



## The Cougar Commitment 2017

### **Welcome to the Stoney Creek Junior Cougars Football & Cheer Organization**

Below are some informational items that we feel are important for each parent to understand before the season starts. Football and Cheer season is relatively short but very rewarding for those who handle it appropriately. One point of emphasis is that football and cheerleading are extracurricular activities; not a right. If any of the children are having trouble with school, family or church activities then football or cheerleading should be put on hold.

SCJC is a completely separate legal entity in the State of Michigan fully registered as a 501 (c)(3) non-profit organization that is led by a Board of Directors. Officially, there is no legal or financial ties nor is there any ownership stake by Stoney Creek HS or of any employee of the school district. However, we are working closely with the head varsity coaches of football and cheer (and their staffs) along with our Hart MS coaches to align our program philosophically and fundamentally with the vision, strategies and teachings of each respective program. Although we are working closely and align philosophically in drills, plays and cheers with the Stoney Creek HS varsity coaches (football & cheer) as well as the Hart MS staffs, the SCJC association is open to any child within the Rochester or surrounding areas who meets the playing age requirements.

### **Overview and Mission Statement**

Our Stoney Creek Junior Cougars organization is a competitive youth football & cheer program focused on providing 7-11 year-old boys and girls in the Northern Oakland County area and beyond with a safe, fun & competitive environment to learn the basics of football & cheer.

Our mission is to train and cultivate disciplined, respectful, hardworking and fundamentally sound boys and girls in a safe and fun manner through the competitive environment of youth football & cheer.

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We're also working to develop and foster The Cougar Way - providing our kids with a foundation for mindset, belief and action-taking which they will experience from 2nd grade all the way through senior high school.

In short, we're working hard on building a true program - one that our community can take pride in - on and off of the field. Please support our girls & boys, our program and our community!

**The Following Documents/Fees/Deposits Must be Completed prior to the first practice (TBD, 2017) No Exceptions**

1. Completed Registration
  - a. \$325 football fee paid in FULL
  - b. \$275 cheer fee paid in FULL
2. Physical – must be on or after April 15, 2017 (print off SCJC website)
3. Equipment Deposit – Refundable (bring check to equipment day hand out - date TBD)
  - a. Football - \$250
  - b. Cheer - \$125
4. Volunteer Deposit Refundable - \$125 (please bring check to equipment day hand out)
5. Fundraiser – \$200 in sales 50/50 raffle tickets (2017 season)
6. Copy of Birth Certificate
7. Copy of previous year Report Card
8. Additional Equipment Needed – not provided by SCJC
9. Parent Code of Conduct (In the Cougar Commitment)
10. Northern Youth Football League Registration Card – print off on SCJC website
11. Completed Heads Up Concussion Form (can be found on the SCJC website under forms & links than training & safety – print and sign)
12. Photo
  - a. Cheer - parent/guardian will need to turn in (wallet size)
  - b. Football - photo will be taken by GM of Football
13. Cougar Commitment Form – Initial each page
14. Up/Down Waiver of Liability (applicable only for those who move up or down in competition class)

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## Equipment Usage Expectations and Deposit

Every parent/guardian will be required to submit a check on equipment handout day, for \$250 as a deposit for your child's football equipment or \$125 as a deposit for your child's cheer equipment. This deposit will guard your Stoney Creek Junior Cougars program from having to unnecessarily spend its resources to replace unreturned or damaged equipment. (NOTE: normal wear & tear does not equate to damaged equipment). Upon submitting the check, your child will receive their equipment. Your deposit check will then be securely filed. At the end of the season, your deposit check will be shredded in exchange for your player's equipment unless otherwise requested. Please know that your check will be handled with extreme care and security and will never be deposited without prior knowledge. Equipment will NOT be issued without submitting the mandatory deposit check, NO EXCEPTIONS!

\*SCJC WILL NOT deposit these checks unless the uniform is NOT returned to the Team or the uniform is returned in an unsatisfactory condition.

## Volunteer Requirements and Deposit Information

In order to successfully pour into our children of the Stoney Creek Junior Cougars and to make practices and games happen successfully, we rely heavily on the volunteer activities of our parents. Our volunteer requirements are setup on a per family basis and require a minimum of six (6) volunteer sessions per season. \*A session is defined as an entire game (freshman or JV). We are requiring **two (2) of the six (6) volunteer sessions to be dedicated to volunteering with the concession team**. The directors will be monitoring and asking for help throughout the year. In order to make this program run efficiently we need volunteers. SCJC will publish a list of volunteer opportunities as the season nears.

Note: These volunteer sessions may be completed by any family member 16 years of age or older.

- Please be prepared at equipment handout to leave your volunteer deposit of \$125.00. Your deposit check will be securely filed.
- If you are unable to complete the volunteer hours, you have the option to pay the \$125.00 at equipment handout.
- If you have not completed ALL volunteer sessions (six) by the last season game, your volunteer check will be deposited.
- If you complete all your volunteer hours then your check will be shredded unless otherwise requested.
- Team Directors will keep track of all volunteer hours this season.

