

Highland Youth Football

Cheerleading



2016

PARENT PACKET

www.highlandyouthfootball.org

3053 Rancho Vista Blvd # H344, Palmdale, CA 93551

To: All Parents and Athletes

From: Highland Youth Football and Cheer Board

On behalf of the Highland Youth Football and Cheer Board, it is our pleasure to welcome you to the 2016 Bulldogs and Eagles Season. H.Y. F. is a non-profit organization that promotes youth sports of the Antelope Valley (Football and Cheerleading).

Highland Youth Football and Cheer is made up of board members, coaches and support staff that are ALL volunteers. Many of these volunteers are parents just like you. Since this organization depends on volunteers, your support and cooperation are critical to ensure success. We sincerely hope and encourage every parent/guardian to participate in our program. There are many jobs to be done in the administration of a complex program like ours. With the assistance of many, we have made youth football a reality in the Antelope Valley for over 15 years.

To assist you in understanding the philosophy of our organization, we have produced this parent packet. Enclosed, you will find useful information regarding our organizations purpose, rules and other important information. Please read the parent packet thoroughly. It will undoubtedly answer some valuable questions.

If after reading the parent packet you still have questions, please feel free to contact us. If during the season you should have any problems or questions that cannot be answered by your team manager, please call one of the following board members to assist you. We cannot help fix a problem we do not know about.

Stace Gentle

President

(661) 305-7472

coachstacegentle@gmail.com

Anceo Francisco

Vice President- HYF Bulldogs

anceo.francisco@gmail.com

Rodney Wyatt

Vice President- HYF Eagles

mrnmrswyatt@verizon.net

Danielle Carbajal

Secretary

divadanielle608@msn.com

Ivette Macias

Treasurer

(661) 860-4244

hyftreasurer@aol.com

Nikki Wyatt

Cheer Director

mrnmrswyatt@verizon.net

Vanessa Livesay

Asst. Cheer Director-HYF Bulldogs

vanessa2121@att.net

For a complete list of board members please visit: www.highlandyouthfootball.org

Thank you,
HYF Board Members

GENERAL PURPOSE STATEMENT

The Highland Youth Football and Cheer Association (H.Y.F.) came into existence to provide and promote a healthy atmosphere for training the youth of our community in the sport of football. The H.Y.F and Cheer is a non-profit organization and all coaches and adult personnel are volunteers. Our coaches, some of who are coaching for the first time, become involved primarily to share in the experience with the children. They are concerned with promoting safety, teaching the fundamentals of the game, and providing a fun environment. Winning is always secondary to these objectives.

Our organization is committed to providing a safe, healthy and fun place to cultivate the qualities that are inherent in the game of football. We believe that football teaches camaraderie, teamwork, discipline, and respect for others and a competitive drive.

This friendly spirit of competition is also embraced by similar, self-supporting organizations that are listed below. Together, these organizations and the H.Y.F and Cheer form the Pacific Youth Football League (P.Y.F.L.)

P.Y.F.L. MEMBER CHAPTERS

HYF BULLDOGS

FILLMORE BEARS

HYF EAGLES

MOORPARK MUSKETEERS

LANCASTER JETS

NORTH OXNARD WARRIORS

PALMDALE FALCONS

OXNARD PANTHERS

AGOURA CHARGES

SANTA BARBARA SHARKS

BURBANK VIKINGS

SANTA CLARITA WARRIORS

CALABASAS - VALLEY WEST RAVENS

THOUSAND OAKS TITANS

CAMARILLO ROADRUNNERS

SAN FERNANDO VALLEY 49ERS

CANYON COUNTRY OUTLAWS

WEST VALLEY REBELS

General Information

General Behavior

Cheerleaders/parents are expected to display appropriate behavior and respect on and off the field. This includes conduct towards adults, squad leaders, fellow athletes and competitors. Only authorized personnel will be allowed on the field (head coach, squad leader). Decisions on the field made by officials will be honored and respected. Likewise, criticism by mouth or gesture will not be tolerated from any football player, cheerleader, squad leader, coaches, parents, fans or spectator from our team or opposing teams.

