

# 2008

\*\*\* RETURNING PLAYER REGISTRATION  
PAPERWORK AND PAYMENT IS DUE BY  
JANUARY 15, 2008 \*\*\*

## Hilton Raiders Handbook



Hilton Raiders  
P.O. Box 258  
Hilton, NY 14468

Current Executive Board of Directors

President	Jon Frase
Vice President	Mike Douglass
Treasurer	Jim Steiger
Secretary	Tammy Gouger
Football Coordinator	Dan Butts
Cheer Coordinator	TBD
Communications	Debbie Macias

 **2008 HILTON RAIDERS**   
**PARENT/PLAYER HANDBOOK**

Mission Statement

The Hilton Raiders is a member of the AYFCL (American Youth Football & Cheerleading) organization. The emphasis of the Hilton Raiders always has been and remains to be, participation and enjoyment of playing. **Every eligible team member who has learned his or her assignment will play in every game.** It is our goal in the Hilton Raiders organization to teach the boys and girls the fundamentals of football and cheerleading, teamwork and to implant firmly the ideals of good sportsmanship, honestly and loyalty.

AYFCL Rules

The Hilton Raiders Youth Football and Cheerleading team follows the rules structured by the AYFCL for the purpose of keeping all of the teams within the league competitive and the children who participate safe from injury. Many of the rules set forth by the AYFCL comply with Section Five rules. The following rules will remain in effect for the 2008 and 2009 seasons:

Football Players:

Flag: 5, 6 and 7 yr olds

C-Team\*: 8 and 9 yr olds – up to 105 lbs.

B-Team\*: 10 and 11 yr olds – up to 125 lbs.

A-Team\*: 11, 12 and 13 yr olds – up to 155 lbs.  
14 yr old lightweights – up to 120 lbs.

Cheerleading Players:

Flag: 5, 6 and 7 years old

C-Team\*: 8 and 9 years old

B-Team\*: 10 and 11 years old

A-Team\*: 11, 12 and 13 years old

\* The AYFCL allows children one year younger than what is listed above for C, B, and A football; and one year younger and older for C, B, and A cheerleading. The Hilton Raiders recognizes this and will make considerations on a case by case basis at the discretion of President & Football/Cheerleading Coordinator.

All players will be certified by the league to play in their classifications. A birth certificate, physical exam, and paid in full registration fees are required to participate. All football players are required to weigh in before each game. Players should not be encouraged to lose weight to participate. It is recommended that players and cheerleaders eat healthy meals consisting of fruits, vegetables and water rich foods.

Registration

The Hilton Raiders will hold a returning player registration from the last week of the 2007 practice till January 15<sup>th</sup> 2008. Siblings of current returning players will also be allowed to register during this time based upon availability.

There will be no waiting list as in past years. Open registration begins on January 16<sup>th</sup>, 2008 and will be first-come first-serve. Once a squad fills up, it will be posted as closed on our website. At this point, we will maintain a list of children still interested should someone that previously registered drop out of the program before it begins in the last week of July 2008.

The 2008 Registration Fees are due in full when you register. Returning players that do not register and pay the registration fees in full by 1/15/2008 will lose their spot. Checks can be made payable to “Hilton Raiders” and the costs are as follows:

Football

Flag	\$75 per child
A, B & C	\$130 per child (2 <sup>nd</sup> and additional child is \$110 per child)

Cheerleading\*

Flag	\$85 per child
A, B & C	\$130 per child (2 <sup>nd</sup> and additional child is \$110 per child)

\* Cheerleaders are required to also pay a \$50 uniform deposit at registration.

Fundraising – (NOT DUE UNTIL EQUIPMENT HAND-OUT)

The Raiders enjoy a great deal of success on the field, at competitions and on the books. Yet it remains increasingly difficult to obtain donations from local businesses. We must supplement our registration fees with fundraising throughout the season. **Fundraising will be mandatory for all participants.** The monies generated from fundraising are used for equipment and uniform maintenance, competition costs, etc. We will have our annual candy sale and the 2008 costs are as follows:

A, B & C FOOTBALL & CHEERLEADING CANDY*	\$104 per child
A, B & C FOOTBALL & CHEERLEADING BUYOUT	\$ 70 per child
FLAG FOOTBALL & CHEERLEADING CANDY*	\$ 52 per child
FLAG FOOTBALL & CHEERLEADING BUYOUT	\$ 35 per child

\* If the candy option is chosen, the parents will receive all of their fundraising money back once they sell all of the candy that they receive.

