



Oro Valley Youth Football and Spirit Program

Building Bright Futures

PARENT HANDBOOK 2006

PURPOSE AND OBJECTIVES

The primary purpose of the Oro Valley Dolphins Youth Football and Spirit Organization is to operate and maintain an organized youth football and spirit program, to familiarize the participants with the fundamentals of their sport, and to provide them an opportunity to participate in an adult-supervised, organized, and safe environment.

Our objective is to make the program available to as many interested boys and girls in Oro Valley as possible, and to teach them good sportsmanship, fair play, and a love for football and cheerleading. This objective will be reached by providing supervised competitive and non-competitive athletic games. The officers and coaches shall bear in mind that the attainment of exceptional athletic skill or the winning of games is secondary, and that the molding of future citizens is of prime importance.

ELIGIBILITY

Football

Any child who resides within the boundaries of the OV Dolphins organization and who wishes to play is eligible to participate as long as their age and weight conform to the following parameters:

<u>Division</u>	<u>Age*</u>	<u>Weight**</u>	<u>Exceptions***</u>
Flag	5-6-7	No weight limit	
Mitey Mite	7-8-9-10	45-95	10 yrs max of 69 lbs
Jr. Pee Wee	8-9-10-11	55-105	11 yrs max of 84 lbs
Pee Wee	9-10-11-12	70-120	12 yrs max of 99 lbs
Jr. Midget	10-11-12-13	80-135	13 yrs max of 115 lbs
Midget	11-12-13-14-15	100-160	15 yrs max of 140 lbs

This is not the complete weight schedule – please refer to federation website for complete details. This is to provide a basic understanding only.

**Age as of July 31st*

*** Players are allowed to gain 1 lb. per week starting with the 2nd game of the year*

**** Weight only applies to football players*

In accordance with Tucson Federation regulations, we are allowed to carry a maximum of 35 players on a team. If we have an unusually large number of registered players, more than one team may be formed within the same age and weight group.

Cheerleading

Any child who resides within the boundaries of the OV Dolphins and wishes to cheer is eligible to participate as long as they fall into the following age groups. Cheerleaders must be at least 5 years old on or before July 31st and not older than 15 on July 31st.

Cheerleaders will be assigned to a cheering team according to their age. For example, a 10-year old could be assigned to a Jr. Pee Wee, Pee Wee or Jr. Midget squad. The assignments will be decided by the Dolphin Spirit Directors and is dependent upon the number of participants who register. If there are not enough participants or coaches for a certain Team or age group, girls might be reassigned to another squad or registration fees refunded.

REGISTRATION AND CERTIFICATION

Participants cannot begin practice until all of the following have been provided to the Dolphins organization:

1. Copy of birth certificate or other proof of age
2. A complete Medical Form dated after January 1, 2006 and signed by a physician, certifying that the player is physically fit to play sports
3. A complete player application, signed by parent or guardian
4. Copy of school report card for the full 2005-2006 school year
5. Registration fee paid in full by August 1st (\$150 for tackle football/spirit and \$100 for flag football)
6. Code of conduct form, signed by player and parent or guardian

SCHOLASTIC PROGRAM

Standards and Eligibility

A player/cheerleader must have a grade point average of 2.0 or higher to participate in football and spirit. If the grade point average drops below a 2.0 then he/she can only participate with written approval from the administrator at their school, along with their parent's written approval. A report card is needed to verify eligibility. *All players and cheerleaders are required to maintain a "C" or better grade in all core subjects.*

Participation in the Oro Valley Dolphins program should be secondary to academics. If at any time it is brought to the attention of the Dolphins board that a child is failing in school due to their participation in football or spirit, the Board will meet with that child and his/her parents to discuss the matter. If necessary, the Board will suspend the participant until his/her grades improve.

Recognition

Any child that maintains high scholastic achievement during the season will be eligible for a scholastic award. Each year parents are asked to complete a scholastic form for their football player or cheerleader. This form, along with the participant's report card, is used to develop a total score. The scholastic form is worth 15% of the total score and is graded in three areas: Honors, Extracurricular Activities/Community Involvement, and Community Activities. The report card is worth 85% of the total score.

This evaluation is done by a committee comprised of members of several organizations under Tucson Youth Football and Spirit. The scores are used to select three scholastic teams (1st, 2nd and 3rd Scholastic Team). All players that are selected for a scholastic team receive an award and are invited to attend an awards ceremony in the spring following each season. Please

complete the form and provide the necessary paperwork so that your football player or cheerleader is eligible for this recognition.

