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| 2019 Jr. Foothill Mustang Football & Cheer Handbook |
| *Official feeder program for Foothill High School* |
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***Our specialty is in the area of positive youth development through football and cheer. Our returning players, coaches and families value the loyalty, respect and teachings of our league. We are always looking for new players and their families to join our Mustang family.***

***2019 Jr. Foothill Mustang***

***Game Schedule***

|  |  |
| --- | --- |
| ***GATE ADMISSION*** | |
| Adult | $5.00 |
| Child under 11 | $3.00 |
| 12 & up | $5.00 |
| Seniors | $3.00 |
| 2 & Under | FREE |

**MUSTANG SEASON PASSES:**

* 1 PERSON $15.00

(Valid at **HOME GAMES ONLY**. For a $5 discount you will be provided with a season pass. Show your pass at the time of entrance)

* FAMILY 3 PACK: $55

(Valid at **HOME GAMES ONLY**. For a $5 discount you will be provided with a season pass valid for 3. Show your pass at the time of entrance. All three must enter together)

* FAMILY 4 PACK: $60

(Valid at **HOME GAMES ONLY**. For a $10 discount you will be provided with a season pass valid for 4. Show your pass at the time of entrance. All four must enter together)

List Games Schedules / Locations

**2019 JFM Board & Coach**

**Contact Information**

***JFM Board***

|  |  |  |
| --- | --- | --- |
| **Title** | **Name** | **Email** |
| President | Jelani Walker | [coachjjwalker@gmail.com](mailto:coachjjwalker@gmail.com) |
| Vice President | Heather Rosa | [Heatherrosa31@gmail.com](mailto:Heatherrosa31@gmail.com) |
| Treasurer | Heather Easson | [mrs.easson2008@yahoo.com](mailto:mrs.easson2008@yahoo.com) |
| Secretary | Shalyse Salley | [shalysesalley@gmail.com](mailto:shalysesalley@gmail.com) |
| Athletic Director | Carl Salley | [Carl.salleyjr@gmail.com](mailto:Carl.salleyjr@gmail.com) |
| Concessions Director | Nicole Garrett | [Emails4niccie@gmail.com](mailto:Emails4niccie@gmail.com) |
| Cheer Coordinator | Karmen Hussman | [karmenhussman@gmail.com](mailto:karmenhussman@gmail.com) |
| Assistant Cheer Coordinator |  |  |
| Equipment Manager | Junior Lopez |  |
| Assistant Equipment Manager |  |  |
| Fundraising Coordinator |  |  |
| Media Coordinator |  |  |

***JFM Head Coaches***

|  |  |  |  |
| --- | --- | --- | --- |
| **Title** | **Name** | **Phone** | **Email** |
| 8U Jr. Peewee |  |  |  |
| 10U Peewee |  |  |  |
| 12U Jr. Midget |  |  |  |
| 14U Midget |  |  |  |
| Mascots (Cheer) |  |  |  |
| 10U (Cheer) |  |  |  |
| 14U (Cheer) |  |  |  |

**Payment Arrangements**

**A $50 deposit will lock in the current special rate within the date that you made the deposit. You can continue to pay on your balance online or you can make a payment with a Board Member we accept cash, credit and debit card payments. All balances must be paid off before our equipment handout in July in order for your child to receive their uniform or equipment. If you need to continue to make payments after that date you MUST have at least 60% of your balance paid and meet with our Treasurer to sign a payment contract.**

**Breakdown of Fees & Cost**

**FOOTBALL**

**Returning**:

* Tax Season Special $135.00 [Expires 3/31/19]
* Early Bird Special $175.00 [Expires 5/31/19]
* Regular Rate $195.00

**New**:

* Tax Season Special $160.00 [Expires 4/1/19]
* Early Bird Special $205.00 [Expires 5/31/19]
* Regular Rate $240.00

**Includes**:

* 1 mouthpiece and a practice jersey.
* Jr Foothill Mustang Boot Camp -1 week camp for all participants includes instruction for all of the Foothill High School coaches.
* Helmet and Shoulder Pads
* 1 Home Jersey
* 1 Away Jersey
* 1 pair of Game pants
* 1 Pair of practice Pants
* facility costs/fees and insurance

