

2009  
Sahuarita/Green Valley  
49ers

Youth Football and Cheerleading



Parent Handbook  
(updated May 2009)

## **49er pride...A new beginning!**

On behalf of the Board of Directors, we would like to welcome you to this year's season. Whether you're a returning athlete or a first year participant, we wish you all the best. We believe we have one of the top youth programs in the greater Tucson Area –both in terms of competitiveness and values. Our success depends upon a commitment to excellence from our athletes, coaches, and parents. We succeed as a community and club when our players learn how to work together, share successes, learn from disappointment and mature in an environment of support and leadership.

Our organization is supported by a diverse collection of individuals. We should all share in the same goals and ideals. Sportsmanship, scholarship, physical fitness, respect, spirit, discipline, responsibility, confidence and fun are all values that are consistent to the 49er organization.

Please take the time to completely review your handbook. We've organized its contents based on questions asked in prior years and information we feel is important to our success. We hope it answers most, if not all, of yours. If there are questions not covered, or issues you would like to address, please contact any board member and we'll be happy to help. Our organization is successful because of you – parents and athletes. We thank you for your interest and support through out the season.

Enjoy a great season.

Sarah Haskins  
*President*  
**Sahuarita/Green Valley 49ers**

### **SGV 49ers CONTACT INFORMATION**

#### ***SEND CORRESPONDENCE TO:***

P.O. Box 540  
Sahuarita, AZ 85629

**EMAIL:** [49ers@sahuarita49ers.com](mailto:49ers@sahuarita49ers.com)  
**WEBSITE:** [www.sahuarita49ers.com](http://www.sahuarita49ers.com)

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## About the 49ers

The **Sahuarita/Green Valley 49ers program** is one of sixteen competing organizations participating in the **Tucson Youth Football and Spirit Federation**. TYFSF is the governing body that sets playing rules, standards, and schedules for all of the organizations that compete during the Football and Cheer Season. It also establishes the age, weight, and team size requirements to provide for the safety of the participants. 49er Coaches and Board Members are dedicated to providing quality supervision and safety while teaching the fundamentals of youth football and cheerleading in a positive environment. We feel that our organization offers an unparalleled, positive AND supportive environment for our young athletes to learn about football and cheerleading. Our goal is for them to have fun, maintain a positive attitude, and strive for academic excellence.

Our **home field** is Anamax Park. All practices and home games are played there with a few possibly being played at Sahuarita High School or North Park

## About TYFSF

We are proud to be affiliated with the **Tucson Youth Football and Spirit Federation**. The TYFSF ensures that all participants play in an environment that is both positive and safe. The TYFSF produces an official, in-depth **Rule Book**, which includes important safety regulations and other guidelines that promote a quality experience for all athletes. The TYFSF ensures that all coaches are trained in CPR and First Aid and are certified by the Federation. For more information, see the TYFSF website: **www.tyfsf.com**. The TYFSF is composed of the following organizations:

Sahuarita/Green Valley 49ers	Marana Broncos
Tucson Chargers	Oro Valley Dolphins
Tucson Falcons	Tucson Wildcats
Tucson Scorpions	Tucson Steelers
Tucson Raiders	Tucson Redskins
Tucson Cowboys	Vail Vikings
Tucson Eagles	Tucson Rams
Tucson Jaguars	Rio Rico Cardinals








**Please address all Federation correspondence to:**

Tucson Youth Football and Spirit Federation  
P.O. Box 30236  
Tucson, AZ 85751

## What Makes the 49ers Unique

### **CORE VALUES**






Everyone loves to win. However, the final numbers on the scoreboard do not reflect how we judge a "WINNING SEASON." We consider our season a success when we've met the following:

-  Our athletes had fun.
-  Our athletes increased their skill level in either football or cheerleading.
-  Our athletes achieve academic excellence during the season and beyond.
-  Our athletes developed discipline, teamwork, compassion, persistence, and self-esteem.
-  Our parents enjoyed watching their kids and had a good time participating in the program.
-  Everyone conducted themselves with sportsmanlike behavior both on and off the field.
-  We have a large number of returning athletes from the previous season.

We believe we exist to provide every athlete with a chance to gain skills and experience by being a part of a team. We believe that our coaches strive to treat each child with patience and fairness, and that team assignments and placements are determined by the best fit for the team and the child.