PARTICIPANT INELIGIBILITY

Mandatory Cuts

Any player is considered ineligible, and must be cut from the roster, who

1. Weighs 10 or more pounds above the maximum weight for the selected division of play at the time of certification (official weigh-in)
2. Weighs 3 or more pounds less than the minimum weight for the selected division of play at the time of certification (official weigh-in)
3. Is found to have signed up as the result of parental pressure or who tells team management he does not really want to play
4. Refuses or cannot provide the 5 required registration items: parent-signed application form, medical examination, proof of age, report card and code of conduct.
5. Is found to be simultaneously trying out for or (after the season starts) playing for a school tackle football team. Participation in a school flag football team, if required by the curriculum of the school PE program, is allowed.
6. Attempts to intimidate fellow players in practice by word and/or physical deed.
7. Is a disciplinary or attendance problem
8. Whose parents/family members or friends exhibit unsportsmanlike conduct in front of the coach or other spectators (see Fan Code of Conduct)

In the event that a cheerleader is found to be unable to cope with the physical requirements of cheerleading, the problem will be discussed with the parent/guardian before any action is taken.

Voluntary Drop

A player shall be considered a voluntary or "self cut" player when he simply no longer shows up for practice or games.

CERTIFICATION

Football

All participants that have been put on a team roster must be certified. Certification includes the verification of each player's age and weight. The Tucson Federation conducts certification, verifying age by the birth certificate. Weights are verified in the presence of the Commissioner, and if all requirements are met, the player's identification card with picture and certification form is stamped "approved". The current year's report card is required to complete certification and insure academic eligibility.

Certification is usually held in mid-August with season play beginning soon afterwards. No player can participate in any games unless he is certified. There is no make-up day.

Cheerleading

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EQUIPMENT

Football

Each player will be issued the following equipment:

Helmet with face mask and chin strap	Shoulder pads	Hip girdle with pads
Game Jerseys (two)	Thigh Pads	Practice pants with belt
Game pants with belt	Knee Pads	Game socks

This equipment must be signed for and turned in at the end of the season. In addition, each player is expected to provide his own mouthguard, shoes/cleats, practice jersey/shirt, practice socks, athletic supporter and cup. Mouth guards must attach to the helmet face mask.

Cheerleading

Each cheerleader will be issued the following equipment:

Uniform skirt	Shell top	Mid-driff top
Pom-poms	Cheer Shoes	

All uniform items and pom-poms, with the exception of the shoes must be signed for and returned to the Dolphins at the end of the season. In addition, each cheerleader is expected to provide her own socks, practice shoes, bloomers and "kick pants". Additional items and travel costs might be needed for competitions.

PRACTICES AND GAMES

Location

All practice sessions will be held at CDO High School, unless otherwise noted. The Dolphin's organization has a contract with CDO for use of the practice fields and, as part of this contract, CDO's rules and guidelines must be adhered to. Parents will be notified of off-limits areas, parking restrictions, etc. as they apply to our use of CDO's facilities. Please keep in mind that our adherence to these rules influences the Dolphins ability to use these fields in the future.

Attendance

It is the responsibility of each participant's parent/guardian to provide transportation to and from all practice sessions and games. *Coaches are not permitted to provide transportation to any child, unless they are related to that child.* On days that it is difficult for you to bring or pick up your child, you must make arrangements with another parent. Children who are not picked up at the end of practice by their parent/guardian *may be dropped from the team after the second warning.*

Attendance at all practices sessions and games is mandatory and necessary. It is hard on any player or cheerleader to miss practice or a game, and it is difficult for the coach to plan. *If you must miss practice due to illness or injury, please call your Head Coach as far in advance as possible.*

Practice Schedule

The Head Coach of each team will set practice days and times. As a general rule, practice begins on August 1st for tackle football and spirit and on August 8th for flag football. From

August 1st until late August there will be a maximum of 5 practice sessions per week (Monday thru Friday). Practices are a maximum of 2-1/2 hours long (for a total of 10 hours per week). Break times are not included as practice time. Football practice is usually 6-8:15pm and flag football and cheer is usually 6-7:30pm.

After regular season games begin, practice sessions will be reduced to a maximum of 6 hours per week. Practice days will usually be on Monday, Wednesday and either Thursday or Friday. If the CDO game is away, practice will be on Friday.