Volunteering

The Hilton Raiders is a non-profit organization run solely by volunteers. The coaching and administrative staff is all volunteers, but cannot run this organization alone. Each family must participate to keep our organization running smoothly. **Each family is required to fill a total of five volunteer positions this season (Flag families are required to fill a total of two volunteer positions).** This obligation must be fulfilled by **adults in your family.** There are many opportunities to volunteer, which include: Concessions Coordinator, Announcers, Monitors, Scoreboard, Spotters, Chain Crew, Set-up Crew, Clean-up Crew, 50/50 Raffle, Medics, Concession Workers, Merchandise, Banquet Committee and more.

If you sign up to volunteer for a particular function and something comes up, please contact the volunteer coordinator immediately to make other arrangements. **The child/children or any family not completing their volunteer obligations will lose their returning player registration status for the next season.**

Eligibility

Participants must meet the following requirements to register with the Hilton Raiders:

- **Residence:** In general, the player must live in the Hilton School District. A player may participate with the Hilton Raiders organization only if one or more of the following requirements are met:
  - They were on the team roster for the previous season.
  - They have siblings who are current members of the Hilton Raiders.
  - They attend school in the Hilton School District.
  - The Hilton Raiders may register players who reside out the Hilton School District only if there is no other ACYFL team within the player's area or with the permission of the other organizations president.
  - They are a child of a coach or board member in that organization.
  
- **Weight and Age:** Participants must fall within the correct combination of age and weight for the level of team in which they are listed. All football players will be weighed in at the official AYFCL certification and players close to the maximum weight must be within 10 pounds of the maximum weight. **Participants must be at least but no older than the required age as of August 1<sup>st</sup>**, and must provide a copy of their birth certificate as proof of age.
  
- **Parent Consent:** One parent or guardian must be present for the registration of each player. An official AYFCL consent form sign by the parent/guardian is required.
  
- **Participant Agreement:** All participants must sign the participant agreement sections of the AYFCL contract that includes, but is not limited to maintaining a "C" average, being respectful to adults and respect for private property.
  
- **Medical Certificate:** A written physical statement, **signed and stamped**, by a qualified physician must be received by the first day of practice. This form must be dated and stamped with the physicians address and phone number. This certificate must be dated no earlier than August 1<sup>st</sup> of the previous year. Under no circumstances will a payer be able to participate in a practice or game without the required medical certificate.
  
- **Birth Certificate:** A legible photocopy of the player's birth certificate must be attached to the player's AYFCL contract. No originals will be accepted. This must be received before the AYFCL certification.
  
- **Photograph:** A passport type photograph (2" x 2") showing head and shoulders only must be attached to the AYFCL contract and must be updated every year. Photographs must be kept on file for insurance reasons and will not be returned.
  
- **Health Insurance:** For insurance reasons, a copy of your current health insurance card is to be submitted with the AYFCL contract.

The following items are required at the time of registration: Participant Contract (AYFCL contract page 1), Participant Agreement (AYFCL contract page 2), Photograph, copy of Birth Certificate and copy of Health Insurance Card.

The Medical Certificate (AYFCL contract page 3) is required by the first day of practice in order for your child to practice.

All of these items above are required in order to certify your child at the AYFCL certification which is usually held in August.

### Attendance Policy

It is very important that every child attends all practices. Because cheerleading\* and football are team sports, it is imperative to have all members of the team present for a productive practice. While school functions and illness are legal absences, dance classes other sports and birthday parties are not. Your child has made a commitment to be part of a team, and it is important to place that team high on their list of priorities.

If a child, football or cheerleading has an unexcused absence during a week; they will not be allowed to participate in that weekend's game. They are still required to be at the game, in full uniform, to support their team.

