



**AUBURN  
JUNIOR  
FOOTBALL  
ASSOCIATION**

**Auburn Junior Football**

**And**

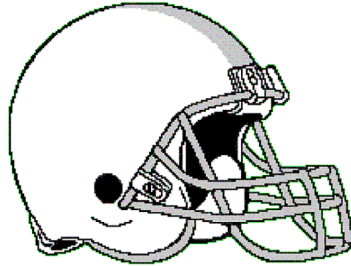
**Cheer**

**2009 PARENT HANDBOOK**

## **About Auburn Junior Football and Cheer**

Auburn Junior Football Association is made up of a Board of Directors and coaching staff consisting of volunteers, following a set of association and league bylaws and rules.

The Board members and coaches are dedicated to seeing that the program is a positive, safe activity for our children and is self-sustaining financially. Everyone is a volunteer. No one claims to be an expert or professional. We are people who believe this program has something positive to offer the children in the Auburn area. The members of the Board and coaching staffs have given many hours of their time during this off-season to help put this year's program together. There is still much to do and their dedication will continue throughout the season and playoffs. Working together, this team and you can make the season of Panther football/cheer an awesome and fun experience.



### **CONTACT INFORMATION**

**MAILING ADDRESS:** Auburn Junior Football  
P.O. Box 2278  
Auburn, WA. 98071

**WEB SITE ADDRESS:** <http://www.auburnpanthers.org/>

## 2009 AJFA BOARD OF DIRECTORS

President	Kevin Schelling	kevin.schelling@gmail.com
Vice President	Anna Hettinger	hettinger33@msn.com
Secretary	Megan Collins	megandoodle@yahoo.com
Treasurer	Open	
Registrar	Candee Sanow	candeesanow@yahoo.com
League Rep.	Diane DeAvilla	katia102055@aol.com
Athletic Director	Allen Polley	wishbone73@hotmail.com
Cheer Director	Tia DeAvilla	shheyechik914@aol.com
Equipment Director	Brett Ioimo	notebound@hotmail.com
Special Affairs Director	Open	
Concessions Director	Kenna Polley	hunybea71@yahoo.com
Merchandise Director	Michelle Webster	bigredDQ@yahoo.com

## 2009 HEAD COACHES

89ers	David Tate	ddtate@msn.com
Sweet Peas	Rick Gleason	gleasonrm@msn.com
Bantams	Timothy Norman	
Midgets	Allen Polley	wishbone73@hotmail.com
Pee Wees	Danny Neuman	dnneuman@comcast.net
Cheer	Nicole DeAvilla	shheyechik914@aol.com



## PARENT RESPONSIBILITIES

- All parents are required to know the information contained in this handbook as well as all league and franchise rules and bylaws. You may view them online on our web site as well as the league rules and bylaws on their web site at [www.psjfl.org/main.htm](http://www.psjfl.org/main.htm).
- All parents are required to volunteer for concessions on game days. Your support is appreciated. Your help volunteering in the concession stand is needed.
- Parents will provide snacks and/or drinks for your child's team/cheer squad on game day. Your team parent will have a sign up for what day and item you are responsible for. If your child has allergies or food restrictions, please see your team parent or provide your child's own snack.
- Throughout the season, AJF has fund raising events and activities that all are expected to participate in. Unfortunately, it takes a lot of money to make AJF work. We need your help and participation!!



## REFUND INFORMATION

The general policy of the AJFA is that there will be no refunds to any participant after the second scheduled game of any year. Any extenuating circumstances will be brought forth to the Board of Directors for consideration.

If a participant requests a refund before the second game of a given year, the monies due for refund are determined by the following sliding scale and \$50 for Cheer Spirit pack are excluded from refunds and refund percentages.