Game Schedule

All home games will be played on Saturdays at CDO High School. Games might be on the main "stadium" field or on the lower CDO practice field. Regular season away games will be played within the city of Tucson, and could include games in Sahuarita and Vail. Times will vary based on opponent's schedules. There is the possibility of travel outside of the Tucson area and outside the state (the latter usually for invitation bowl games). Tucson Federation will host playoff and championship games, and there is usually an end-of-season "bowl game" for flag football.

Cheerleading Competitions

City and National Competitions are held in Florida this year. Travel may occur depending upon schedules, etc.

CONDITIONING

During the first week of practice, beginning August 1st, participants are subjected to a vigorous training program that is designed to build the strength and stamina needed to cope with physical contact. Good diet and sleep habits are a must for an athlete. A good diet will give you the source of energy your body needs, and good sleep habits allow your muscles to rest properly and gain the strength needed in a contact sport. Hydration is especially important, as it is still very hot during practices and games at the beginning of the season. Players and cheerleaders should bring a large bottle of cold water to every practice and game. It is recommended that no food be eaten 1-1/2 hours before practice or games. Eating immediately before practice or games may cause cramping. Also, it is recommended that players not participate in swimming or other strenuous exercise for approximately 3 hours before practice or games.

MANDATORY PLAY RULE (Football)

The MPR gives each player on the roster a minimum number of plays per game. This minimum number is based on the total number of players playing in that game. *The MPR guarantee of plays applies to all games; pre-season, regular season, out-of-conference games, local playoff and championship games, and invitational jamboree or bowl games.*

Each team provides a spotter who counts plays by jersey number during the game to insure that every player reaches his minimum number of required plays.

The right to guaranteed playing time (via the minimum number of plays) may be denied a player for disciplinary reasons provided those reasons are the result of published team policy.

PARTICIPANT AND PARENT CONDUCT

Please review the code of conduct you have signed – everyone is expected to abide by these guidelines.

The Role of the Parent

The support of parents is essential to the success of any youth program, but this support should be off the field and restricted to volunteer activities and appropriate fan support in the stands. Parents must clearly understand the aim of the OV Dolphins program, which is to teach good sportsmanship, fair play and a love for the sports of football and cheerleading.

Parents should never interfere with the operation of the team. The coach is the best judge of the players' abilities and parents should not question the use of players, plays, strategy, stunt assignments, etc. The coaching staff will be available after each practice or game to answer your questions.

The rules of the OV Dolphins and Tucson Federation, as well as city and county ordinances, state that alcoholic beverages and/or drugs are not allowed on school premises at any time. Teams will be penalized for any violation by a participant's family member or friend, and may be required forfeit a game. Violators will also be prosecuted to the full extent of the law.

Fan's Code of Conduct

Fans will abide by a Code of Conduct, which includes these provisions. Fans shall:

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

Zero Tolerance Policy

The OV Dolphins and Tucson Youth Football subscribe to a Zero Tolerance Policy and will not tolerate the abuse of rules or policies by any fan, parent, coach or participant. This policy is designed to protect the children and volunteers who run this organization.

Any parent or fan that violates the codes of conduct jeopardizes further participation by his or her child in the football or cheerleading program. The procedure for violations is as follows:

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

Parent Volunteers

There are many areas for parents to be involved in the OV Dolphins organization. Team management will be asking for volunteers to help at the games in such roles as timekeeper, down marker, spotter, etc. In addition, each team will be required to provide volunteers to run the snack bar during practices and home games. Volunteers are also needed to assume official roles during the season, including business manager, team parent, special events coordinator, etc. Specific needs will be required of each team during events like opening ceremonies and scrimmage day. *Please volunteer and help out as it makes the coaching and management staff's duties much easier to manage.*

BOARD MEMBERS

The OV Dolphins strive to maintain clear and complete communication between the board and the families involved in football and spirit. If you have questions about any area of the program or would like more information, please contact the appropriate board member below.