***CHEER***

Returning:

* Tax Season Special $175.00 [Expires 4/1/19]
* Early Bird Special $185.00 [Expires 5/31/19]
* Regular Rate $250.00

New:

* Tax Season Special $225.00 [Expires 4/1/19]
* Early Bird Special $275.00 [Expires 5/31/19]
* Regular Rate $310.00

**Includes:**

* Full Game Day Uniform (Shell, Liner, Skirt, Briefs)
* Chassis Cheer Shoes
* Game Day Bow & Breast Cancer Awareness Bow
* Sweat Outfit
* Cheer Bag
* Orange Poms
* Practice T-shirt and Shorts
* SYF Showcase Performance
* Practice and Game facility rentals
* End of Season Banquet and Trophies

\*\***Does not include white competition shoes, JAMZ competition fees, Competition Bow and Shoes, Team Spirit Wear \*\***

\*\* *Payment options available. Must meet financial requirements and receive board approval.*

*\*mandatory fundraising participation will offset these costs.*

***Jr. Foothill Mustangs***

***Football & Cheer***

***Welcome to the JFM program***

It is our intention for this handbook to describe how the organization operates, explain what is expected of student athletes, parents/guardians, and volunteers, and outline what can be expected from Jr. Mustang staff, coaches, and Board.

**MISSION**

Jr. Foothill Mustangs (JFM) is a non-profit, volunteer-run organization, designed to provide tackle football and cheerleading opportunities to youth ages 6 to 14. It is the goal of JFM to promote academic excellence, sportsmanship, fair play, and teamwork, as well as to provide training and experience for future Foothill High School Mustangs

**ORGANIZATION**

JFM is a member of the Sacramento Youth Football League (SYF), a league that does not impose weight limits, which allows all student athletes the opportunity to play. JFM is governed by the bylaws created by the Board, and the policies and procedures outlined in the SYF Rule Book.

**RULES AND POLICIES**

Every participant of JFM, including student athletes, parents/guardians, volunteers, coaches and Board members, are required to read this handbook and abide by the policies outlined. All student athletes and parents/guardians are required to return a signed parent/player contract certifying that they have read and understood the contents of the handbook.

**ROLES AND RESPONSIBILITIES**

JFM is operated **entirely** by volunteers. Every position (except EMT and Referees) is unpaid. Board members, coaches, and instructors volunteer up to 500 or more hours during the year to ensure that the highest quality program can be offered to the student athletes of Twin Rivers USD. It is mandatory to treat each volunteer with courtesy and respect at all times.

**REQUIRED STUDENT ATHLETE CONDUCT**

* **School comes first.** Student athletes are required to maintain their academic standard at a 2.0 or higher during the season. There will be at least one grade check conducted during the season.
* **Good citizenship is required.** Fighting, vulgar or derogatory language, misconduct, or disrespect can lead to dismissal from JFM. Any student athlete who has an altercation at school, with law enforcement or authorities, or is observed displaying conduct anytime, anywhere, below the acceptable standards of a student athlete may face dismissal from JFM.
* **Student athletes must arrive at all practices and games on time.** Student athletes must notify their head coach if they are going to be late or miss a practice or game. Excessive tardiness of 10 minutes or more may result in disciplinary action.
* **Student athletes must arrive prepared and ready to give 100%.** A student athlete may be benched at a practice/game or be dismissed from JFM due to too many absences, not giving 100%, or not knowing and/or following JFM rules.
* **Student athletes will treat** **their teammates, coaches and adult authority figures with respect**.
* **Student athletes are responsible for the maintenance of their equipment and uniforms.**

**(Football) All equipment problems must be reported to the head coach immediately. If uniforms/equipment is lost, student athletes and their parent/guardian are financially responsible for replacement. Football players must wear a protective mouthpiece in all practices and/or games. The mouthpiece must be attached via a tether to the face mask on the helmet. Football players are responsible for wearing the proper jersey and uniform requirements set by the head coach.**

