



VALLEY WOLFPACK INFORMATION CENTER

Address: Valley Football & Cheerleading Association
PO Box 1701
Sumner, WA 98390

Message Phone: (253) 330-7823

E-mail: wolfpack.football@comcast.net

Website: www.valleywolfpackfootball.com

BOARD OF DIRECTORS & HEAD COACHES

Board Members

President	Tim Fischlin
Vice President	Tracy Farman
Secretary	Tara Weed
Treasurer	Lisa Zaragoza
Athletic Director	Shauna Luddy
Mediator	Anthony John
League Representative	Wayne Blackard
Cheer Director	Cyndee Meek
Equipment Manager	Tim Zaragoza
Computer Technician	Cyndi Cozzi
Director of Concessions	Stephanie Dunning
Director of Publicity	Jodie Mayer
Volunteer Coordinator	Gina Angeline
Merchandise Coordinator	Tiffany Rainwater
Fund-Raising Coordinator	Niki Simmons

Head Coaches

Eighty-Niners	Paul Cozzi
SweetPeas	Bill Luddy
Bantams	Dan Weed
Midgets	Tim Fischlin
PeeWees	Beaux Land

WEIGHT LIMITS

TEAMS	AGE GROUP	WEIGHT LIMITS
Eighty-Niner	7 Year Olds 8 Year Olds 9 Year Olds	No minimum to 90 lbs. No minimum to 80 lbs. No minimum to 75 lbs.
Sweet Peas	8 Year Olds 9 Year Olds 10 Year Olds 11 Year Olds	81 lbs.– 110 lbs. 76 lbs. – 100 lbs. No minimum to 90 lbs. No minimum to 75 lbs.
Bantams	9 Year Old 10 Year Olds 11 Year Olds 12 Year Olds	101 lbs. – 120 lbs. 91 lbs. – 110 lbs. 76 lbs. – 100 lbs.. No minimum to 90 lbs.
Midgets	10 Year Olds 11 Year Olds 12 Year Olds 13 Year Olds	111 lbs. – 140 lbs. 101 lbs. – 130 lbs. 91 lbs. – 120 lbs. No minimum to 110 lbs
Pee Wees	11 Year Olds 12 Year Olds 13 Year Olds 14 Year Olds	131 lbs. – 162 lbs. 121 lbs. – 157 lbs. 111 lbs. – 142 lbs. No minimum to 132 lbs
Cheerleaders	Ages 7 Years Old To 15 Years Old	No Weight Limits



IMPORTANT INFORMATION

BIRTH CERTIFICATES

All children participating in Wolfpack Football and Cheer must have a certified copy of their birth certificate from the Health Department on file with VFCA. Your child will not be allowed to play or cheer if we do not have a copy. You can obtain a copy of your child's birth certificate at the Health Department of the County where you child was born. Hospital copies are not permissible.

REFUNDS

Full refunds will be allowed only during the first week of practice. Refund requests during the second week of practice will have a \$25.00 fee withheld by VFCA. **There are no refunds after the second week of practice.** All refund requests must be in writing. (Form included in handbook). Refund checks will be issued by mail after all equipment is turned in and is in satisfactory condition.

INSURANCE

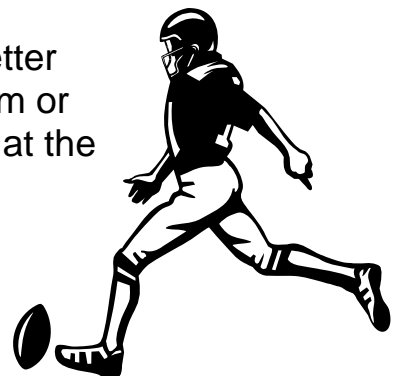
Health insurance that VFCA provides for our players is a **secondary** insurance. If your child is injured and receives medical attention, it must go through your insurance carrier first. There is a \$100 deductible for the insurance provided by VFCA. If your child is injured during a VFCA activity notify your Team Parent. For additional insurance information and necessary forms please see the Vice-President.

HEALTH PHYSICALS

VFCA recommends that all athletes have a complete physical prior to participating. Any player or cheerleader with a pre-existing health condition shall notify VFCA in writing. VFCA has the option to require a physical and a Doctor's written limitation requirements.

NEWSLETTERS

Weekly newsletters will be available each Thursday. The newsletter will be emailed using addresses provided on your registration form or you may pick up a paper copy each Thursday from the clipboard at the equipment trailer. Be sure to check newsletters for updates and possible changes to game times.



