



### **The Cougar Commitment**

#### **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 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 7-12 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.

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 and turned in prior to the first practice -  
No Exceptions!!**

**Fees:**

- Completed Online Registration a. \$450 football fee paid in FULL b. \$375 cheer fee paid in FULL
- Equipment Deposit (Check made out to "Stoney Creek Junior Cougars") – Refundable
  - a. Football - \$250
  - b. Cheer - \$125
- Volunteer Deposit (Check made out to "Stoney Creek Junior Cougars") - Refundable - \$450
- Fundraisers –
  - a. BIG RAFFLE (to be collected after the start of the season- date TBD)
- Purchase of Additional Equipment Needed – not provided by SCJC
  - a. Cleats
  - b. Mouth guard
  - c. Protective cup
  - d. Face Shield (optional)

**SCJC Forms and Documents (Found on [Stoneycougars.com](http://Stoneycougars.com) - print, complete, and sign):**

**\*\*\*Any form highlighted below MUST be turned in at time of registration\*\*\***

- Completed Heads Up Concussion Form
- Cougar Commitment Document with Parent Code of Conduct– Initial each page
- NYFL Liability Waiver Form
- Northern Youth Football League Registration Card
- Up/Down Waiver of Liability (applicable only for those who move up or down in competition class)
- Copy of Birth Certificate
- Copy of previous year Report Card
- Current Headshot Photo
  - a. Cheer - parent/guardian will need to provide (wallet size)
    - i. Needed at time of registration
  - b. Football - photo will be taken by GM of Football
    - i. Will be taken post registration by team officials
- Physical – must be dated on or after April 15 of the calendar year registering for your sport
  - a. Will be required prior to first week of practices not at time of registration

### **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 uniform/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 equipment/uniform is NOT returned to the Team or the equipment/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 set up on a per family basis and require a minimum of (4) four sessions per season. A session is defined as an entire game (freshman or JV). The board 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/uniform handout to leave your volunteer deposit of \$450.00. Your deposit check will be securely filed.
- If you are unable to complete the volunteer hours, you have the option to pay the \$450.00 at equipment handout.
- If you have not completed ALL volunteer sessions (three) 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

### **Fundraisers**

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 activities. Any shortfall to the required minimum amount will need to be covered by the family. This year's fundraiser will include at minimum 1 box PER athlete per household (\$60 per) and our annual SCJC Raffle (\$100 per family, NOT athlete).

Please sell the raffle tickets and return the completed ticket stubs by the assigned date. Please sell your box of chocolates to reimburse your family for each box taken.

Drawings will be held at a Freshman and JV home game (date TBD).

### **Registration Refunds**

If your child decides to drop out of our program before the first practice, you will receive a full refund (less a \$100.00 Admin fee and possible uniform costs).

If your child decides to drop out of the program during the first week of practice, you will receive a 50% refund. No refund will be given after the first week of practice.

### **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 - jockstrap and cup

Cheer Required Equipment:

- White turtleneck bodysuit
- Navy Blue Boycut underskirt briefs
- All white low tread athletic (cheer) shoes
- White no-show anklet socks
- Clear rain jacket

## **Cheer Age Limits**

### **Cheer Age Limits – NYFL Rule**

Ages are based on your age as of September 1<sup>st</sup> of current calendar year

Mascots 5-7 years' old

Freshman 8-9 years' old

JV 10-12 years old (\*See 9-year-old rule below)

\*2<sup>nd</sup> Graders will be placed onto the Mascot team; exceptions forms may be submitted for review to the Cheer Director(s) and SCJC President for review.

\*A 9-year-old entering the 5th grade will be granted permission to waiver up to the JV level. A 9-year-old entering the 4th grade can only be granted permission to waiver up to the JV level IF a team need arises - and must be approved by the Cheer Director(s) and SCJC President.

## **Cheer Playing Time and Attendance Policy**

Attendance is crucial to the success of our cheer teams. When one girl misses, her entire stunt group is unable to practice. The Stoney Creek Junior Cougars Cheer team is a Competitive Cheer Organization; similar to how our football players practice to compete in games our cheerleaders practice to compete at two cheer competitions held by our league. It is highly recommended to evaluate if your athlete and family are able to commit to the policy below.

- The attendance policy goes into effect the week after camp.
- Miss three practices will have to sit out the first half of the following football game (still must be present and dressed for the full game to support cheer teammates)
- Missing six practices will result in sitting out for the entire following football game (still must be present and dressed for the full game to support cheer teammates)
- Exceptions will be made for athletes who provide a doctor's note if exceeding three absences. Please note, if an injury has occurred and competition is still a possibility, your athlete will be asked to sit and watch practices to observe and learn the material.
- Practices during the month of August will be 4 days a week until the start of school.
- Once school begins practices will be Monday and Wednesdays
- There will be a dress rehearsal prior to every competition
- Missing a football game counts as an absence.

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 and game.

Mascots are only required to cheer at home games. They are more than welcome to attend away games too if desired! However, they will be participating at their own discretion with the Freshman squad. Mascot coaches will not be present away games.

***\*Playing another sport or participating in other activities during the current season is not an excused absence***

## **Football Practices and Games**

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 the 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.

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

TeamSnap will notify each family of practice and game times. Please monitor TeamSnap as practice times will change as school begins and daylight begins fewer.

We will notify all parents when the board decides to make this change.

Games will be held on Saturdays and Sundays (Mid August -Beginning November)

## **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> of current calendar year

Allowable weight limit with equipment (no helmet)

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

Football Playing Time Every player will play in the games as seen fit by league rules. (6 plays a half is required)

All players are expected to be at every practice and game.

Reasons for excused absence:

A. Personal Illness

B. School Function (Please try your best to schedule outside of practice or game days)

C. Religious Classes or Functions (Please try your best to schedule outside of practice or game days)

*\*Playing another sport or participating in other activities during the current season is encouraged, but missing more than 1 practice per week should not occur.*

If a player has any excused or unexcused absences during the week of practice, it is under the discretion of the coaches to determine whether the player is able to participate in the next game. Such decisions will be made on a case by case basis and will be based on the level of preparedness.

### **Banned Items at Games and Practices**

There will be NO tobacco, alcoholic beverages, or use of any controlled substances (illegal drugs) permitted anywhere on the game or practice premises. There will be NO weapons allowed on the game or practice premises, with the exception of properly licensed uniformed officers or uniformed security guards. NO coolers, large bags, backpacks, cups (of any kind), wagons, etc are allowed in any school district stadium, with the exception of wagons or bags used by coaches, board members, or other team volunteers to transport items necessary for their teams.

### **Stoney Creek Junior Cougars Parent Code of Conduct**

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 unsportsmanlike 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 sight of the field) and alcohol.
- 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. **\*\*THIS EXTENDS TO THE CLASSROOM & HOME\*\***
  - Bullying will not be accepted at practice or at school
- 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.



### **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, SnapChat 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/Cheerleaders have 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."

I (athletes name printed here) and my parent/guardian (parent or guardians name printed here) have read in full the Stoney Creek Junior Cougars "Cougar Commitment" and agree in full to the expectations required of myself as an athlete and from my parent and or guardian while we are part of the SCJC Organization.

\_\_\_\_\_ **Athletes Signature**

\_\_\_\_\_ **Parent / Guardian Signature**

\_\_\_\_\_ **Date**