

Highland Youth Football



2014 PARENT PACKET

www.highlandyouthfootball.org

3053 Rancho Vista Blvd. Suite # H344
Palmdale, CA 93551

Highland Youth Football & Cheer

To: All Parents and Athletes

From: Highland Youth Football Board

On behalf of the Highland Youth Football Board, it is our pleasure to welcome you to the 2014 Season. Highland Youth Football (H.Y.F.) is comprised of the Highland Bulldogs and the Lancaster Eagles and is a non-profit organization that promotes youth sports of the Antelope Valley (Football and Cheerleading).

H.Y.F. 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 organization's 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 are here to resolve any issues that may arise as quickly as possible, please bring them to our attention.

President
Marnyke Winston
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Vice President- HYF Bulldogs
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Treasurer
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Secretary
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Equipment Director
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Football Director- HYF Bulldogs
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Football Director- HYF Eagles
Stacy Gentle
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Cheer Director
April Navas
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Athletic Director- HYF Bulldogs
Tiyana Morris
tiyana.morris@gmail.com

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

GENERAL PURPOSE STATEMENT

The Highland Youth Football 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. H.Y.F. 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 H.Y.F. form the Pacific Youth Football League (P.Y.F.L.)

P.Y.F.L. MEMBER CHAPTERS

Agoura/ Oak Park Chargers	Oxnard Panthers
Burbank Vikings	Palmdale Falcons
Camarillo Roadrunners	Santa Clarita Valley Warriors
Canyon Country Outlaws	Simi Valley Patriots
H.Y.F. Highland Bulldogs	Thousand Oaks Titans
H.Y.F. Lancaster Eagles	Valley Bengals
Lancaster Jets	Valley West Ravens
Moorpark Saints	Ventura Packers
Newberry Park Steelers	West Valley Rebels
North Oxnard Warriors	

CERTIFICATION

Certification will be held Saturday, August 16, 2014 or Sunday, August 17, 2014 place and time TBD. Each team must certify their players with P.Y.F.L. by showing proof of age, weight, academic eligibility, and address. In order to certify your child, we need the following items:

New:

- Completed H.Y.F 2014 Registration Form
- Completed P.Y.F.L. Contract
- Physical Examination Form - proving that the player has completed a physical Examination by a physician within the past six (6) months, and has been cleared to play tackle football.
- CDC Concussion Form
- Report Card- We need an ORIGINAL of your child's Final Report Card for the 2013-2014 school year.
- Current Utility Bill -for proof of residence. The utility bill name and address must match the player's name and address. Please be advised, any parent found falsifying residence may be suspended from playing for the H.Y.F. program and is subject to the same action from P.Y.F.L.
- Birth Certificate -We need an ORIGINAL of your child's Birth Certificate. Xerox copies are NOT acceptable. The birth certificate will be returned after certification. You may send for your child's birth certificate by writing to the Los Angeles County Registrar or by visiting their Lancaster office. Information provided below.

Returning Players:

- Completed H.Y.F 2014 Registration Form
- Completed P.Y.F.L. Contract
- Physical Examination Form
- CDC Concussion Form
- Report Card - We need an ORIGINAL of your child's Final Report Card for the 2013-2014 school year.
- Birth Certificate – Copy

By Mail:
Birth Records
L. A. County Registrar-Recorder
P.O. Box 489
Norwalk, CA 90651
(213) 974-6621

Lancaster Office:
Birth Records
L. A. County Registrar-Recorder
44509 16th ST West, Suite 101
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**.

GENERAL INFORMATION

PRACTICE DATES

The First day of practice is Monday, July 28, 2014.

Practice days and times: the first 4 weeks, Monday through Friday 5:30 p.m. to 7:30 p.m. After the first four weeks, Tuesday, Wednesday and Thursday, 5:30 p.m. to 7:30 p.m. Additional practices may be scheduled at the coaches' discretion per PYFL bylaws.