PRACTICES

- Practice will be held Monday through Friday from 6:00 pm to 8:00 pm starting August 1st behind Sumner High School on the stadium field or grass practice field behind, depending on availability.
- Beginning September 1st, practices will be held 3 days a week from 6:00 pm to 8:00 pm. Please see weekly newsletter and/or website for dates and times. Cheerleaders will be moved to an indoor facility around the first of October, watch for date and location in the weekly newsletter.
- Players are to wear Helmets Only to the first 3 practices. These are “no contact” practices.
- All players and cheerleaders are expected to be on time!
- Practices are held rain, snow or shine. Please dress appropriately.
- Please make sure your children are picked up PROMPTLY at 8:00.
- Please address coaches with your questions **after** practices.

PRACTICE, GAME FIELDS, AND OTHER SCHOOL PROPERTY

- There is absolutely no tobacco, alcohol, or drugs anywhere on the school property. The use of profanity by both adults and children will not be tolerated.
- Please pick up all garbage and help keep the fields clean. (water bottles, etc)
- Please do not walk on, cross over, or allow kids to play on the baseball infield.
- No sunflower seeds in the stands, on the field, or on the track of the stadium.
- Please park in designated areas. Please keep parking areas closest to the field clear for coaches and board members who are bringing in equipment and gear.
- No parking in the Church parking lot. Your car could be towed.
- No parking in the small lot behind Fred Meyer, it is reserved for their employees.
- Please be sure and lock your cars and secure all valuables. VFCA is not responsible for any theft or vandalism.
- VFCA has to apply for field and facility usage each year, our acceptance for usage is based on the School District’s past experiences with us, so it is important that we follow all their rules and not abuse the privilege of using their facilities.
- To keep our stadium fees low, it is important that we clean up the stadium and field after each use and follow all Stadium rules.

GAME DAYS

All dates, times and directions to games will be confirmed in weekly newsletters. All players are required to be at the game field at least 1 ½ hours prior to game time unless otherwise noted by your coach. Players must weigh-in at half time of the previous game. Check the website regularly for updates (www.valleywolfpackfootball.com).

TEAM RULES

Each head coach is free to employ a set of team rules to govern any particular issues that he deems necessary for the benefit of the team. Team rules will allow a coach to more tightly tailor his style of coaching to the age group and ability of the kids on the team. These rules will generally address practice attendance, attitudes, teamwork issues, and any other areas not specifically addressed in this handbook. These rules will be team specific and are subject to review by the Board of Directors.

PLAYING TIME & POSITIONS

Our program is first and foremost a teaching organization. Our coaches are dedicated to doing their best to teach their players good work habits, self-discipline, teamwork, sportsmanship and commitment. Winning football games is a by-product of doing all of these things consistently well.

As per the VFCA bylaws: "Players will play in every game, except players under disciplinary action. Playing time shall be at the discretion of the coach. Fifth quarter/Silver Bullet game play will count as playing time in a game. If a team has no fifth quarter, coaches will attempt to play as many players as he can in any given game. However, playing time is left to the sole discretion of the coach."

Players need to attend each practice, work hard and have a positive attitude both on and off the field. Playing time is earned by attendance, effort, and ability. Just showing up for practice is not enough to guarantee playing time. Commitment to learning the game and the desire to improve in those areas of the game that need work are essential to a player's development. Football is the ultimate team game and it takes commitment by each player to do his best each practice, so the *team* can do its best at each game. Playing time is further earned through an understanding of the plays and the demands of the positions assigned. Players must also understand and adhere to all safety precautions and techniques as taught to him by the coaches. Player safety is always top priority with our coaches, and players will not be allowed into a game if our coaches are not confident that the player can perform at a level that will prevent him from being injured in a game situation. Remember, parents, **practices are a controlled environment** where coaches have more direct control over the players and situations each player is placed in. **Games are entirely live** where hitting and technique are less controlled. Each player must be able to fully handle game speed before receiving significant playing time due to safety concern our coaches have for your young athletes and their futures in football. Thus, each coaching staff is free to assign players to any position based on their daily observations of the player's physical abilities, commitment to the team and knowledge of the position.

We ask for your complete understanding and continued support of our coaches with regard to playing time issues. Football is a unique sport that demands a tremendous amount from these young athletes, as well as our coaches, to ensure that it is a game

played at a high level of competency and safely. Under these circumstances, playing time must remain entirely at the discretion of the head coach.