- (1) A 100% refund is due if the player/cheerleader prior to equipment handout. **Once equipment has been issued, there is a \$50 non-refundable fee.** Players/cheerleaders who participate two (2) weeks or less (up to 10 days) will receive a refund less the \$50 nonrefundable equipment fee.
- (2) A 40% refund is due if the player/cheerleader has participated more than two (2) weeks, but leaves the AJFA before the first scheduled game;
- (3) A 20% refund is due if the player/cheerleader leaves the AJFA after the first scheduled game, but before the second scheduled game.

## BIRTH CERTIFICATES

All children participating in AJF programs need a certified copy of their birth certificate on file by the weigh-in/certification date (usually the 3<sup>rd</sup> weekend in August). You can obtain a copy at the Health Department of the county where your child was born, via writing, phone or online at [www.vitalcheck.com](http://www.vitalcheck.com).

## WEIGHT LIMITS

All ages are based on how old the child is on July 31, 2009.

### **Eighty Niner Qualifications:**

7 yrs old	No minimum to 90 lbs
8 yrs old	No minimum to 80 lbs
9 yrs old	No minimum to 75 lbs

### **Sweet Pea Qualifications:**

8 yrs old	81 lbs – 110 lbs
9 yrs old	76 lbs – 100 lbs
10 yrs old	No minimum to 90 lbs
11 yrs old	No minimum to 75 lbs

### **Bantam Qualifications:**

9 yrs old	101 lbs – 120 lbs
10 yrs old	91 lbs – 110 lbs
11 yrs old	76 lbs – 100 lbs
12 yrs old	No minimum to 90 lbs

### **Midget Qualifications:**

10 yrs old	111 lbs – 140 lbs
11 yrs old	101 lbs – 130 lbs
12 yrs old	91 lbs – 120 lbs
13 yrs old	No minimum to 110 lbs

**Pee Wee Qualifications:**

11 yrs old	131 lbs – 162 lbs
12 yrs old	121 lbs – 157 lbs
13 yrs old	111 lbs – 142 lbs
14 yrs old	No minimum to 132 lbs

Overweight players who do not exceed 5% of the maximum required weight may practice with their respective teams. Overweight players who do not exceed 10% of the maximum required weight and have no other team to advance to by the reason of age may practice with their respective teams. However, they may not play in any game until they meet the specified official weight limits as set forth above. Overweight players who fail to meet initial weight requirements at the first game will be allowed to play in a game the week they meet the combined initial weight requirement and growth factor.

Cheerleading ages are from 7 – 15 years old. Younger participants are eligible at the discretion of the Cheer Director and the Cheer Head coach.

## COACHES

Any parent wishing to volunteer as a coach must fill out an AJF Coaching Interest form and turn it in to the AJF Athletic or Cheer Director. All volunteers working with children must also complete a Washington State Patrol background check. Please see any Board member for further details.



## **PRACTICE/GAME FIELDS & SCHOOL PROPERTY**

AJF must apply for permission to use the fields and facilities each year. Our acceptance for usage is based on the School and Park Districts past experiences with us. It is important that we follow all of their rules and do not abuse the privilege of field usage.

The use of profanity by both adults and children will not be tolerated. There is absolutely no weapons, tobacco, alcohol or drug use permitted anywhere on school property.

Please pick up all garbage and help keep the stands and fields clean.

## **PARENTS AND FANS**

- Please support all the teams from the stands.
- Parents and fans are NOT allowed on the field or sidelines at any games, home or away.
- When practice is being held, parents and fans must stay out of the designated perimeter of the practice field. Our space is limited and the coaches need as much room as possible to work with their team. Interference by parents or fans during practice will not be allowed. Please address coaches with your questions after practice.
- It is important to players/cheerleaders to have their parents at practices and games providing support and encouragement. Be involved with your child.
- Avoid negative comments, profanity and other inappropriate remarks or gestures. Please save criticisms and complaints for an appropriate, private time between you and that person or coach.



## EQUIPMENT

Equipment will be handed out at a weigh-in/team assignment day prior to the first practice. Each participant is provided a practice uniform and a game uniform. It is the parent's responsibility to return all uniforms washed. Parents are required to sign for equipment/uniforms issued and are responsible for loss or damage.