Highland Bulldogs Practices begin at Highland High School. We will move to Marie Kerr Park in September. You will be notified as to the specific date. Practice dates, times, and locations are subject to change based on field availability.

Lancaster Eagles practice will begin at Lancaster High School. We will move to Marie Kerr Park in September. You will be notified as to the specific date. Practice dates, times, and locations are subject to change based on field availability.

DROP OFF AND PICK-UP

Athletes should not be brought to the practice facility more than 15 minutes prior to the start of practice. Please pick up your children on time. Coaches are responsible for unattended children and can not leave until those children have been picked-up. Please be considerate to our volunteers. We do not want our coaches to become babysitters. You are welcomed and encouraged to stay and observe all practices. In fact, this would be a good opportunity to help the team. Sometimes your interest goes a long way towards your child excelling.

CONDITIONING

Every athlete is required to have a minimum of twenty (20) hours of conditioning before they are permitted to participate in one-on-one contact. All conditioning must be done at an official practice under the supervision of a coach. Conditioning activities from other sports are not acceptable and do not count towards the 20 hours. The H.Y.F. conditioning clinic does not apply towards the 20 hours. It is critical that your child attends every practice in the first two weeks, so they do not fall behind. Any time missed must be made up prior to physical contact. Athletes that miss 6 consecutive regularly scheduled practices at any point in the season may be subject to removal from the team by the executive board. This is a safety issue. Players are less likely to become injured when they keep a high level of physical conditioning. Removal for this reason is considered self-imposed.

PRACTICE UNIFORMS

During the first ten (10) hours of conditioning (first week of practice), players should wear a pair of comfortable shorts and football cleats. Underwear may not extend below the shorts or above the waistband. They should wear a mouthpiece. Helmets may be worn, although there will be no contact during this period.

During the second ten-hour period (week 2), players will still be in shorts, but will wear their helmet and shoulder pads. They will be permitted to hit tackling bags only. After the twenty hour conditioning period has elapsed, players will be required to wear all Issued protective gear, including:

- | | | |
|--------------------|------------------|------------------|
| * Certified helmet | * Shoulder pads | * Practice pants |
| * Chin strap | * Thigh pads (2) | * Knee pads (2) |
| * Hip pads (2) | * Tail pad | |

Protective equipment, i.e. helmet that is issued by the league shall not be altered in any form, including facemasks.

Items that are mandatory to wear and must be purchased that are not provided by H.Y.F. are:

- | | |
|---|----------------------------|
| * Mouth guards/Mouth piece | *Protective cup/jock strap |
| * Girdle (hold lower body pad set in place) | *Cleats * Socks |

Although water is provided, it is strongly recommended that all players bring a water bottle with their name on it to all practices.

NO JEWELRY MAY BE WORN AT ANY PRACTICE OR GAME

GAME UNIFORMS

H.Y.F. provides a certified helmet, chin strap, shoulder pad, (1) game pant, (1) practice pant, (2) belts, (1) tail pad, (2) hip pads, (2) thigh pads and (2) knee pads. These items are on loan to the player and must be returned in good condition at the end of the season. Players may not throw helmets, or cut or alter game jerseys in any way. Good condition also means clean. Cleaning and/or repair costs will be charged to parents if necessary.

EQUIPMENT

Equipment hand-out day occurs in Mid July. All parents will be required to sign for their players' equipment. If a player is unable to attend this first hand-out, a make-up day will be scheduled. Parents should make every effort to attend the first handout. For the protection of the athlete, they are required to wear a protective cup/jock strap combo (hard or soft cup), **football cleats** and a mouthpiece at all games. A girdle is required to hold the lower body pad sets in place.