Physical or verbal abuse or threats of any kind will not be tolerated and is subject to immediate suspension. Any individual unable to display acceptable behavior will be asked to leave the field by the field director. Parents will emphasize an attitude of “Team Work” and “Good Sportsmanship” for the athletes at all times. **Failure to comply will result in termination from the program.**

CONDUCT:

1. THE HEAD COACH MAY BENCH A CHEERLEADER FROM PRACTICE OR A GAME FOR MISCONDUCT, ATTENDANCE OR IMPROPER DRESS. NOTE: THIS WILL BE THE SAME AS MISSING ONE GAME OR ONE PRACTICE. THE PARENTS, CHEER DIRECTOR, ASST DIRECTOR AND LEAGUE PRESIDENT SHALL BE NOTIFIED OF SAID ACTION.
2. THERE WILL BE ABSOLUTELY NO DISRESPECT TO COACHES ALLOWED. NO FOUL LANGUAGE AND NO SMOKING.
3. NO BOYFRIENDS WILL BE ALLOWED AT PRACTICES. ALL CHEERLEADER’S SIBLINGS AT PRACTICES AND GAMES MUST BE ACCOMPANIED BY A PARENT OR OTHER ADULT. THE GIRLS ARE THERE FOR PRACTICE AND CHEER, NOT TO VISIT OR BABY-SIT.
4. NO TALKING NEGATIVELY ABOUT FELLOW CHEERLEADERS WILL BE TOLERATED.
5. NO ARGUING AMONGST FELLOW CHEERLEADERS OR H.Y.F. PERSONNEL IS ALLOWED.
6. NO PUSHING, SHOIVING, OR KICKING WILL BE TOLERATED.
7. NO INTENTIONAL DROPPING OF FELLOW TEAMMATE. THIS BEHAVIOR WILL NOT BE TOLERATED AND IS GROUNDS FOR IMMEDIATE REMOVAL FROM THE LEAGUE.
8. INSUBORDINATION, INCLUDING NOT FOLLOWING INSTRUCTIONS AND REFUSING TO PERFORM AS REQUESTED WILL NOT BE TOLERATED.
9. PARENTS ARE NOT ALLOWED TO APPROACH JUNIOR COCHES AT ANY TIME.

ANY VIOLATIONS OF THESE RULES WILL BE HANDLED AS FOLLOWS:

1. FIRST TIME- VERBAL WARNING UP TO IMMEDIATE SUSPENSION.
2. SECOND TIME- IMMEDIATE SUSPENSION AND DISMISSAL FROM THE PROGRAM WITH APPROVAL OF H.Y.F. BOARD.
3. THIRD TIME- 3 POINTS TAKEN AWAY AND SUSPENSION FOR ONE WEEK OF PRACTICE AND ONE GAME.
4. FOURTH TIME- DISMISSAL FROM THE PROGRAM WITH APPROVAL OF H.Y.F BOARD

CODE OF ETHICS- ALL COACHES and JR. COACHES SHALL:

1. PLACE EMOTIONAL AND PHYSICAL WELL BEING OF ALL CHEERLEADERS AHEAD OF ANY DESIRE TO WIN.
2. TREAT EACH CHEERLEADER AS AN INDIVIDUAL, CONSIDERING THE RANGE OF EMOTIONAL AND PHYSICAL DEVELOPMENT WITHIN THE AGE GROUP.
3. PROVIDE SAFE PARTICIPATION SITUATIONS FOR ALL CHEERLEADERS.
4. ORGANIZE PRACTICES THAT ARE FUN AND CHALLENGING FOR ALL CHEERLEADERS.
5. DEMONSTRATE FAIR PLAY AND SPORTSMANSHIP TO ALL PLAYERS.
6. BE KNOWLEDGEABLE IN THE RULES OF CHEERLEADING, COMPETITION, AND SAFETY, AND TEACH THESE RULES TO ALL CHEERLEADERS.
7. NOT CRITICIZE CHEERLEADERS, OTHER COACHES, OR TEAM MANAGERS IN FRONT OF SPECTATORS OR CHEERLEADERS. NOR WILL THEY CRITICIZE OPPOSING TEAMS, COACHES OR FANS BY WORD OR GESTURE.
8. THE USE OF ALCOHOL AND/OR NARCOTICS BY COACHES OR TEAM MANAGERS ARE FORBIDDEN AT PRACTICES, GAMES, COMPETITION, AND MEETINGS AT ALL LEVELS WHEN CHEERLEADERS ARE PRESENT.
9. THERE WILL BE NO SMOKING DURING PRACTICES, GAMES, AND/OR COMPETITION.
10. MUST GET APPROVAL FOR ALL OUTSIDE EVENTS, ACTIVITIES AND COMPETITIONS FROM THE CHEER DIRECTOR AND/OR VICE PRESIDENT, PRESIDENT.
11. CHEER COACHES MUST ENTER THEIR TEAM IN THE APPROPRIATE CATEGORY AND/OR DIVISION FOR THEIR TEAMS' AGES AND SKILL LEVEL. MUST BE VERIFIED BY CHEER DIRECTOR.
12. COACHES ARE NOT PERMITTED UNDER ANY CIRCUMSTANCE TO USE GIRLS FROM OTHER DIVISION TEAMS TO COMPETE.
13. GIRLS NOT REGISTERED IN THE CURRENT YEAR WILL NOT BE BROUGHT IN TO COMPETE POST SEASON.
14. COACHES ARE PERMITTED ONE ASSISTANT CHEER COACH.
15. JR COACHES ARE NOT ALLOWED TO TALK OR CONFRONT PARENTS