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## 2017 Fundraiser – 50/50 Raffle

The registration costs that are charged for each child cover only a portion of the total cost to make the program run. Therefore, each family will have a fundraising obligation to sell a specified minimum amount via our fundraising activity. Any shortfall to the required minimum amount will need to be covered by the family.

This year's (2017) fundraiser will be a 50/50 raffle. Each family will be responsible to sell twenty \$10 50/50 raffle tickets. Half the proceeds (\$100) will go to SCJC and half (\$100) will go toward the raffle. Raffle tickets will be handed out on equipment day. Deadline to sell and return proceeds will be TBD. Drawings will be held at the second and third home games. We will draw six winners at EACH of those games. Dollar amounts will be determined based on number of families that register.

In addition, parents can opt-out of all fundraising activities for a fee of \$200 per family.

## Additional Equipment – Parent/Guardian responsible for purchasing

- Football Required Equipment:
  - Cleats – Rubber , Molded, or screw on tip – NO metal cleats
  - Mouth guards - must be fitted, attached to helmet and **not white or clear**
  - Athletic Supporter - jock strap and cup
- Cheer Required Equipment:
  - Navy Blue turtleneck bodysuit
  - Navy Blue Boycut underskirt briefs
  - All white low tread athletic (cheer) shoes
  - White no-show ankle socks

## Cheer Practices

We practice four days a week (Mon-Thurs) to begin the season and to prepare for the first game. After the first game, we scale back to three practices a week (Tues-Thurs) until school begins. After school starts, we will practice only two days a week (Days TBD). We realize that there are family, religious, and school activities and football should be treated as the fourth option. If you should have a conflict please notify your coaches and directors as soon as you are aware. Practices may be held inside at Stoney Creek High School on some days. Coaches will inform parents when this is the case.

First Practice is TBD (August 1<sup>st</sup>?)

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First Game is TBD tentative waiting to hear back from NYFL

First three weeks TBD – TBD practice is M-Th 6:00– 8:00 PM

After the first game, practice is T-Th 6pm-8pm

At some point practice will change to 5:30-7:30 because of daylight. We will notify all parents when the board decides to make this change.

## **Cheer Age Limits**

### **Cheer Age Limits – NYFL Rule**

Ages are based on your age as of September 1<sup>st</sup> 2017.

Mascots	Up to six years old
Freshman	6-9 years old
JV	9-12 years old

## **Cheer Playing Time**

Every player will cheer in the games and competition as seen fit by league rules. (all cheerleaders participate in all games and rounds of competition).

All players are expected to be at every practice.

Reasons for **excused absence**

- A. Family or Personal Illness
- B. School Work or Function
- C. Religious Classes or Functions

Playing another sport during current season is **not an excused absence**.

If you miss one practice during the week (unexcused). You will sit out one half of the next game.  
If you miss two practices during the week (unexcused). You will sit out the next game.

## **Football Practices**

We practice five days a week to begin the season and to prepare for the first game. After the first game, we scale back to four practices a week. Mondays are optional based on coach's discretion. We realize that there are family, religious, and school activities and football should be treated as the fourth option. If you should have a conflict please notify your coaches and directors as soon as you are aware.

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First Practice is TBD

First Game is TBD tentative waiting to hear back from NYFL

First three weeks TBD – TBD practice is M-F 6:00– 8:00 PM

The coaches have the liberty to keep some individuals ½ hour later to work on individual fundamentals.

After the first game Practice is T-Th 6pm-8pm

At some point practice will change to 5:30-7:30 because of daylight. We will notify all parents when the board decides to make this change.

## **Football Age and Weight Limits**

### **Football Age and Weight Limits – NYFL Rule**

Ages are based on your age as of September 1<sup>st</sup> 2017. Allowable weight limit with equipment (no helmet)

Freshman	8 and 9 years old	Max Weight 131 lb.
Junior Varsity	10 and 11 years old	Max Weight 152 lb.
	12 Year old	Max Weight 145 lb.

## **Football Playing Time**

Every player will play in the games as seen fit by league rules. (4 plays a half is required)

All players are expected to be at every practice.

Reasons for **excused absence**

- A. Family or Personal Illness
- B. School Work or Function
- C. Religious Classes or Functions

Playing another sport during current season is **not an excused absence**.

If you miss one practice during the week (unexcused). You will sit out one half of the next game.  
If you miss two practices during the week (unexcused). You will sit out the next game.

