

Valley View Junior Cougars Football Organization



2010 Handbook

Officers

Chris Conserette, President
Dave Strumsky, Vice-President
Scott Mackinder, Treasurer
Angela Ceccarelli, Secretary
Alonzo Ver-Non, Football Rep
Stefanie Camoni, Cheerleading Coordinator
Paul Chorba, Sergeant At Arms
Kim Conserette, Fundraising Coordinator

www.juniorcougars.com

Thank you for joining

*The Valley View Cougars
Junior Football Organization*

We strive to provide the best experience your son or daughter can have while cheering or playing for our organization.

We do not tolerate harsh treatment or disrespect of our participants. We do ask our participants to act with courtesy and show the kind of respect that should be afforded any coach.

The success we have achieved thus far comes from the hard work of many dedicated individuals. We do this for the selfish reason that it makes us feel good inside to provide an activity for the kids in our organization that they truly seem to enjoy. We don't expect a pat on the back, just your understanding that we are trying our best.

We will provide you with handouts on the events of the organization on a weekly or bi-weekly basis during the season. Read them and you should be up to date on what is going on. They will be posted on the website.

Visit our website—www.juniorcougars.com to find out the latest information available.

Attend our monthly meetings the third Sunday of the month at the Jessup VFW and you may find out that we make decisions by consensus. Your opinions can count too.

Thank you and enjoy the season.

Valley View Cougars Jr. Football Players & Cheerleaders

Practice Schedule

*** Mon. July 26th thru End of Season ***

Players:

Monday-Friday 6:00 to 8:00

I-Team M-Th 6:00-7:30

At Jessup Memorial Field, Hill Street in Jessup (Kid's Corner)

Cheerleaders:

Monday-Thursday 6:00-8:00

I-Team Tues-Thurs 6:00-7:30

Practices will change to Tuesday, Wednesday, and Thursday the week school starts.

Any changes will be noted in the update or on the website. Updates will be handed out, posted on the website, and emailed on a weekly/bi-weekly basis to keep the kids and their family up on all that is happening in our organization.

**Remember always check out the website at www.juniorcougars.com

If practice has to be cancelled due to weather, you will be contacted by your coaches by 5:00-5:15.

If you do not receive a call, be at practice.

If a make-up date is needed, Saturday may be required.

If anyone has a phone number change, you must report it immediately to:

Players:

Alonzo Ver-Non

604-1787

Cheerleaders:

Stefanie Camoni

766-1914

If you must miss practice, call your team representative at least one hour before practice.

To all Members:

- When handing in money for any reason always have it in an envelope with your name printed on it and the purpose of the payment. Checks/Money Orders are preferred.
- Please be at practice 10 minutes prior to the start of practice to make sure you are ready when it begins.
- No cursing or ridiculing of any other player/cheerleader during practice or games.
- If your fundraising is not completed by the deadline stated, you will not be eligible to participate in the games.
- Every child participating in the organization must raise \$60.00 in fundraisers. Additional fundraising may be required.

PLEASE HANG DRY ALL UNIFORMS AND DO NOT BLEACH!

Football Players:

- Any unexcused absences from practice may result in you being exempt from the six play rule.
- Do not wear your game jersey or game pants to practice, unless instructed otherwise by your coaches. ~~Practice pants are supplied to you.
- If you do not come to practice fully equipped you will not be able to participate.
- You will be issued 1 mouthpiece. If you need another there will be a \$1.00 charge for each additional one needed. Mouth pieces must be attached to helmet and cannot be clear.
- Parents should keep in mind that if their player is over their weight limit, they will not be able to play in the games.
- Parents with players 6 yrs. and under are required to stay throughout practice.
- Absolutely no alteration to the uniforms or you will be charged for the uniform.