\*Cheerleading is a team sport where attendance is critical. Poor attendance diminishes the effectiveness of coaching and is detrimental to team spirit. When one cheerleader is missing from practice or a game, a group of four girls cannot stunt. The Hilton Raiders Board of Director's recognizes this and has adopted a policy to help ensure a more positive experience for all the children. Each cheerleader is expected to attend all practices and games during the months of August through October. An un-excused absence is defined as arriving to practice or game 20 or more minutes late, leaving a practice or game 20 or more minutes early, or missing a practice or game entirely for any reason other than a pre-arranged academic reason, illness, or a family emergency excused by a parent/guardian's note within 24 hours. In the case of an illness, a telephone call to the coach is required as early as possible **before** the practice or game. Any cheerleader who has more the **3 unexcused absences** from games/practices may forfeit their position on the squad. This policy will be strictly enforced. Cheerleaders will be required to sign an attendance policy contract agreeing to these terms.

### Practices

The Hilton Raiders practice start the last week in July. Practices will be held 4 days per week for 2.5 hours each night until school starts. At that time, practices will be reduced to 3 days per week.

We do practice in all weather, except lightning. Heat, wind, rain, mud, snow and cold conditions very rarely lead to a cancellation of practice. Any decision to cancel a practice will be made at the field. While you are not required to stay and watch practice, please be ready to pick your child up immediately should the weather merit the cancellation of practice.

It is also very important to have your child to practice on time, and to pick them up on time. The coaches are required to stay until every child has been picked up. In most cases, the coaches are volunteers that have worked a full day at their jobs and are anxious to get home to their family. Please be considerate in picking up your child in a timely manner.

As you know, the summer months can be extremely hot. **Please be sure your child brings plenty of water to practice.** It is also a good idea to keep dinner light prior to practice. A full stomach can lead to cramps, etc. while exercising in warm weather.

There are medics at the practice field at all times. They keep an eye of the extreme heat and cold, and will have any child that needs to sit out do so. You will be contacted at the number provided on the Emergency Medical form should an illness or injury arise.

### Injuries

All injuries must be reported to a medic at the time of the injury – regardless of the severity. An injury report will only be filed if the injury keeps the participant from returning to play or practice during the event. It is the parent's responsibility to follow up on any insurance claims. The AYFCL has accident insurance coverage for medical and hospital expenses with a **\$50.00 deductible** for each accident incurred. This insurance is secondary coverage; following the parent's own medical insurance coverage.

### Equipment – Football Players

All equipment will be supplied by the Hilton Raiders except a cup protector. Children who wear glasses should obtain a pair of sports glasses for safety reasons. Special footwear is not required by regulation but a pair of cleats (no metal spikes) will provide better footing for a player. No earrings or other jewelry is allowed at practice or games. Equipment supplied by the Raiders will include:

- Helmets, including facemask (must wear Raiders supplied equipment)
- Shoulder pads (must wear Raiders supplied equipment)
- Chin guard
- Two hip and one tail pad with girdle
- Two knee pads and two thigh pads
- Rib guard
- Game Day pants
- Practice pants
- Belt
- Game Day Jersey – Numbered
- Game Day Socks
- Two mouthpieces (additional ones available for a fee)

Upon receiving the equipment it is the responsibility of the player and parents to keep it clean and free from damage not caused by regular wear and tear. Every year the Raiders recondition all equipment. **Equipment that is lost or damaged beyond normal wear and tear will be replaced at the player's expense.** Game (and practice) pants and girdle can be washed and dried in normal fashion. The game jersey should be washed, no bleach, and air-dried. Helmets and pads can be wiped down with a damp cloth to keep them clean. All equipment except mouthpiece, cup protector, socks and shoes must be returned to at the end of the year. Equipment is typically collected at "Equipment Hand-In". Parents will be held responsible for the replacement costs for any equipment not turned in.