All issued equipment by HYF (helmet, chin strap, shoulder pad, (1) game pant, (1) practice pant, (2) belts, (1) tail pad, (2) hip pads, (2) thigh pads and (2) knee pads) must be returned immediately after the last season/post-season game. HYF will schedule equipment return dates at Highland High School or other location assigned by the Equipment Director. Please ensure you receive a receipt and keep copies for all returned equipment. The parent or person issued the equipment will be held responsible for the full replacement cost up to **\$1000** if not returned. Additionally the player will be prohibited in future HYF participation. The team will not receive their team trophies until all players have turned in their equipment. Failure to promptly turn in all equipment may result in a delay of the teams' end of season party.

RAIN

Games and practices are almost always held regardless of the weather. If it is raining and you are in doubt, please contact your team manager.

ATHLETE'S CONDUCT

Athletes are expected to conduct themselves in a respectful manner. Disrespect to any coach, adult staff member, or other athlete will not be tolerated. Athletes are not to engage in any verbal or physical abuse of

others. All athletes are to remain in the designated area(s) under the supervision of a member of the coaching staff.

PARENT'S CODE OF CONDUCT

Parents and Guests are expected to conduct themselves in a respectful manner. Disrespect to any coach, adult staff member, or to any athlete will not be tolerated. Parents and Guests are not to engage in any verbal or physical abuse of others. The H.Y.F. Parent Guidelines are found at the end of this package.

GAME DAY

All home games will be played on Saturdays at Highland High School for Bulldogs and at Lancaster High School for Eagles. Most games will be played between 8:00 a.m. and 7:00 p.m. Away games will be played at the venue of the hosting P.Y.F.L. team (see page 3). Coaches will notify players of the appropriate time to arrive at game sites.

Game Schedule: Once the P.Y.F.L. has an approved game schedule, it will be posted on the website.

****Playoff games and Super bowl will run through November. Please note that schedules will not be available until the Wednesday prior to the first game. Your team manager will notify you as soon as they are available.**

GENERAL RULES

Only authorized personnel are allowed on the field during a game. That includes the sideline area. Parents are asked to watch the games from the stands. Decisions made by an official will be accepted as fair and called to the best of their ability. Players, cheerleaders, coaches, officials or fans shall not be criticized verbally or by gesture. Physical or verbal abuse **WILL NOT TOLERATED UNDER ANY CIRCUMSTANCES**. Participants or spectators that are unable to conduct themselves appropriately will be removed from the facility. Parents shall exhibit a demeanor of teamwork and respect at all times. Parents shall notify the team manager if their child will be absent or late for any practice or game.

EDUCATION

H.Y.F. believes that education is the most important priority for a child. Athletes are required to maintain a 2.0 grade point average (GPA) 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 GPA 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. Any player not having the minimum 2.0 GPA will not be eligible for any playoff games. If your child's grades drop, please speak to the coach. Players maintaining a 4.0 GPA will be eligible for the 4.0 Academic Awards given by the P.Y.F.L.

PAYMENT POLICY

Registration fees for the 2014 season are \$350 (\$275 membership, \$50 PYFL Raffle Tickets, \$25 HYF Raffle Tickets). Half of the Registration fees are due at sign-ups with the remaining balance due by July 1, 2014. Failure to have registration fees paid in full by July 1, 2014 will result in your child becoming ineligible to participate and/or the chapter holding your trophy, team pictures, etc. Equipment will not be issued until the balance is paid in full.

REFUND POLICY

We have a strict **no refund policy** after July 1, 2014 which you are required to acknowledge during the registration process. Please make sure your child wants to play before signing up. Costs are incurred, money allocated, and budgets are put in place based on every player who signs up. Since we are a non-profit organization money is tightly budgeted based on the number of players that sign up.

ABSOLUTELY NO REFUNDS AFTER JULY 1, 2014. NO EXCEPTIONS!

AGE AND WEIGHT DIVISIONS

September 1st will determine the playing age of a player for the current season.

2014 Weight Chart

A ten (10) pound weight gain during the season is allowed based on the top weight for ages based on the chart below. Exceptions: Bantams age 11, Midgets age 12 and Juniors age 13 will be allowed only a five (5) pound weight gain during the season.