Cheerleaders:

- Parents with cheerleaders 6 yrs. and under are required to stay throughout practice.
- If a child is sick at practice, the parent/guardian will be called at the phone number provided on the registration form, the cheerleader must then be picked up.
- Everyone must wear comfortable clothes and sneakers to practice.
- No hoop earrings, necklaces, or bracelets are to be worn during practice or games.
- For games, we supply the following: skirts, vests, socks, and lollipops
- You must purchase the following:
 - Small white leather sneakers (Lazer Graphics)
 - Bodysuits for under vests. (Lazer Graphics)
- No eating during the games.
- No alteration to the uniforms without permission from the Cheer Coord.

**Cheerleading Competition—Saturday September 25th at West Scranton.
Rain date is Saturday Oct 2nd.**

The 2 weeks prior to competition, all practices are mandatory!

Any absences from practice during this time may keep you from competing.

Game Day!

All home games will be played at Henzes Memorial Field (Cougar Stadium) on Main St. in Peckville.

Stadium opens at 10:15

I-Team games will start at 11:45

C-Game will start at 1:00

B-Game will start at the conclusion of the C game

And the A game will start at the conclusion of the B game.

I-game will have no running clock and no score will be taken. Teams will line up at the 50. Each team will run 10 on defense and 10 on offense. Teams will keep alternating until the hour is up. Coached will be on the field to help teach and guide the kids.

C, B, and A games will play 8 minute quarters with scores and officials. A-games may play 10 minute quarters if both teams have 20 or more players. A team only!

We play 8 regular season games with one pre-season game and at least one playoff game. All teams will make the playoffs with the exception of the I-team. The I-team will participate in the annual ACC All Star Game, usually the Saturday before the final regular season game.

Most games will be played on Sunday with some Saturday night games. Check website for updates.

Banquet

Our annual banquet will be held on December 19th at the Montdale Country Club. Seating will begin at 3:00 with dinner to be served at 3:30. Buffet Style.

Cost is: Adult \$16.00

Child (4-10) \$10.00

Under 3 Free

Players and Cheerleaders are free

We have had 600 people at our last two banquets so we really try and plan ahead. Tickets will be on sale during equipment turn in at the end of the season.

No tickets will be sold at the door. People will not be able to be seated before 3:00!

We have had tremendous success with our raffle baskets at the banquet. Everyone has been tremendous in donating all the gift baskets, gift certificates, etc. If you would like to donate a basket or gift certificate just let us know. Email us at juniorcougars@AOL.com.

Valley View Cougars Jr. Football Organization
2010 Fundraiser

Ticket Raffle/Stand

Each child participating within the organization must sell 20 raffle tickets at \$3.00 each (total \$60.00).

Tickets will be handed out during football equipment hand out and the first two days of practice. Tickets must be handed in by August 13th. It is your responsibility to pick them up. Please pick them up at the concession stand during practice.

Any monies not received by the due date will lead to your child being ineligible to participate in any games until the money is received.

Any child electing to not participate in the 2010 fundraiser will be required to pay an additional \$60.00 to their registration fee.

A parent/guardian of each participating child is required to work at least one game during the season at the concession stand. A schedule will be available the first day of practice. If you do not sign-up for the stand during the first week, you will be assigned a time.

Refusal to work or failure to show up on the scheduled day will result in a \$50.00 fine.

Any unpaid fines will result in your child being unable to participate in the organization, which would include games, playoff games, banquet, or any awards.

Any questions concerning fundraising contact: Kim Conserette 383-7651

Additional fundraisers may be added at a later date when necessary.

Valley View Jr Cougars Agreement

This agreement is a part of the 2010 VVC Jr. Football Organization. Signing the registration form is an acknowledgment of this agreement and that you will abide by the following:

Registration Fee: one (1) child - \$50.00 two (2) or more children - \$70.00

A parent or guardian of each child is required to work at least **one** (1) game during the season at the concession stand, per child, up to two children. A schedule will be available once practice starts. If you have not signed up during the first week of practice, you will be assigned a time. Refusal to work or failure to show up on the scheduled day will result in a \$50.00 fine. Any unpaid dues will result in your child being unable to participate in any organization functions, banquet or any awards. **There will be a \$20.00 fee on all returned checks.**

Each member is required do the scheduled fundraiser each year.