Dress Code

1. **HAIR:** MUST BE PULLED BACK OUT OF THE FACE AND IN A PONYTAIL AT ALL PRACTICES OR GAMES. NO BEADS OR HARD HAIR ACCESSORIES MAY BE USED.
2. **CLOTHES:** T SHIRT, SHORTS, OR SWEAT PANTS MUST BE COMFORTABLE AND NOT BAGGY. NO JEANS, PAJAMA BOTTOMS OR SHORT-SHORTS ALLOWED. NO SPAGHETTI STRAP SHIRTS. NO BARE MIDRIFTS. NO ZIPPERS, HANGING/DANGLING STRINGS OR OTHER HARD OBJECTS ON CLOTHES.
3. **SHOES:** MUST BE ATHLETIC SHOES ONLY. NO SANDALS, THONGS, DRESS SHOES, BOOTS, VANS OR UNTIED DESIGNER SHOES. NO HEAVY TREADED SHOES. PREFER FLAT BOTTOM WHITE ATHLETIC SHOES. HYF WILL REQUIRE CHEERLEADERS TO BUY SPECIFIC BRAND AND STYLE OF CHEER SHOES FOR GAMES AND COMPETITION.
4. **FOOD:** NO FOOD ALLOWED AT GAMES OR PRACTICES. THIS INCLUDES CANDY AND GUM. AFTER GAME, SNACKS AND DRINKS WILL BE HANDED OUT BY TEAM MOM/COACH. NO SODAS OF ANY KIND DURING BOTH PRACTICES AND GAMES. WATER OR SPORTS DRINKS ONLY.
5. **JEWELRY:** NO JEWELRY AT GAMES, PRACTICES OR COMPETITIONS. NO WATCHES, BRACELETS, RINGS, EARRINGS OR JEWELRY OF ANY KIND, INCLUDING STUD EARRINGS AND BODY JEWELRY AT PRACTICES, GAMES, OR COMPETITIONS.
6. **NAIL POLISH:** NO NAIL POLISH MAY BE WORN. NO ARTIFICIAL NAILS. ALL NAILS MUST BE CUT SHORT DURING CHEER SEASON FOR SAFETY.
7. **MAKE-UP:** LIGHT, COMPLIMENTING MAKE-UP ONLY. FOR COMPETITIONS TEAMS MAY CHOOSE TO WEAR MATCHING MAKEUP OR FACIAL DECALS.

Conditioning

Conditioning is a part of this program not only to prevent injury, but also to build a cohesive team. Conditioning consists of but is not limited to running, push-ups, stretching, jumping jacks etc. If your child is too sick or injured to participate in conditioning, they are too sick or injured to practice. No athlete will be allowed to practice if they did not participate in conditioning. This is for the safety of themselves as well as their squad. In the event that an athlete is unable to practice due to their inability to participate in conditioning, parent(s) will be notified immediately to pick up said child.