**(Cheer) All uniforms need to be clean; free of rips or stains. Student athletes are required to bring all parts of their uniform (poms and bows included) to every game. If uniforms/equipment is lost, student athletes and their parent/guardian are financially responsible for replacement. Hair should be clean and pulled back into a ponytail, with no fly aways. No hair clips that stick out of the hair. Flat metal clips only. Nails need to be cleaned and trimmed, no polish. Practice attire should be appropriate “work out” attire. No baggy clothes, or mid drifts or “shorty shorts”. All participants must have tennis shoes.**

* **Student athletes agree to follow all of the general rules in accordance with JFM and SYF organizations.**

**ATTENDANCE GUIDELINES**

* In the event a student athlete will miss practice for any reason, the head coach must be notified **ahead of time**.
* Tardiness will be tracked weekly. If a student athlete has more than three tardies in a two-week period, the student athlete will be benched for one quarter of the next game. Three tardies equal one unexcused absence.
* Leaving early from practice/game: same as above.
* Student athlete must attend entire scheduled game and show their support.

**PARENT/GUARDIAN EXPECTATIONS**

The support of parents/guardians is essential to the success of JFM. For the safety and well-being of all involved, JFM provides the following rules for adult conduct:

* Parents/guardians must clearly understand that the purpose of JFM is to teach student athletes teamwork, good sportsmanship, fair play, and a love for the game.
* The emotional and physical wellbeing of every student athlete will be placed above one’s own desire to win.
* **Alcohol, smoking or drugs at practices, games, or other JFM/SYF sponsored activity during the pre-season, regular season, play offs or cheers competition is strictly prohibited.**
* Parents/guardians must stay in the areas designated by the local association during all practices/games. Parents/guardians (except parent coaches or Board Members) are not allowed on the field, sidelines, or locker rooms during practices or games at any time.
* When cheering loudly for your team, always use good taste. Refrain from derogatory statements toward game officials or opposing team at all times. Disregard for this policy can result in penalties to the team on the field.
* Refrain from communication with the coaching staff and student athletes during practices, games, and competition. Coaches encourage open communication and are happy to schedule a meeting with parents/guardians away from practices, games and competitions.
* Parents/guardians should encourage attendance at all practice sessions and games. Absences hinder progress for the entire team as well as the absent student athlete. Missing practice can lead to benching during all or part of a game and may result in suspension or being dismissed from JFM, due to excessive absences.
* Parents/guardians are responsible for getting student athletes to and from all practices and games on time.
* JFM is not responsible for the health and welfare of unattended children. Supervision of student athletes’ siblings will not be provided.
* The last practice of the week before any event, there will be a mandatory meeting with all athletes, coaches, board members and parents to communicate all necessary event information.

The JFM Board has adopted a **ZERO TOLERANCE POLICY** as it relates to violations of Parent Expectations. Should any violation occur, depending on the severity, the violator may be subject to permanent expulsion from the JFM program and related activities.

**MANDATORY PARENT/GUARDIAN HOURS**

JFM is a volunteer-run organization. Board members and coaches are volunteers, giving of their time to make sure student athletes have a positive and memorable experience. Parents/guardians are also expected to participate in the operation of the organization.

* Each family is required to complete volunteer hours
* One child in program: 10 hours required.
* Two or more children in program: 14 hours required.
* **Parents/Guardians who are volunteering are not exempt from paying admission.**

***\*\*IMPORTANT PARENT/GUARDIAN INFORMATION\*\****

**VOLUNTEERING**

JFM’s Ultimate goal is to become a permanent fixture in our community that supports youth. In order to reach this goal we MUST fundraise. The importance of parent participation, involvement and volunteering is crucial for us to be a successful program. This program is solely run by volunteers. All fees and costs go back into the program.