Parents are responsible for providing athletic shoes. Football players shall have "turf" shoes and cheerleaders shall have tennis shoes and socks. See your child's coach for more information.

In addition, cheerleaders are responsible for a spirit pack. The coach will provide information such as color, style and cost.

Additional items not issued by AJF can be purchased at local sporting goods stores.



## PRACTICES

- Practices will be held 4 days a week, Monday thru Thursday, from 6 to 8 pm with a Friday option if the coach feels it is needed prior to the first game.
- At the start of the school year, practice will be 3 days a week.
- Cheerleaders will be moved to an indoor facility in early October.
- The first three practices are conditioning practices. These are "no contact" practices and players are to wear helmets only.
- Players and cheerleaders are expected to be on time.
- Practice is held rain or shine. Please dress appropriately.
- Please make sure your children are picked up by 8 pm. Please be prompt.

## **TEAM PHILOSOPHY**

The AJF program is first and foremost a teaching organization. Our coaches are dedicated to doing their best to teach their player/cheerleader good work habits, self-discipline, teamwork, sportsmanship and commitment. Winning football games is a by-product of the above. It is not our primary goal.

Each Head coach will provide information at the team meetings after each practice on his/her coaching style and expectations of their participants. Coaches are available after practice to discuss your concerns. Please focus your concern on your child.

## **COMPLAINTS**

Remember that this is your child's experience, not yours. Our coaches, Board members and other volunteers will do everything we can to make it a quality experience. Any person having a complaint must present the detailed complaint, in writing, to any Board member. Further details on how complaints are handled can be found in the AJFA Bylaws.

## **GAME DAYS**

Game schedules will be available in mid August. Games are played at local school fields and changes may be made. AJFA will make every attempt to notify parents and players of any changes via newsletter, flyer or announcement. Information is also available on the AJFA and PSJFL web sites. Each Head coach will determine the time he/she expects participants to be at the field prior to their contest. Players must be on time for weigh-ins to be eligible to play in that day's game. Weigh-ins are usually held at half time of the previous game.



## **VOLUNTEERS NEEDED!!**

Auburn Junior Football Association is strictly a non-profit organization. We have no paid positions or large corporate sponsors. In order to run a successful organization, we need volunteers. We need you!!

Volunteering is a great way to get to know other parents in the organization and make it possible for everyone to be able to watch their child play.

The following is a list of some of our volunteer needs. It by no means covers everything we need or do. If you have other skills or ideas that may be valuable, please talk to your coach, team parent or any Board member.

- ✓ **Concessions** - Cooks, cashiers, set up and clean up.
- ✓ **Team Parents** - Each team needs a parent to help the coaches with making phone calls and handing out information. Team parents also work with the Concessions Director to schedule shifts in the concession stand at home games.
- ✓ **Chain and Down Markers** – 3 volunteers per game are needed to work the first down chains and down markers.
- ✓ **Spotters, Time Clock, Scoreboard and Announcer** – 3 to 4 volunteers are needed for these management areas during each game.
- ✓ **Security** – Volunteers are needed each game to various areas.
- ✓ **Fund Raising** – MANY opportunities. Just ask!

**Never assume we have enough help – Please join in and volunteer!**

## **MEETINGS**

The AJFA has Board meetings every second Tuesday of each month. The AJFA has General Membership meetings every third Tuesday of each month. The meetings are usually at the Rainbow Café in downtown Auburn at 6:30 pm. When the season begins, these meetings are held at the practice field. Our members are always invited to attend these meetings and keep informed with what is going on. Stop by!! Get involved!! We would love to see you there!!

Please remember that this is a general outline of the AJFA, its philosophy and its operations. If you have any questions, concerns, comments or ideas, contact any Board member and they will be happy to help. Thanks for supporting the AJFA!

**GO PANTHERS!!**



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