Attendance

It is critical that your children not miss **ANY** practice time. Cheerleaders must attend practices in order to maintain a cohesive squad. Please make every reasonable effort to be at practice **on time**. If a cheerleader is absent for two games or three unexcused, no call, no show practices, the athlete may be removed from the squad at the discretion of the squad leader and cheer board. **THIS RULE WILL BE STRICTLY ENFORCED**. This includes Mascots.

Drop Off and Pick Up

Cheerleaders should be at practice 10 minutes before practice start time and be picked up **PROMPTLY** at the end practice. Cheer coaches are responsible for waiting until a parent arrives. Please make every effort to pick up your athlete promptly. Persistent tardiness in picking up an athlete could result in the athlete being dropped from the program or dropped off at the Sheriff Station. Parents are encouraged to stay at practice to observe and support their cheerleader to excel provided they are not interfering with coaching staff and they abide by the 30-foot rule.

Practice Schedule

The First day of practice is **Monday, July 25th 2015**.

Practice days and times: the first 2 weeks, Monday through Thursday 5:30 p.m. to 7:30 p.m. beginning August 9th, Tuesday, Wednesday and Thursday, 5:30 p.m. to 7:30 p.m.

- Practices for Bulldogs begin at Highland High School and will move to Marie Kerr Park after Labor Day. You will be notified as to the specific date.
 - Practices for Eagles begin at Lancaster High School and will move to Marie Kerr Park after Labor Day. You will be notified as to the specific date.
1. EACH PRACTICE WILL CONSIST OF 3 TWO HOUR PRACTICES AND 2 HOURS ON GAME DAY. THIS INCLUDES WARM UPS, CONDITIONING, STUNTING ETC. THIS IS A TOTAL OF 6 HOURS A WEEK, PLUS 2 HOURS ON GAME DAY. ALL TEAMS WILL PRACTICE THE FULL PRACTICE TIMES REQUIRED.
 2. ALL PRACTICE TIMES AND LOCATIONS WILL BE APPROVED BY THE H.Y.F. EXECUTIVE BOARD.
 3. PRACTICE TIMES AND SITE TO BE SUBMITTED TO THE CHEER DIRECTOR FOR APPROVAL FOR CONTINUATION OF PRACTICE AFTER CONCLUSION OF SEASON FOR APPROVED POST SEASON COMPETITIONS. (THIS RULE WILL BE STRICTLY ENFORCED)
 4. ALL PRACTICES/COMPETITION ARE CLOSED PRACTICES. SPECTATORS MUST MAINTAIN A 30 FEET DISTANCE FROM THE PRACTICE AREA.

Game Uniforms

Cheerleading is a sport and your athlete is part of a team. Uniforms must match. Cheerleaders must be in **FULL** uniform for all games. **Uniforms may not be modified in any way.** We are an organization and as such all girls will wear the same uniform. Cheerleaders not in full uniform will not be permitted to cheer.

The cheerleading uniform consists of: shell, skirt, body liner, briefs, cheer shoes and hair bow. Cheer shoes are required for all cheerleaders including mascots. Additional items may be required.

Game Day

All home games will be held at Highland High School for Bulldogs and at Lancaster High School for Eagles. A regular season consists of 9-10 games between the times of 8:00 a.m. and 6:00 p.m. Athletes will be dressed in their cheer uniforms or they will not be permitted to participate. Parents/Guardians of mascots must be present in the stands at all times. If a football team makes it to the playoffs, attendance is still required by your cheerleader. Cheer Director may excuse a squad for conflicting cheer competitions.