Sell 20 - \$3.00 raffle tickets

Parent/guardian is only responsible for doing fundraising and working the concession stand for their first two kids. Any families with three (3) or more kids will not have to do any fundraising or concession work for the third child etc.

Uniforms and equipment will be supplied by the organization. Each member is responsible for the maintenance and return of the uniform/equipment furnished to them by the VVCJF. If they are not returned on the dates designated, the parent or guardian will be billed for the cost of their uniform/equipment.

Cost of the equipment if not returned is: **Football \$275.00 -Cheerleading \$160.00**

Thank You

VVCJF Board of Directors

Pictures

Team and individual pictures are taken by *Angela Ceccarelli Photography*.

Pictures of all our games will be taken by Angela and posted on the website for viewing or for purchasing. Team and individual pictures will be taken at stadium as they did last year. Packets will be handed out the prior week of practice. Picture day schedule is as follows:

Aug 8th

I boys 10:15
C boys 10:40
B boys 11:05
A boys 11:30

Aug 22nd

I girls 10:15
C girls 10:40
B girls 11:04
A girls 11:30

PARENTS CODE OF CONDUCT

Welcome to the 2010 season. As an organization, we are committed to achieving the general goals of Junior Football and Cheerleading. Briefly, we seek to teach the game of football and cheerleading in a safe and constructive environment. Children should come away from the program with elevated levels of fitness, discipline, sportsmanship, teamwork, and leadership. The Valley View Junior Cougars has grown to a level that we never imagined. As volunteers, it is very difficult to manage an organization of this size while achieving the goal of a fun experience in cheerleading and competitive contact football. Below are a few simple guidelines that will ensure the season will be safe, enjoyable, and hopefully successful.

All parents/guardians with children participating in the Valley View Junior Cougars Football Organization must abide by this Code of Conduct. Please read, sign, and deliver to your Head Coach on the first day of practice.

I/We agree to support the decisions of the volunteer coaching staff and understand that they work hard to evaluate the talent levels of all players and position them where they will contribute the most to the team and while best developing their individual skills.

I/We agree not to deliberately incite or participate in “unsportsmanlike” conduct at any Valley View Jr Cougar functions. I/We agree not to criticize, belittle, antagonize, berate or otherwise incite the coaches, players, cheerleaders, fans, and/or opposing team, coaches, cheerleaders or fans verbally or by gesture. Action will be taken as follows for any verbal abuse, physical altercations, intimidation and/or any other “unsportsmanlike” conduct:

First Offense: Parent/Guardian/Child(ren) will be removed from the game or practice.

Second Offense: Parent/Guardian/Child(ren) will be removed for the season.

Third Offense: Parent/Guardian/Child(ren) will be banned from any ACC program for the current and following seasons.

I/We agree not to use abusive or profane language at any time at Jr Cougar functions.

I/We agree to accept all decisions of the game officials, judges or conference officials as being fair and called to the best of their ability.

I/We agree to take responsibility for any actions that violate this code of Conduct by a guest or relative of attending parent/guardian.

I/We agree to be financially responsible for Jr Cougars equipment/uniform issues to player/cheerleader other than normal wear and tear. I understand that all equipment and uniforms need to be returned clean and in good condition.

I/We agree not to smoke or chew tobacco on the practice or playing field, or in the presence of a gathering of the team/squad.

I/We agree to abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance at any Jr Cougars Function.

I/We understand that each player is guaranteed a set number of plays during a regular season game. The ACC minimum play rule requires coaches to play a child at least 6 play, seeing the child has attended all practices.