COMPLAINTS

Any person having a complaint against the VFCA, a member, or a coach must submit the complaint in writing to the Mediator. A form has been provided in this handbook. The Mediator will make all attempts to resolve the complaint as soon as possible. In the event the complaint involves a coach, the Mediator is required to advise the Athletic Director who will assist in complaint resolution as deemed necessary. If no successful resolution is reached, all persons involved in the complaint may be required to appear in person before the Board of Directors. Complaints via email and/or phone messages will not be accepted.

VFCA BY-LAWS

If you would like a paper copy of the By-laws, they are available for a copy fee of \$5.00 per copy. A review copy will always be available at the Equipment Trailer and an electronic copy will remain posted on the website under the “handouts” section, free of charge.

PARENT AND FAN CONDUCT

Please support ALL the teams (including visiting teams, coaches, and players) from the stands. Parents and fans are not allowed on the field or sidelines at any of the games or practices. When practice is being held at Sumner HS, parents and fans must stay out of the designated perimeter of the practice field. In the event a board member or coach asks you to move back, please adhere to their instructions. Our space is limited and coaches need as much room as possible to work with their teams. Interference by parents during practices will not be allowed and may result in removal from the VFCA should it become problematic.

It is important to the players to have their parents at each and every practice and game, providing continual support and encouragement. Please give all players, cheerleaders, coaches, and game officials only positive encouragement and support. Negative comments, profanity, and other loud inappropriate remarks may result in discipline up to and including removal from the VFCA. Please save respectful criticism and complaints for an appropriate, private time between you and that person.



CHEERLEADING EQUIPMENT



Cheerleading equipment will be handed out, along with care instructions, by the Cheer Director prior to Picture Day. Each cheerleader will need to purchase shoes, socks and a hair ribbon more info will be given at sign-ups. Shoe sizing and ordering will be done during sign-ups.

FOOTBALL EQUIPMENT

- Each football player will receive a pair of practice pants, one set of hip, tail, knee and thigh pads, a girdle, shoulder pads, a helmet and one mouth guard.
- Mouth guards wear out – please replace your child’s mouth guard when it starts showing wear. Mouth guards can be purchased in the concession’s area for \$1.00 at practices and games.
- A player can wear his own personal jersey or x-large T-shirt (needs to fit over shoulder pads) to practices. VFCA Practice Jerseys may also be available for sale.
- Metal cleats are not allowed at any time. Regular cleats are recommended on grass fields but not on astro-turf fields where players will wear regular athletic shoes or “turf” shoes.
- Optional equipment such as rib protectors, forearm pads and athletic supporters are recommended and can be purchased at sporting good stores or at practices.
- Game pants and a game jersey will be issued prior to the first game.
- **Game pants and jerseys are to be worn for games only.** Do not wear game pants and jerseys to practice - - Your coach may not let you play.
- Jerseys and pants should be washed separately in cold water, mild detergent and hung to dry. No bleach! **DO NOT PUT GAME JERSEYS AND PANTS IN THE DRYER.** (please turn jerseys inside-out to keep numbers from cracking)
- Players will be issued one game uniform. If the uniform is damaged, lost or stolen while in the players care, it will be the responsibility of the parents to pay for the costs of that uniform.
- Do not make any alterations to any equipment. If you need help with any of your equipment – contact the equipment manager before, during or after practices.
- No stickers or other objects are to be applied to any of the equipment unless authorized by the VFCA.
- Equipment must be cleaned prior to equipment turn-ins. Failure to do so will result in a fine.
- Failing to turn in your equipment will result in a \$350.00 fine and the filing of a police report.
- VFCA is not responsible for lost, stolen or damaged *personal* equipment.

VOLUNTEERS NEEDED!

In order to run a successful organization we need volunteers. All parents are encouraged to volunteer time within the VFCA. Volunteering is great way to get to know other parents in the organization and allows everyone time to watch their children participate. The following is a list of some of our volunteer needs. If you have other skills or ideas that may be valuable, please talk to a Board Member, Team Parent, or Coach. **NEVER ASSUME WE HAVE ENOUGH HELP – PLEASE JOIN IN!**