1. CHEERLEADERS MUST CHEER AT ALL SCHEDULED GAMES. THE CHEER DIRECTOR WILL MAKE THE DECISION TO CHEER WHEN WEATHER PREVAILS.
2. EACH GIRL WILL HAVE (6) HOURS OF PRACTICE BEFORE PARTICIPATION IN AN ASSOCIATION GAME. LESS THAN (6) WILL BE DECIDED BY THE HEAD COACH AND CHEER DIRECTOR. GIRLS SHOULD ALWAYS BE PREPARED FOR HARSH WEATHER BOTH HOT AND COLD AS WE PRACTICE OUTSIDE. PRACTICE WILL USUALLY CONTINUE UNLESS EXTREME WEATHER CONDITIONS ARE PRESENT. LEAVING DUE TO WEATHER WHEN NOT APPROVED BY CHEER DIRECTOR IS NOT EXCUSED.
3. TEAMS ARE TO REPORT TO EVERY GAME (1) HOUR PRIOR TO START TIME. ALL CHEERLEADERS WILL CHECK IN PRIOR TO THE START OF THE GAME. IF A CHEERLEADER IS ABSENT AT THIS TIME SHE WILL NOT CHEER UNTIL AFTER HALF-TIME.
4. THERE WILL BE NO PRACTICING OF COMPETITION DURING GAMES.
5. NO EATING DURING THE GAME OTHER THAN WATER OR HYDRATION DRINKS.

Rain

In the event of rain, practice may be cancelled unless an indoor facility can be procured. In the event of rain at a football game, the board president and cheer director will make the determination to continue or not.

Education

H.Y.F and Cheer believes that education is the most important priority for a child. Athletes are required to maintain a 2.0 average throughout the season to be eligible to play.

All players are required to have a minimum of a 2.0 GPA in order to play in the first game. Any player not having the required 2.0 will be placed on Academic Probation until they provide proof of academic eligibility. Forms will be available from their coach. They will be allowed to practice 2 days a week and the 3rd day they are to commit to their studies.

Grades will be checked again prior to playoffs and competitions. Any cheerleader not having the minimum 2.0 will not be eligible to participate in playoffs and competitions. If your child's grades drop, please speak to the coach.

Refund Policy

ABSOLUTELY NO REFUNDS! NO EXCEPTIONS!

HYF WILL NO LONGER ACCEPT CHECKS FOR PAYMENT.

FAILURE TO MAKE PAYMENT WILL RESULT IN YOUR CHILD BECOMING INELIGIBLE TO PARTICIPATE AND/OR THE CHAPTER HOLDING YOUR TROPHY, TEAM PICTURES, ETC.

Rules and Guidelines

These rules along with the NFHS Spirit Rules, and AACCA Safety rules are for the safety and protection of all individuals associated with H.Y.F and Cheer. All organizational rules listed in the Parent Packet must be respected. Failure to adhere to these rules will result in termination from the current season and possible termination from H.Y.F and Cheer.

Team/Division by Age

Cheerleaders are placed on teams according to their ages as of September 1, 2016 to the best of our ability and/or Cheer Directors' discretion. Athletes must be 4 years of age but not older than 14 years of age by September 1, 2016. Athletes attending ninth grade or high school are prohibited from participating. Returning cheerleaders with a minimum of 2 years of experience will be placed on senior teams first. Cheer squads may be eliminated and/or combined if registration outcome does not allow for a complete team. If Cheer squads are combined in fairness of the football teams we will be rotating home games and some away games at the discretion of the Cheer Director and Asst. Cheer director. Schedules/Times TBD

Division	Age
Mascot	4 – 5 – 6
Pee Wee	7 – 8
Bantam	8 – 9 – 10
Midget	9 – 10 – 11
Junior	11 – 12
Senior	12 - 13 - 14