### Equipment – Cheerleaders

All uniforms will be supplied by the Hilton Raiders except white sneakers, which will need to be purchased by the parents. The Raiders will notify the cheerleaders and parents which sneakers we will be using by the start of the season. **Clean white sneakers are required for every game and for the Cheerleading Competition.** No jewelry or nail polish may be worn to practices, games or competition. Hair must be pulled back for all practices, games and the competition. Uniforms and wind suits are to be worn at games, sanctioned Raider's events and competition ONLY. **Eating in uniforms is prohibited.** Each Cheerleader will receive:

- Vest
- Skirt
- Wind pants and jacket
- Body suit and briefs
- Socks
- Hair bow
- Hairpiece

Vests and skirts can be machine washed in cold water and hung or laid flat to dry. All items are to be returned except for body suits, briefs, hair bows and hairpiece. Equipment is typically collected at "Equipment Hand-In". Parents will be held responsible for the replacement costs for any equipment not turned in.

### Sportsmanship

While football games and cheerleading competitions are team sports, nobody is finding any real surprises in the emotional level the games create. However, looking back on previous seasons, there are concerns to whether incidents of un-sportsmanlike conduct have increased. There have been no more frequent occurrences recorded league-wide, and the Hilton Raiders must take a “no-tolerance” stand with regards to this issue.

Our “zero-tolerance” policy on un-sportsmanlike conduct applies to parents as well as players. This policy is explained in full detail on the AYFCL “Code of Conduct” form. **Violation of this policy will result in suspension or removal from the Hilton Raider program.**

Winning is great, but losing is also a reality in team sports. Our children will work hard, and the outcome on the playing field or competition floor will hopefully be a positive one, but most importantly, they must participate to have fun.

It is our responsibility as administrators, coaches and parents to teach by example. We must continue to instill good sportsmanship in our children by providing and settings examples of ourselves. Working together, we can continue to enjoy a solid, competitive, winning reputation within our community and league while providing our children a safe and fun environment in which to learn the sports of football and cheerleading. With our good example, our children will continue to learn lessons of good sportsmanship and team play that they will carry on throughout their lives.

### Visitors at the Practice Field

Parents are most certainly welcome to remain at the field during practice hours (parents are not allowed inside the schools when cheerleaders move indoors for insurance reasons). It can be a lot of fun to watch your child working hard with their teammates. A few general rules apply:

1. Please remain a safe distance from the practice field at all times. For insurance purposes, we cannot have any parents, siblings, etc. on the practice field.
2. Please refrain from offering your child or their coaches advice during the practice. This can cause a distraction to the whole team.
3. Before and after practices are not necessarily the best time to discuss your child’s progress with the coach. Most coaches would welcome a phone call where they can devote all of their attention to you and the discussion.
4. **Siblings and non-participating friends cannot be left at the practice field without adult supervision.** The coaches are not babysitters, and the brothers and sisters participating cannot listen to instruction and play their sport if they are responsible for watching over siblings. Most importantly, the Raider’s insurance does NOT cover these children in case of injury. **Please do not leave any non-participating children at the field without adult supervision or you will be contacted immediately to return for them.**

### Information

The Hilton Raiders Board of Directors will make every effort to get important information and updates to you. A weekly newsletter is provided. We will also post all information on our website, [www.hiltonraiders.com](http://www.hiltonraiders.com). We also maintain a complete list of email address for current participants so that we can also inform parents of new information via email. The Hilton Raiders also posts pictures taken throughout the season on our website. If you do not wish your child’s photographs to be posted, please contact a board member.

### Refunds

The Hilton Raiders offers a 100% refund on the registration (not fundraising) if requested prior to 5/1/2008. After 5/1/2008, no refunds will be given.

<b>League Certification</b>	Weight at time of certification <small>(football players)</small>	Date Certified / / 200	League Official signature or stamp
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# American Youth Football & Cheerleading League *Participant Contract*

<b>Participant information</b>	Name <small>(Last, First, Middle initial)</small>				<b>Attach Recent Photo Here</b>		
	Address						
	City	State	Zip				
	Phone #						
	Age <small>(as of August 1<sup>st</sup> of the playing season)</small>	Date of Birth:	Weight:				
	Child resides with: <input type="checkbox"/> Father <input type="checkbox"/> Mother <input type="checkbox"/> Both <input type="checkbox"/> _____						
	Father's Name		Mother's Name			Father's E-Mail Address:	Mother's E-Mail Address:
	Father's Phone #		Mother's Phone #				