- ❖ **CONCESSIONS** – All parents are encouraged to volunteer in the concessions stand at practices and home games. During home games (only 4 to 5 per year) we need 4-6 adults to help out with cooking and serving for each game. Help is also needed during “set-up” and “clean-up” for home games. Volunteers are scheduled via the Team Parents and our Volunteer Coordinator. Each parent will be able to see his or her child’s team play.
- ❖ **RAFFLE TICKETS** – Volunteers are needed to sell 50/50 raffle tickets during each home game.
- ❖ **TEAM PARENTS** – (Appointed to the Board by Head Coach’s selection). Each team needs a parent to help the coaches with organizing snacks, making phone calls, and handing out information. Team Parents also schedule volunteers for shifts in the areas of need at our home games. *Starting in 2005, each “Team Parent” has a seat on the voting board during the season for more effective communication with our members.*
- ❖ **GAME CHAINS AND DOWN MARKERS** – At home games, three volunteers per game are needed to work the chains and down markers. These parents have often called these positions “The best seats in the house!”
- ❖ **ANOUNCER, SPOTTER AND TIME CLOCK OPERATOR** – Three volunteers per game are needed to help announce, spot (watch the action) and run the clock and scoreboard.
- ❖ **PHOTORAPHERS** –We need volunteers to take pictures at games and practices to use for the VFCA Program and to display at the year-end banquet. VFCA football players and cheerleaders may be photographed during practices and games. These photos may be displayed on the VFCA web page, program, local newspapers, promotional material, and elsewhere. With registration, the parent/guardian consents to the taking and publication of practice and game-related photos of their child.
- ❖ **BOARD OF DIRECTORS** – Board Members are elected each year by the VFCA membership at the year-end banquet. Available positions will be posted during the season.
- ❖ **EQUIPMENT** – Volunteers are needed to assist the Equipment Manager with all of the uniforms and gear.

FUNDRAISING

The VFCA is a non-profit organization. It takes a lot of money to run a successful football organization and the funds we receive from sign-ups do not cover all the cost involved with running the program. The Board of Directors has made a conscientious effort to keep our player fees low. In order to continue with the low fees, we need the support of the entire membership to fulfill our fundraising needs. The following is a brief description of some of the fund-raisers we've employed in the past. If you have any other ideas on possible fund-raisers, please contact your Team Parent, Coach, or any Board Member.

Concessions – Our concession stand is a big fundraiser for VFCA. Parents are encouraged to help out in concessions and to support it by buying our tasty treats available at home games, practices, and special events.

VFCA Programs – Each year, we ask players and parents to solicit ads from businesses, partners, grandparents, etc. for the VFCA Program. The Program includes pictures, team information, advertisements and other fun items. The Programs are sold at practices and home games.

VFCA Apparel – Show your Wolfpack PRIDE by wearing our T-shirts, sweatshirts, hats, and coats.

Vendor/Pep Rally Night – Vendors set up around our concession stand to sell their goods with a portion of the sales donated to the Wolfpack.

Raffle Tickets – 50/50 Raffle tickets are sold during each home game. The winning raffle ticket receives ½ of the proceeds raised. The other half goes to the VFCA general fund!

Donations – Donations are always welcome and appreciated! If you have any item, idea, or know someone who would be willing to make a donation to the VFCA please contact a Board Member. Please encourage business and community members to help.

Other FUNdraising – other fun fundraising opportunities TO BE DETERMINED and presented during our season.

**SHOW YOUR WOLFPACK PRIDE!
SUPPORT OUR TEAMS BY CHEERING ALONG WITH OUR CHEERLEADER AND
WEARING COMBINATIONS OF RED, BLACK, AND WHITE ON GAME DAYS!**

Refund Policy Information Refunds

Full refunds will be allowed only during the first week of practice. During the second week of practice, refunds will be subject to a fee as determined by the VFCA Board of Directors. No refunds will be allowed after completion of the second week of practice. All refund requests must be in writing. Refund checks will be mailed out after all equipment is returned in satisfactory condition.

TO REQUEST A REFUND PLEASE COMPLETE THIS FORM AND PLACE IT IN THE TREASURER'S MAIL BOX IN THE WOLFPACK TRAILER.

Participant Name: _____ Date: _____

Team (circle one): Cheer 89er Sweet Pea Bantam Midget Pee Wee

Reason:

Equipment Returned:

Helmet _____

Game Jersey _____

Game Pants _____

Red/Black Belts _____

Shoulder Pads _____

Girdle _____

Thigh/Knee/Hip/Tail Pads _____

Cheer

Pom Poms (Varsity)

Warm up Pants

Warm up Jacket

Shell

Skirt

Board Member's Signature for Equipment: _____

Make Payment Payable To: _____

Street Address

City, State, Zip

Contact Phone Number

Please Place In Treasurer Mail Box In Wolfpack Trailer