PARENT CODE OF CONDUCT

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I/We agree to take part in all fundraisers and participate in working the concession. I/We understand that by not participating in the fundraising or the concession will lead to my child being unable to participate in practice or games, and/or not able to receive postseason awards. I/We agree to pay the \$50.00 fine if we don't fulfill our obligation in working the concession stand.

I/We agree to follow the proper Chain of Command when filing a complaint or voicing my opinion regarding any possible rule infraction.

The Chain of Command is as follows in the exact order show:

- A. Head Coach or Head Cheer Coach/Advisor of the team
- B. If your complaint is regarding the Head Coach/advisor, first speak with that coach/advisor, if possible
- C. Alonzo Ver-Non Football Representative, or Stefanie Camoni, the Cheerleading Coordinator.
- D. Chris Conserette, President of the Valley View Junior Cougars.
- E. Write a letter to the Valley View Junior Cougars Board of Directors, PO Box 56, Jessup, PA 18434

This is a copy of the Parent Code of conduct. You should have also received one that needs to be signed and returned to the head coach on the first day of practice.

Age Requirements and Weight Limits

Football:

I Team 5-6-7 by July 1st of current year. Weight limit 102 lbs.

C Team 8-9 by July 1st of the current year. Weight Limit 102 lbs.

B Team 10-11 by July 1st of the current year. Weight Limit 130 lbs.

A Team 12-13 by July 1st of the current year. Weight Limit 154 lbs.

If your child cannot make the weight limit he can move up. Once moved up, he/she cannot move down.

Cheerleading:

I team Kindergarten – 2nd Grade. Girls going into second grade that cheered last year have the option of moving up to C team. This is the final year 2nd graders may move up.

C Team 3rd-4th Grade

B Team 5th-6th Grade

A Team 7th-8th Grade

VALLEY VIEW STADIUM RULES

1. No Gatorade or other sugared sports drinks. This includes colorless Gatorade. **Water Only!**
2. No tobacco products of any kind. No smoking on school grounds!
3. No gum.
4. No food of any kind, especially sunflower seed and nuts on the field.
5. No high heels on cheerleaders/halftime performers. Sneakers only. This includes parents at Graduation.
6. No fire batons.
7. Only coaches (team & cheerleader coaches) with “field passes” will be allowed on the field. All “field passes” will be picked up at the entrance to the field.
8. Please have players enter and exit the field only at the gates located behind each end zone. Please, no jumping the fence.
9. All players not involved in the game being played cannot be on the sidelines until it is their turn. Once your game is over, you must exit the field immediately.
10. Practice field is located behind the visitor’s bleachers. You can enter the practice field own by the field house located at the far end of the stadium.
11. Absolutely no strollers allowed in the bleachers.
12. Please no profanity or ridiculing of any players or cheerleaders.

Thank you for your cooperation.

2010 Schedule

Sunday, August 8th

Valley View Jr Cougars VS. Valley View Bulldogs (Pre-Season)

Sunday, August 15th

Valley View @ Lakeland Jr. Chiefs

Sunday, August 22nd

Taylor Jr. Vikes @ Valley View

Sunday, August 29th

Valley View @ Old Forge Blue Devils

Sunday, September 5th

Dunmore Oilers @ Valley View

Sunday, September 12th

West Side Jets @ Valley View

Sunday, September 19th

Valley View @ Moosic Raiders

Saturday, September 25th

11th Annual ACCJF Cheer Competition at West Scranton

Sunday, September 26th

Pocono Mountain Cardinals @ Valley View

Saturday, October 2nd

Cheer Competition Rain Date

Sunday, Oct. 3rd

Valley View @ Wallenpaupack Jr. Buckhorns

Saturday Oct 9th

I-Team All Star Game @ West Scranton

Playoffs

Sunday, Oct 10th - Quarterfinals

Sunday, Oct 17th - Semi Finals

Sunday, Oct 24th Conference Championship

Sunday, Oct 31st Superbowl @ Pocono Mountain