<b>Team &amp; Payment</b>	<input type="checkbox"/> Football Player (Ages 7-14)	<input type="checkbox"/> A - Squad	Ages 10 - 13 under 155 lbs. <b>Lightweights</b> Age 14 under 120 lbs	Date Registered	/ / 200
	<input type="checkbox"/> Cheerleader (Ages 7-14)	<input type="checkbox"/> B - Squad	Ages 9 - 11 under 125 lbs.	Registration Fee	\$ _____
		<input type="checkbox"/> C - Squad	Ages 7 - 9 under 105 lbs.	Cash or Check#	_____
		<input type="checkbox"/> Flag - Squad	Ages 5 - 7	Fundraising	\$ _____
				Cash or Check#	_____

<b>Participant pledge</b>	I will:	? Maintain at least a "C" average in school	? Listen to my coaches & organization officials	Participant's Signature _____
		? Abide by the officials' decisions	? Not use foul language	
		? Show good sportsmanship	? Not damage/deface property, buildings, or equipment	

<b>Permission to participate</b>	Parent or Legal Guardian's Signature	_____
	I understand that football & cheerleading is a high impact and contact sport and that my child can be injured while participating as either a "Player" or "Cheerleader". I also understand that an injury can be of minor or major variety. With this, I give my permission to my child to participate in this program.	

<b>Procedure for medical attention</b>	Parent or Legal Guardian's Signature	_____
	I, the undersigned, do hereby authorize officials of the American Youth Football & Cheerleading League to contact directly the person(s) named on this contract form and do authorize an attending physician(s) to render such treatment as may be deemed necessary in an emergency, for the health of said child.	
	Name of Neighbor / Relative _____	
	Neighbor / Relative Phone # _____	

<b>Medical coverage information</b>	Parent's Insurance Carrier	_____
	The American Youth Football & Cheerleading League has accident insurance coverage for medical and hospital expenses with a \$50.00 deductible for each accident incurred. This insurance is a secondary coverage, following the parent's own medical insurance coverage. This coverage only applies to accidents directly related to authorized AYFCL activities, events, or functions.	
	Contract Number _____	

Any injury that requires medical attention must be reported to team officials immediately and the proper claim forms filled out and submitted to the League office.

Please attach a legible photocopy of the participants birth certificate here

All parents & legal guardians must read & sign these rules and code of conduct. Be sure you understand them to prevent any misunderstanding at a later date. If you have any questions concerning any of these rules, please contact an organization board member prior to signing this document.

Parent / Legal Guardian  
pledge

1. I understand that the game and events are for the children, not the adults.
2. I will encourage good sportsmanship. I will set an example by demonstrating good sportsmanship and positive support for all players, coaches, officials, board members, and other adults at all AYFCL functions (This includes practices, games, and other events).
3. I will provide support for coaches and AYFCL staff working with my child to provide an enjoyable experience for all.
4. I will demand a drug, alcohol, and tobacco free sports environment for my child and agree to refrain from their use at AYFCL events.
5. I will require that my child treat other players, coaches, officials, and adults with respect.
6. I will treat other players, coaches, officials, and adults with respect.
7. I will require and assume responsibility for my child treating assigned equipment with care. I will assume the financial responsibility for all lost or damaged equipment.
8. I will abide by the AYFCL and organization rules and regulations.
9. No persons other than players, coaches, medics, or AYFCL officials are allowed on the field. There are no exceptions to this. All game filming must be done outside the sectioned off area.
10. I will refrain from coaching my child from the spectators area, as I understand that there will be no non-certified coaching allowed.

\_\_\_\_\_  
Father / Legal Guardian Signature

\_\_\_\_\_  
Mother / Legal Guardian Signature

\_\_\_\_\_  
Step-Father / Legal Guardian Signature

\_\_\_\_\_  
Step-Mother / Legal Guardian Signature

I understand by signing that if I violate this pledge, I may be placed on probation or suspended for a period of time. Serious infractions may result in being removed from the program.