Name	Title
Doug Braunreiter	President
Adam Watters	Vice President
Kirstin Berson	Secretary
Anthony Washington	Treasurer
Kelly Braunreiter	General Manager
Amy Worthen	Asst. General Manager
Josh Campbell	Athletic Director
Sam Ross	Equipment Manager
Tomas Soto	Federation Rep.
Mike Palmares	Field Marshall
Jim Vartanian	Field Operations
Joe Ventimiglia	Fundraising
Julie Olivarez	Cheer Director
Lauren Hagan	Merchandise
Suzi Longville	Scholarship
Sherri Medina	General
Tammy Sargent	General
Jennifer Larkin	General
Valerie Bracy	General
Ed Bracy	General
John Murphy	General
Ed Coronado	General
Kirby Bollnow	General
Dave Allen	General

Dolphin Contact Numbers

<u>Name</u>	<u>Title</u>	<u>Phone Number</u>	<u>Cell Number</u>
Doug Braunreiter	President	797-2906	990-5587
Adam Watters	Vice President	575-9539	370-4497
Julie Olivarez	Cheer Director	575-2793	440-6623
Kelly Braunreiter	General Manager	797-2906	271-6994
Lauren Hagan	Communications	531-5336	548-7335

KEY DATES

Every effort will be made during the season to communicate schedules and important events as soon as they are available. However, please keep in mind that the Dolphins are often waiting for schedules to be finalized by the Tucson Federation. While subject to change, below are key dates to keep in mind:

July 31: Tackle football and spirit practices begin
Aug 7: Flag football practices begin
Aug 17: Certification (tentative)
Aug 18: Dolphins Opening Ceremonies (held at practice fields)
Aug 19: Dolphins Scrimmage Day (held at practice fields)
TBA Cheerleading JAMZ Competition
Sep 2: Regular season tackle football games begin
Sep 9: Regular season flag football games begin
TBA Picture day (at practice fields)
Beginning of December is the AYF National Championships in Florida

RAIN AND LIGHTNING POLICY

The weather is uncertain during August and September. It may be raining within the Dolphin boundaries but it may not be raining at the practice field. Due to several factors, we are not able to call people to inform them of a cancellation of practice. Parents should be advised to come to the practice field on each night that practice is scheduled even if it looks like we may not practice. Practice may be held in the rain, but not if there is lightning. It may begin to rain and lightning after practice has already started. Parents should be advised to remain at practice to pick up their child if the weather is threatening. There are very few places that people can go for cover at our practice field during a storm. We will have over 300 people that will need to be moved off of the field and into a safe and dry place in the event that practice gets cancelled or suspended after it starts. *It is **CRITICAL** that parents are at the practice field when this occurs.*

The following individuals have the authority to cancel or suspend practice either prior to or after the commencement of practice:

President: Doug Braunreiter
Vice President: Adam Watters
Athletic Director: Josh Campbell
Field Marshall: Mike Palmares

Any coach can suspend or cancel practice for his or her team if it is felt that practice is not safe for that team. Parents also have the choice to pull your child off the field at any time if you feel it is an unsafe environment. Please just let your coach know that you are taking your child so that we can account for everyone.

The criteria for determining whether to cancel or suspend practice shall include:

- ◆ Safety of the participants
- ◆ Lightning in the area
- ◆ Condition of the playing field
- ◆ Likelihood that the weather will clear

Cancellation Before the Commencement of Practice

In the event that practice is cancelled before the regular commencement time of 6:00 p.m., individuals will be standing at the entrance to the bridge to the practice fields at the end of the parking lot (not at the entrance to the parking lot from Calle Concordia). This will allow parents to turn around by traveling through the parking lot and avoid delays and unsafe situations on Calle Concordia.

Suspension Before the Commencement of Practice

In the event that practice is suspended before the regular commencement time of 6:00 p.m., individuals will be standing at the south end of the footbridge and will advise players to remain in their cars until they are notified that it is safe to begin practice.

Suspension After the Commencement of Practice

In the event that it is necessary to suspend practice after it has already begun, an authorized individual will blow his or her whistle continuously while making a circular motion with his or her hands. Everyone will leave the field and proceed to building T, which is the first building that is directly south of the practice field. There are overhangs on the north and south side of this building. Once it is determined that it is safe to return to the field, all head coaches will be notified.

Cancellation After the Commencement of Practice

In the event that it is necessary to cancel practice after it has already begun, an authorized individual will blow his or her whistle continuously while making a crossing motion over the head with his or her hands and arms. Everyone will leave the field and proceed to their vehicles to depart. Practice will not resume that evening.

If a participant's parents are not at the field at the time of cancellation, a coach must escort the participant(s) to Building T and remain with the participant(s) until the parent(s) arrives. This applies to all teams and all participants. Building T will provide one central location for parents to go in order to find their children. *No one should proceed to any other area unless there is sufficient danger in attempting to proceed to Building T.*