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## Refunds

If your child decides to drop out of our program you will receive full refund before TBD (less a \$50.00 Admin fee), a 50% refund will be given the first week of practice, and no refund will be given after TBD

## 2017 Scheduled Events

- Junior Cougar Football and Cheer Summer Camp (Dates TBD)
- Mandatory Parents Meeting Date TBD
- Playoffs TBD
- MEGA Cheer Date TBD
- Banquet Date TBD

## Stoney Creek Junior Cougars Parent Code of Conduct 2017

The NYFL was built on a concept of “**KIDS FIRST.**” We strongly endorse the six pillars of character building. These principles: trustworthiness, respect, fairness, responsibility, caring and good citizenship embody what we hope each child will learn through his or her years in the league. As parents of children in the NYFL you agree to the following:

- I will learn the rules of the games and the policies of the league
- I will emphasize teamwork and skill development.
- I will remember that children participate to have fun, and that the game is fun for them, not me.
- I (and all my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy for all players, coaches, officials, and spectators at every game and practice.
- I (and all my guests) will not engage in any un-sportsmanlike conduct with any official, coach, player, including but not limited to booing, taunting, refusing to shake hands, using profane language and /or gestures
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will demand that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex or ability.
- I will demand a sporting environment for my child that is free from **drugs, tobacco** (including smoking within site of the field) and **alcohol**.

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- I will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field

### **Football Players and Cheerleaders**

- Will show the proper respect to all and be held to the highest standards of moral conduct and character both on and off the field.
- Will stay in the team-designated area(s), unless excused to leave, by a coach, parent or guardian.
- Will not at any time push, shove, punch, kick, fight, bully, make inappropriate comments, racial or ethnic slurs, actions that may be construed as sexual harassment, profanity, obscene gestures, flagrant and violent fouls, taunting, “trash talk”, baiting, cheating throwing or abusing equipment or be guilty of physical contact as an aggressor upon any official, board member, coach, player, cheerleader, spectator, or other(s).
- Will not verbally abuse or threaten any official, board member, coach, player, cheerleader, spectator, or other(s).
- Will not harass, bait or be guilty of objectionable demonstration or dissent at any Official’s or coach’s decision.
- Will not refuse to abide by an official’s or coach’s decision.
- Will not disobey or attempt to circumvent rules and regulations or the intent thereof.

### **Board Members & Coaches**

- Will show the proper respect to all and be held to the highest standards of moral conduct and character both on and off the field.
- Will not at any time push, shove, punch, kick, fight or be guilty of physical contact as an Aggressor upon any official, player, cheerleader, coach or spectator.
- Will not verbally abuse or threaten any official, coach, player or others.
- Will not harass or bait any official, player, coach, cheerleader, spectator or other(s).
- Will not use tobacco, alcohol or illegal narcotics in front of players/cheerleaders during practices, games, or be present during practices, games, under the influence of alcohol or illegal narcotics. This rule applies anytime a coach or board member is representing the Stoney Creek Junior Cougars.
- Will show the same respect that is due to all participants, including: other coaches, players, cheerleaders, spectators and league officials.
- Will not act in any way that is detrimental to themselves, their team or the Stoney Creek Jr Cougars, or NYFL.
- Will inform the Board of Directors of any rule violation by other Board Members, coaches, players, cheerleaders, managers, spectators or other(s). Board Member(s) will document any observed violation along with date and time of the incident.

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## **Disciplinary Action**

The Board of Directors of Stoney Creek Jr. Cougars shall have the power to impose any disciplinary action(s) it deems necessary and appropriate for those who fail to abide by the Stoney Creek Jr. Cougars' Code of Conduct. Disciplinary action can range from a written reprimand to being barred from participation or association with Stoney Creek Jr. Cougars and the NYFL and its members. The following and any other acts so deemed by the Board of Directors will constitute grounds for disciplinary action:

- Striking or abusing physically and/or verbally any official, coach, player, cheerleader, spectator, or other(s)
- Acting in an unsportsmanlike manner
- Violating the Stoney Creek Jr. Cougars Code of Conduct
- Ejection (removal) from a game
- Using tobacco, alcohol or illegal narcotics at a league game
- Acting in a way that is detrimental to themselves, their team, and/or the Stoney Creek Jr. Cougars
- The use of Social Media in a threatening or negative way will not be permitted or tolerated this includes Facebook, twitter, MySpace any other such venues
- Any actions on or off the field that result in a legal conviction of a criminal act as determined by a court of law or other actions that are judged by the Board of Directors to be of such a serious nature that they seriously and negatively impact the Stoney Creek Jr. Cougars or the NYFL, the image in the community and present the potential for liability to the Board Members and/or the Stoney Creek Jr. Cougars or the NYFL.

Anyone who does not abide by the above Stoney Creek Jr. Cougars Code of Conduct can and will be asked to leave the game or event, and may be barred from attending any other Stoney Creek Jr. Cougars Football or NYFL sponsored game or event. The board members of Stoney Creek Jr. Cougars and/or Head Football/Cheerleader has the power to ask and if necessary, remove anyone whom they deem to be in violation of Stoney Creek Jr. Cougars Code of Conduct. Upon taking such action, said person must notify the President of the Stoney Creek Jr. Cougars and/or NYFL.

**Remember...**

**"Your attitude determines your action. Your action determines your accomplishment."**

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