HIGHLAND YOUTH FOOTBALL CHEERLEADING RULES AND REGULATIONS

1. EACH CHEERLEADER MUST HAVE COMPLETED A CONFERENCE CONTRACT, WHICH INCLUDES NAME OF FAMILY'S INSURANCE COMPANY AND PARENT OR LEGAL GUARDIANS SIGNATURE. PROOF OF LEGAL GUARDIANSHIP WILL BE REQUIRED. ADDITIONAL DOCUMENTS NEEDED ARE A COPY OF BIRTH CERTIFICATE, PICTURE, DOCTORS PHYSICAL, AND CURRENT REPORT CARD.
2. PARENT OR LEGAL GUARDIAN'S AND CHEERLEADERS SIGNATURE ON ATTACHED FORM THAT STATES THAT YOU HAVE READ AND WILL ABIDE BY THESE RULES AND REGULATIONS AND INCLUDES CHEERLEADER STUNTING WAIVER.
3. ANY CHEERLEADER WHO HAS BEEN UNDER THE CARE OF A PHYSICIAN MUST PRESENT A MEDICAL RELEASE BEFORE RETURNING TO HER TEAM TO PARTICIPATE IN PRACTICE SESSIONS, GAMES OR COMPETITION.
4. ALL CHEERLEADERS MUST HAVE A 15 MIN. WARM UP PERIOD PRIOR TO PRACTICE AND 30 MIN. WARM UP PERIOD PRIOR TO GAMES.
5. COACHES WILL COMPLETE A ROLL CALL DURING EACH PRACTICE. THE COACH MUST BE NOTIFIED IN ADVANCE IF A CHEERLEADER IS UNABLE TO ATTEND PRACTICE, OR THE MISSED PRACTICE WILL BE CONSIDERED UNEXCUSED.
6. COACHES SHOULD NEVER BE INTERRUPTED DURING PRACTICE EXCEPT FOR EMERGENCIES. PARENTS MAY CONVERSE WITH COACHES BEFORE AND AFTER PRACTICES OR GAMES.
7. DUE TO HEAT EXHAUSTION, FREQUENT WATER BREAKS SHALL BE GIVEN ACCORDING TO TEMPERATURE, HUMIDITY, AND LEVEL OF ACTIVITY. ALL CHEERLEADERS MUST BRING A WATER BOTTLE AND TOWEL TO ALL GAMES AND PRACTICES.
8. CHEERLEADERS MUST ARRIVE FOR, AND BE PICKED UP PROMPTLY FROM PRACTICE OR GAMES. NO GIRL WILL BE ALLOWED TO WALK HOME FROM ANY PRACTICE OR GAMES WITHOUT WRITTEN NOTICE FROM HER PARENT OR GUARDIAN. REMEMBER SAFETY COMES FIRST.
9. ALL CHEERLEADERS MUST MAINTAIN A 2.0 GRADE POINT AVERAGE DURING THE SEASON. GRADES WILL BE CHECKED PERIODICALLY.
10. GIRLS ARE RESPONSIBLE FOR LEARNING THE ROUTINES. HOME PRACTICES MAY BE NEEDED IN ORDER TO ACCOMPLISH THIS.
11. ANY CHEERLEADER WITH 1 UN-EXCUSED ABSENCES OR EXCESSIVE TARDINESS (3 TARDIES = 1 PRACTICE), MAY BE REMOVED FROM COMPETITION AT THE COACHES AND CHEER DIRECTOR'S DISCRETION, WITH BOARD APPROVAL. MISSING PRACTICES DELAYS THE PRACTICE TIME NEEDED TO PERFORM DIFFICULT STUNTING ROUTINES. WITHOUT EVERYONE PRESENT AT ALL TIMES, IT MAKES IT IMPOSSIBLE FOR EVERYONE TO PERFORM AS A TEAM.

POINTS SYSTEM

Points are given to the cheerleaders (not including mascots) for each daily practice and each game.

Daily Practice	3 points
Games	5 points

Points are taken off for the following reasons:

Tardy to a practice	1 point
Tardy to a game	3 points
Out of dress code	2 points
Disrespectful behavior	2 points
Unexcused Absences	3 points

If a head coach takes points for any reason beside the above, it will be cleared through the cheer director, president, or executive board. Only school related functions (Open House, etc.) are considered excused absences. All absences must be called in **PRIOR** to missing the day. Coach must receive a call before the start of practice or games or all points are lost.

HOMEcoming

At our annual homecoming dance, a princess/queen is chosen from each cheerleading team. They will be announced at the dance and will dance with their division football prince or king. The princess/queens are chosen by which cheerleader has the most points. Points are gained in the following three ways:

Points for Attendance/Dress Code/
Behavior:

Each cheerleader will receive points and lose points throughout the season based on them being at practices/games on time, being in dress code, and their behavior

Points from the team:

Each cheerleader will vote on who they would like to be their Princess or Queen. THEY CAN'T PICK THEMSELVES.

Points for Spirit/Motions

Jumps/Tumbling:

Each cheerleader will be judged on spirit, basic cheer motions, and tumbling

Points for a routine:

Each cheerleader will perform a routine and show it to a panel of judges (Jr Coaches from Eagles and Bulldogs).