**VOLUNTEER DEPOSIT**

* All parents/guardians are required to pay a $40 deposit in the form of a money order for parent/guardian hours, due at registration. This deposit will be refunded at the end of the season after all hours are completed.
* Parents/guardians have the choice to opt out of mandatory parent/guardian hours. The $40 deposit will be cashed upon written notification of the choice to opt out.
* If parents/guardians are not signed up for any mandatory volunteer hours by the end of summer camp, the $40 deposit will be cashed.
* If parents/guardians are signed up to work volunteer hours and do not show up or get a replacement, the $40 deposit will be cashed.
* If required parent/guardian hours have not been met, nor have the $40 opt out fee been satisfied, it will affect the amount of playtime your student athlete receives.

**VOLUNTEER OPPROTUNITIES**

**Firework stand, Concessions Homes games: open 10am – 6PM**

**Home Game Set up crew: 7:30AM – 10AM Home Games Clean-up crew: 6PM – 7PM,**

**Fundraising events, Sign up Events, Home Game Gate Assistance**

**Team Parent, Board Member, Chain Gang @ Away games (3) needed / game**

**UNIFORM / FOOTBALL EQUIPMENT DEPOSIT**

(Football Only) ***A Mandatory $50.00 Equipment Deposit in the form of a Money Order is required in order to check out any equipment. This will be returned to you after all equipment is returned to JFM. Money Orders will be issued at the end of season banquet***

**FOOTBALL UNIFORM/EQUIPMENT EXPECTATIONS**

The uniform/equipment issued to each football player must be turned in at the last game of the season. If a player quits, is unable to complete the season due to injury, or will not return to the team before the end of the season, the uniform/equipment issued must be cleaned and returned WITHIN 10 DAYS of leaving the program.

**SNACK BAR**

Under no circumstances are children permitted in the snack bar. Hot food items are served in the snack bar; volunteers are to dress appropriately. When handling food items, gloves will be provided and must be worn.

**HOME GAMES**

All home games are played at Foothill High School, located at 5000 McCloud Dr.; Sacramento. Parking is allowed free of charge in designated spaces. Alcohol, drugs, animals or firearms are not permitted on school property at any time.

**PRACTICES**

Practice begins on the date specified by SYF. Practices are held at Foothill Ranch Middle School. Football practice is held on the practice fields directly behind the school – not in the stadium. Garbage, water bottles or other items are not to be left on the practice field/school grounds. At no time are parents/guardians permitted on the football practice field and/or at cheer practice. **Alcohol, drugs, or firearms are not permitted on school property at any time.**

**PRACTICE SCHEDULE**

Football and Cheer Directors will establish the days of the week for practices that are held before the SYF Jamboree. These practices shall not exceed 10 hours per week. After Jamboree, practices will be held for a total of 6 hours per week. Coaches will have the option of having film sessions, which will constitute a practice (SYF rulebook). Regular practice hours are 6:00pm – 8:00 pm. After daylight savings time changes, or when daylight becomes an issue, practice time will change to 5:30 – 7:30 pm.

**FOOTBALL COACHES, ASSISTANT COACHES, AND INSTRUCTORS**

The Football Director recommends all coaching positions. Coaches are appointed after they receive JFM Board approval. There is one head coach and at least one assistant coach per team. Football coaches are the primary instructors for the players. They are responsible for the supervision, teaching of plays, running of drills, and discipline on the field. The head coach of a team is available to address all questions or concerns.

**CHEER COACHES, ASSISTANT COACHES, AND INSTRUCTORS**

The Cheer Director recommends all coaching positions. Coaches are appointed after they receive JFM Board approval. There is one head coach and at least one assistant coach per squad. The head coach of each squad manages all practices, games, and competitions. The coaching staff is responsible for discipline, parent communication, and instructor relations. JFM utilizes current and former Foothill HS cheerleaders and former JFM cheerleaders as instructors. Instructors are responsible for teaching cheers, game routines, and strengthening skills. Instructors do not discipline cheerleaders; however, they do help the squad stay focused in order to ensure progress and safety. Parents may not discuss the routines or formations with instructors. All questions or concerns are to be directed to the head coach.

**FUNDRAISING**

All student athletes within the JFM program will be required to participate in all fundraisers hosted by the team. Fundraising is imperative to our team’s success and keeping our fees cost effective for our community.

