stands can keep your child from being allowed to win a championship or compete in cheer competitions.

Parents cannot interrupt practice unless it is an emergency. There should be no distractions for your child during their practice time. Thus, communication with your child will not be allowed unless it is an emergency.

**PARENTS / SPECTATORS ARE NOT ALLOWED ON THE PRACTICE FIELD.**

**PARENTS / SPECTATORS ARE NOT ALLOWED ON THE SIDELINES DURING THE GAME, WHETHER HOME OR AWAY.**

The Flyers realizes that many of our parents have had experience either with football or cheerleading. We also realize that you want to share those experiences with your child. With that in mind, please remember that your child is being taught the proper technique to prepare him or herself to be safe and enjoyable game day.

The Romulus Athletic Club asks that if you disagree with the coaching staff or coaching methodologies please refer this to the proper channels before expressing to your child your issue. If you have any questions for your child's coach contact him or her via telephone or after practice. Please respect the time of the coaches. Remember, that after practice they have families, dinners and homework that they need to get home as well.

The Flyers realizes that parents will have issues; whether it with coaches, referees, or even other parents. **DO NOT INVOLVE YOUR CHILDREN.** We would like these issues to have minimal or preferably no affect on the children. Therefore, we ask that if one of these issues is to arise please take your issue through the proper channel.

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## C. Dispute Resolution

- If a parent has a concern with a coach, that parent should speak with that coach about that concern. If an agreement can't be reached between the parent and the coach then that parent should take that concern to the Head Coach of that squad.
- If the Head Coach and that parent can't resolve the problem then the matter should be taken to the President or Vice President if the President is not available. The President or Vice President will act as a mediator.
- If the President or Vice President can't successfully mediate the problem then the problem should come before the Board of Directors for resolution.
  - The Board of Directors should be a last resort, for neither party may be happy with the Board's resolution.
- If the dispute concerns a violation of DJFL rules the Downriver Reps will step in settle the dispute as necessary.

## D. Bottom Line

The bottom line; the Romulus Athletic Club will present a learning environment of the players and cheerleaders. This environment will include, discipline, integrity and respect. Let us work diligently to maintain this environment where our children have the opportunity to learn the game of football and have a lot of fun doing so. There may be times we do not see eye-to-eye on specific issues. Ultimately our goal is the same. We all want what is best for our children. So let us always work toward the greater goal; a wonderful all around experience for our children.

## E. The Contract

All families must have a Parent/Guardian Code of Conduct Contract signed and on file with the Romulus Athletic Club in order for your child to be eligible to play or cheer. This contract will be covered thoroughly in the Mandatory parent meeting. An additional copy for your records is included in this handbook.

**END OF TEXT**