Homecoming is a fun and exciting night for the girls and boys of
H.Y.F.

CERTIFICATION

Cheerleaders are not required to certify under PYFL guidelines. The following forms will be required.

- H.Y.F Registration Form -completely fill out the membership form.
- PLYF Contract, completely filled out.
- Physical Examination Form -proving that the player has completed a physical Examination by a physician within the past twelve (12) months, and has been cleared to cheer.
- Report Card- We need a COPY of your child's Final Report Card for the 2015-2016 school year.
- Birth Certificate -We need a COPY of your child's Birth Certificate. The birth certificate copy will be held by head cheer coach until after competition season, in the event age divisions are challenged. You may send for your child's birth certificate by writing to the Los Angeles County Registrar or by visiting their Lancaster office:

By Mail:
Birth Records
L. A. County Registrar-Recorder
P.O. Box 120
Los Angeles, CA 90053
(213) 974-6621

Lancaster Office:
Birth Records
L. A. County Registrar-Recorder
1028 West Avenue
Building J2
Lancaster, CA
(661) 945-6446

Call the office in Los Angeles to verify the cost BEFORE sending your request for a birth certificate. Mailed requests take approximately fifteen (15) days. Call the Lancaster office for hours. Please start your request NOW.

Physical forms **MUST** be presented on or before the first practice day. Any child that comes to practice without a physical form **WILL NOT** be allowed to practice. This is a requirement of our insurance company and there are **NO EXCEPTIONS**.

IMPORTANT DATES TO REMEMBER

Uniform Fitting

June 11th & July 9th Enrollment will determine need for additional fitting.

***A parent must be present at uniform fitting to sign off on sizes. Uniforms cannot be returned for incorrect sizing. If a parent is not present for sizing, HYF and Cheer will not be held liable for ill-fitting uniforms. All money will be paid directly to uniform company.

Clinic Location for Bulldogs: Marie Kerr Park 39700 30th St West, Palmdale, Ca 93551

Clinic Location for Eagles: Marie Kerr Park 39700 30th St West, Palmdale, Ca 93551

May 21, 2016 - Conditioning Clinic
9:00 a.m. – 11:00 a.m.

June 11, 2016 - Conditioning Clinic
9:00 a.m. – 11:00 a.m.

July 9, 2016 - Conditioning Clinic
9:00 a.m.-11:00a.m.

July 28, 2016 – Balance must be Paid in Full. UNIFORM/REGISTRATION

July 28, 2016 – Mandatory Parent Meeting w/ Asst. Cheer Director
Highland High School (Cheer)
6:30 p.m.

July 28, 2016 – Mandatory Parent Meeting w/ Cheer Director
Lancaster High School (Cheer)
6:30 p.m.

July 25, 2016
First day of practice

Bulldogs at Highland High School
Eagles at Lancaster High School
5:30 p.m. to 7:30 p.m.

Without a physical, your child DOES NOT practice.

We will move to Marie Kerr Park in September. You will be notified as to the specific date.

Highland Youth Football

PARENT GUIDELINES

CONDUCT

- A. Parents are welcomed and encouraged to attend practices as well as games. **However, parents are not to disrupt the coaches or practices/games in any way.** If you have a problem or need your child to leave practice early, please inform the Head Coach or Team Manager before practice or speak to the Team Manager only during practice.
- B. No alcohol, smoking, foul or abusive language, or **pets** at any practices, games, or HYF functions.
- C. Parents and spectators are required to stay a minimum of 30 feet away from practice areas and playing fields. Our team can be penalized during a game for violation of this rule. Parents interfering with practices may be asked to leave.
- D. Parents are to conduct themselves in a positive manner at all practices, games, and HYF functions. Any misconduct of parents, spectators, or others at any HYF function can result in ejection from that site.
- E. Parents are responsible for player attendance and notifying the Team Manager if player cannot be there. This is a team sport and every member of the team is important and counted on.
- F. Parents are responsible for reading and following all written materials sent home. Parents are expected to familiarize themselves with all the rules and guidelines for their child(ren) as well as themselves.
- G. Parents are responsible for their child(ren) at all times (before & after the games & practices).
- H. No one will be allowed under the bleachers at any time.
- I. No negative yelling at or belittling of the referees, coaches, Board members, or players/cheerleaders.