<b>To be completed by Parent or Legal Guardian</b>	All players and cheerleaders must have a physical exam by a qualified physician <b>before participating</b> in the <b>American Youth Football and Cheerleading League</b>				<b>Allergies / Medical conditions</b>
	The physical exam form below <b>or</b> a written statement by your own physician, stating that the participant is physically able to practice and play tackle football or cheerleading must be completely filled out <u>within one year</u> prior to the first day of practice.				_____
	<b>Child's Name</b> _____				_____
	<b>Address</b> _____				_____
<b>Phone number</b> _____				_____	
<b>To be completed by Physician</b>	Height	Lungs	Eyes	Feet	<b>Physician's Name</b>
	Weight	Nose	Abdomen	Extremities	<b>Address</b>
	BP:	Throat	Hernia	Ears	<b>Phone Number</b>
	Heart:	Teeth	Skin	Urine	<b>Date</b>
	This document must be signed, stamped, & dated at the physician's office. Undated documents WILL NOT be accepted				Physicians Office – Please stamp here:

**EMERGENCY MEDICAL INFORMATION FORM**

**Child's Name** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Address** \_\_\_\_\_

**Birth Date** \_\_\_\_\_ **Age as of 8/1/08** \_\_\_\_\_ **Team** \_\_\_\_\_ **Football or Cheer**

**Mother's Name** \_\_\_\_\_ **Home Phone** \_\_\_\_\_

**Address** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

\_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Father's Name** \_\_\_\_\_ **Home Phone** \_\_\_\_\_

**Address** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

\_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Alternate Person to Notify** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Alternate Person to Notify** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Child's Physician** \_\_\_\_\_ **Hospital Preference** \_\_\_\_\_

**Insurance Company** \_\_\_\_\_ **Policy Number** \_\_\_\_\_

**Is your child allergic to bee stings? YES NO / Please list any other**

**Allergies:**

\_\_\_\_\_

**\*Note:** If your child needs breathing medications such as inhalers, be sure they bring them to each practice and game. Please note below any special medical problems your child may have that medical personnel will need to know while treating them. Continue on the back if necessary.

**Medications**

\_\_\_\_\_

If my child needs emergency medical treatment while participating, and I cannot be contacted, I consent to any medical treatments the attending physicians or emergency medical personnel feel are necessary while continuing the efforts to contact me. I also will accept responsibility for all costs related to such treatments.

**Parent/Guardian** \_\_\_\_\_ **Date** \_\_\_\_\_

**ONLY FOR CHEERLEADERS**

**HILTON RAIDERS CHEERLEADING ATTENDANCE POLICY**

Cheerleading is a team sport where attendance is critical. Poor attendance diminishes the effectiveness of coaching and is detrimental to team spirit. When one cheerleader is missing from practice or a game, a group of four girls cannot stunt. The Hilton Raider’s Board of Directors recognizes this and has adopted the following policy to help ensure a more positive experience for all the children:

Each cheerleader is expected to attend all practices and games during the months of August through October. An un-excused absence is defined as arriving to practice or game 20 or more minutes late, leaving a practice or game 20 or more minutes early, or missing a practice or game entirely for any reason other than a pre-arranged academic reason, illness, or a family emergency excused by a parent/guardian’s note within 24 hours. In the case of an illness, a telephone call to the coach is required as early as possible **before** the practice or game.

If a cheerleader has continued absences from practice or games, he/she will be considered not in good standing and will be subjected to disciplinary action to include but not limited to meeting with the coaches, position change on the squad, sitting out at games, removal from competition routines and removal from the squad.

**Any cheerleader who has more than 3 unexcused absences during practices / games may forfeit their position on the squad. This policy will be strictly enforced.**

**We have read the attendance contract for the Hilton Raiders Cheerleading Program. We agree to abide by these rules and policies and are aware of the consequences if we choose not to do so.**

\_\_\_\_\_  
**Cheerleader**

\_\_\_\_\_  
**Parent or Guardian**

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

Excused Absence – Medical or Family emergency. Vacations and other sport commitments are unexcused absences.

If you have pre-registered and know your child will be missing more than 3 un-excused practices, please contact the registrars for a full refund before the start of the season.