Birthdate is as of 9/1/2014

GREMLINS Age Max Wt.	PEE-WEES Age Max Wt.	BANTAMS Age Max Wt.	MIDGETS Age Max Wt.	JUNIORS Age Max Wt.	SENIORS Age Max Wt.
6 - 100 lbs.	8 - 115 lbs.	10 - 130 lbs.	11 - 145 lbs.	12 - 160 lbs.	13 - 190 lbs.
7 - 100 lbs.	9 - 115 lbs.	11 - 75 lbs.	12 - 95 lbs.	13 - 105 lbs.	14 - 190 lbs.
					"X" Man Unlimited Wt.

*** X MAN PLAYER RULES APPLY**

1- CANNOT TURN 13 PRIOR TO 9/1/14

2- CANNOT TURN 14 PRIOR TO 9/1/14

Athletes must turn at least 6 years old prior to September 1, 2014. NO Player may be older than 14 years old. Players that are 14 years old and turn 15 prior to September 1, 2014 are ineligible to participate. Any athlete in high school (9th grade or higher) is ineligible to participate.

In the event that a division needs to form multiple teams, your child will be placed based on a skills assessment. Draft Day will TBD.

IMPORTANT DATES TO REMEMBER

Clinic Location for Bulldogs: Highland High School 39055 25th St West, Palmdale, 93551

Clinic Location for Eagles: Lancaster High School 44701 32nd St West, Lancaster, 93536

June 7, 2014 - Conditioning Clinic
8:00 a.m. – 10:00 a.m.

June 21, 2014 - Conditioning Clinic
8:00 a.m. – 10:00 a.m.

July 5, 2014 - Conditioning Clinic
8:00 a.m. – 10:00 a.m.

July 12, 2014 - Conditioning Clinic
8:00 a.m. – 10:00 a.m.

July 1, 2014 – Balance must be Paid in Full.

June 7, 2014 - Mandatory Parent Meeting w/ President
Lancaster High School
8:30 a.m. (Lancaster Eagles Football) / Cheer 9:30 a.m.

June 21, 2014 – Mandatory Parent Meeting w/ President
Highland High School
8:30 a.m. (Highland Bulldogs Football) / Cheer 9:30 a.m.

July 28, 2014
First day of practice

Bulldogs at Highland High School and **Eagles** at Lancaster High School
5:30 p.m. to 7:30 p.m.
Without a physical, your child DOES NOT practice.

Player Certification: Saturday, August 16, 2014 or Sunday, August 17, 2014 place & time TBD.

MANDATORY FOR ALL PLAYERS TO HAVE SUBMITTED ALL PAPERWORK AS THERE IS ONLY ONE CERTIFICATION DAY.

In the event a player is not able to attend the August certification, the player may request an early certification. Early certifications will be scheduled by appointment only starting in July.

The player must have all documentation:

- Written Letter from Guardian for Reason
- Registration Form
- Picture (Pasted or Taped to Registration Form)
- Birth Certificate (Copy for Returners, Original for New Players)
- Proof of Residence (Utility Bill, Phone Bill or Letter from School Attending on Letterhead)
- Physical Form

AND ALL IN A SHEET PROTECTOR

**All Practice dates, times, and locations are subject to change based on field availability.*

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 can not 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 games
 - 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, or 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 Monday, July 28, 2014. Practice days and times: the first 4 weeks, Monday thru Friday 5:30 pm to 7:30 pm. After the first four weeks practices will be held Tuesday, Wednesday and Thursday, 5:30 pm to 7:30 pm. Additional practices may be scheduled at the coaches' discretion as per PYFL bylaws. 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 meetings. Highland Bulldogs will meet at Highland High School June 21, 2014 8:30 a.m. Lancaster Eagles will meet at Lancaster High School June 7, 2014 at 8:30 a.m.

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.