DISCIPLINE

A. Parents, relatives, or guests - Any violation of Highland Youth Football rules or regulations will result in one of the following actions being taken:

1. Verbal Warning
2. Suspension of Parent/Guest and/or player for one week from all practices and game
3. Termination of membership for parent **AND** player/cheerleader (No Refund).

Membership may be terminated by a 2/3 vote of the Executive Board members at a duly constituted meeting. The following Executive Board Members shall have the authority to discipline, eject, or suspend the membership of any member on the spot when the conduct of that member is considered detrimental to the best interest of the players and the organization: President, Vice President, Football Director, & Cheer Director.

B. Any parent, relative or guest involved in fighting or any type of wrongful physical contact at any practice, game, or HYF function will result in the following actions to be taken:

1. The local police/sheriff will be immediately called out
2. A member of HYF board will do a citizen's arrest for disturbing the peace and any other criminal charges pertaining to the incident.
3. Membership will be immediately terminated as HYF Board of Directors sees fit. If the member being terminated is a parent, their child's membership will also be terminated.

Highland Youth Football is a **youth** organization and this type of behavior will not be tolerated! We wish to keep the environment safe and fun for the children!

PRACTICE: First day of practice; July 25, 2016. Practice days and times: the first 2 weeks, Monday thru Thursday 5:30 pm to 7:30 pm. Beginning August 9th, Tuesday, Wednesday and Thursday, 5:30 pm to 7:30 pm. HYF reserves the right to change practice days and times due to field availability.

MANDATORY PARENT MEETING: All parents are required to attend the mandatory parent meeting. Location, date and time will be posted on the web site.

HIGHLAND YOUTH FOOTBALL MEDIA RELEASE: I/We hereby grant permission to Highland Youth Football (HYF), its representatives, and members to reproduce, adapt, and display in any and all media my child's name and/or photographs, silhouettes, or other reproductions of my child's physical image. I further give permission to HYF to reproduce, adapt, and display record of the sporting performance of my child that it may obtain as it pertains to the HYF sport he/she is participating in. I further release HYF from any claims or liabilities that I or my child by reason of the publication in any media whatsoever (including publication in or by any news media), use, adaption display or such use of my child's name and/or likeness.

EQUIPMENT WAIVER OF LIABILITY AND RELEASE: I hereby expressly waive, disclaim, and release Highland Youth Football, its members, agents, coaches, and facilities individually and in their official capacities from any liability, claim, suit, or expense including, but not limited to, negligence, for any injury or harm which may result from use of privately purchased football equipment.

PLEASE SIGN AND RETURN BY JULY 25, 2016

_____ YES, MY CHILD HAS MY PERMISSION TO PARTICIPATE IN ANY STUNTS THAT ARE PERFORMED AND IS NOT LIMITED TO ANY POSITION GIVEN TO HER BY HER HEAD COACH.

_____ NO, MY CHILD MAY NOT PARTICIPATE IN ANY STUNTING REGARDLESS OF POSITION, MY CHILD IS TO BE LIMITED TO SELECTED GROUPS.

I HAVE READ AND AGREE TO ABIDE BY THE RULES AND REGULATIONS STATED IN THE CHEERLEADING HANDBOOK. IF A PROBLEM ARISES, I AGREE TO SPEAK WITH THE HEAD COACH IN PRIVATE AND IN A RESPECTABLE MANNER. IF THE PROBLEM IS NOT TAKEN CARE OF TO MY SATISFACTION, I WILL THEN USE THE CHAIN OF COMMAND WHICH INCLUDES THE CHEER DIRECTOR, PRESIDENT, AND EXECUTIVE BOARD.

PARENT/GUARDIAN SIGNATURE _____

CHEERLEADER SIGNATURE _____

HEAD COACH SIGNATURE _____

NOTE: THIS FORM IS TO BE RETURNED BY JULY 25, 2016. IF NOT RETURNED BY THIS DATE YOUR DAUGHTER MAY NOT PARTICIPATE IN ANY STUNTING.

THANK YOU FOR YOUR COOPERATION.

HIGHLAND YOUTH FOOTBALL

EXECUTIVE BOARD