**COMMUNICATION**

JFM strives to ensure that all student athletes have a positive experience in the program. Any and all questions and/or concerns that parents/guardians may have will be addressed as soon as they are communicated to the head coach. After speaking with the appropriate head coach, if the question/concern requires further clarification, the parent/guardian should raise the matter with the Athletic Director or Cheer Coordinator Issues that need to be addressed by the Board should be sent to a Board member in writing either by email or to the mailing address listed in this handbook. Items referred to the Board will be placed on the agenda for the next Board Meeting, and will be discussed at that time. Rules and policies are in place to ensure the safety and well-being of all student athletes in the program.

**JFM PARENT / COACH EXPECTATIONS**

Parenting and coaching are both challenging and rewarding responsibilities. JFM coaches believe that clear expectations for both coaches and parents/guardians are essential in order to create a positive team environment. The following information will provide guidelines for parents/guardians.

*What is expected from JFM coaches?*

* To protect all student athletes from physical and emotional harm
* To treat all student athletes with dignity and respect
* To prepare all student athletes for the season
* To make decisions for the betterment of the entire team/squad

*What is expected of JFM parents/guardians?*

* Notification of any scheduling conflict well in advance
* To direct any concerns regarding the football or cheer program directly with the head coach
* Bring student athletes to practice/games on time
* Football parents/guardians: make sure student athletes are fully suited up in their issued football equipment and practice uniform. Failure to do so will result in the student athlete to sit out at practice, as loaner equipment/uniforms are not provided. Sitting out during practice may affect playing time.
* Encourage ALL student athletes, not only in our organization, but others as well.
* Encourage fun, sportsmanship and teamwork.
* Cheer for your Mustangs loud and proud!

If a parent/guardian has questions or concerns, they are expected to speak with the head coach away from the practice field/location. Confronting a coach before, during practice is unacceptable. There is a time and place to voice concerns, however at practice/games, in front of others, or after a game when emotions are high is not the right place.

*Appropriate concerns to discuss with head coaches:*

* The treatment of your student athlete
* Ways to help your student athlete improve
* Concerns about your student athlete’s behavior

*Inappropriate concerns to discuss with head coaches:*

* Playing time / placement in formations or stunt groups
* Team strategies
* Play calling
* Other team members

The Football and Cheer Directors and coaching staffs will embrace and implement JFM’s mission and philosophy. It is our goal to provide our student athletes with the tools and resources to become successful student athletes and citizens.

***Football Uniform/Equipment Expectations***

The uniform/equipment issued to each football player must be turned in at the last game of the season. If a player quits, is unable to complete the season due to injury, or will not return to the team before the end of the season, the uniform/equipment issued must be cleaned and returned WITHIN 10 DAYS of leaving the program.

**REFUND POLICY**  
  
JR. FOOTHILL MUSTANGS FOOTBALL & CHEER is to issue "NO" refunds UNLESS it's due to roster size or a safety risk as deemed by the JFM Executive Board. JFM Executive Board is fully qualified to make that decision. The refund will be issued within 2 weeks after the return of all equipment. All refunds issued due to cuts will be paid in full subtracting a $25.00 processing fee.  
  
All participants must be paid in FULL prior to the first day of practice, unless you have a payment arrangement with either Our Secretary, or Vice President. If your child's fees are not paid in full, they will be unable to get equipment and participate in any games or post season

***Any Questions or Concerns please feel free to contact any Executive Board Member***

**Parent / Guardian Handbook Acknowledgement**

I have received the 2019 Jr. Foothill Mustang Handbook. I understand that this handbook supersedes any previously published editions.

I understand that it is my responsibility to read and comply with the policies contained in this handbook and any revisions made to it.

I understand that it is my responsibility to assist my student athlete in following all of the policies described in the handbook.

Parent / Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent / Guardian Name **(print)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Athlete’s Name **(print)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_FOOTBALL PLAYER \_\_\_\_CHEERLEADER

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***\*ACKNOWLEDGEMENT MUST BE RECEIVED BY THE LAST DAY OF CAMP\****