### Program Value

Participation fees cover many items. Our program fees include:

-  All necessary Football equipment and uniform (on seasonal loan) except personal items
-  All basic Cheer equipment (personal items are purchased by the participant)
-  Participation Trophy for all participating athletes
-  Comprehensive medical insurance
-  End of Year Banquet

Our athletes would not receive as many benefits without the support and generosity shown by our sponsors. Local businesses help offset the cost of providing this quality program.

### Scholarship Comes First

Each athlete must maintain at least a 2.0 grade point average during the season to remain eligible to play. Parents are encouraged to notify the Head Coach of any scholastic problems their child may be experiencing. We believe schoolwork must come first!

### How Coaches are Selected

Anyone who is interested in volunteering as a Head or Assistant Coach may submit their application and qualifications to the Board of Directors prior to the start of the season. The Board of Directors will consider each application for approval. In the event that more than one candidate applies for a Head Coach position, the Board will review each candidate's application and qualifications before a final vote is made through a written ballot. Assistant Coaching positions are filled by the Head Coaches with input and approval from the Board of Directors. If you are interested in becoming an Assistant Coach, please contact your Head Coach or the General Manager.

Anyone may submit a request to coach (coaching fulfills your Parent Participation requirement). A parent may coach his/her child's team but it is highly suggested that the parent not be directly responsible for coaching his or her own child. No athlete will be assured a spot on a certain coach's team unless that athlete has a coach or a sibling on that team.

## Registration Process

### **REGISTRATION DAY**

All participants are required to attend one Registration Day to fill out all necessary paperwork, sign-up for parent participation duties, to pay registration fees and deposits. Bring to the Registration Day: Your **checkbook and/or credit card** (for Registration fee and equipment and participation security deposits), your **athlete** (ID photo will be taken), and the **completed Registration Packet**.

*The following will be required at the time of official registration:*

- **Application:** You will need to complete the Registration Form.
- **Child's Birth Certificate (or Official Copy with Seal),**
- **Physical** signed and dated by a physician for the 2009 year.
- **Report Card** for the entire 2009 school year
- **Registration Fee.** The registration fee (\$195 for tackle football/cheer and \$125 for flag) is payable by check or charge card and is partially refundable until Certification/Official Weigh-Ins in mid to late August. After Certification, this fee becomes non-refundable.
- **Parent Participation Sign-Up.** There are many ways you can contribute to the organization. Each team will be responsible for helping in the snack bar, performing field duties on game days, providing snacks, etc. Each team's team parent will coordinate the schedule for parent participation.

## League Rules

### **PARENTAL RESPONSIBILITIES**

Parents are responsible for supervising their children before and after practices or games. Athletes are to arrive shortly before practice begins and are to be picked up immediately at the end of practice. Parents ARE NOT to drop their children off for practice and leave for the duration of practice. If parents must leave practice, it is their responsibility to make sure their child is taken care of in case of early release or severe weather. Our coaches have enough responsibility and WILL NOT be responsible for watching children before or after practice. Parents should refrain from interfering with coaches during practice. Any issues are to be addressed outside of practice and in a positive manner. Parents are not allowed on the practice field or on the sidelines during games (unless they are performing Parent Participation duties). Sportsmanlike conduct should be shown towards all players, coaches and officials.

### **ATHLETE PARTICIPATION**

Participants are required to attend all practices and games. Missed practices may result in less game time. Participants who miss three games may be dropped from the team.

### **ATHLETE ATTITUDE**

Vulgarity, temper-tantrums, and other negative displays or comments will not be tolerated at any time and may be cause for dismissal. Respect and sportsmanlike conduct must be shown to players, parents, instructors, coaches, referees and board members at all times. Athletes should exhibit an inclusive attitude to all athletes.

**ATHLETE ATTIRE AND APPEARANCE**

Appropriate clothing AND shoes (full gear for football players) must be worn at every practice unless stated otherwise by the Head Coach. **No jewelry, nail polish, or make-up of any kind** may be worn during practices, games, or competitions. Cheerleaders must keep their hair tied back during all practices and games. Football players must have a mouthpiece and cup in place whenever they are on the field.

**GENERAL CONDUCT**

All spectators must remain in the stands (or designated area) during games. Chewing tobacco, alcohol and drug use is absolutely prohibited at all 49er events.

**FORMS AND FEES REQUIREMENTS**

All required documents, paperwork, and fees must be completed and turned into Board Officials at the time of Registration. A participant will NOT be allowed on the practice/playing field unless all forms are submitted and all fees are paid.

*Athlete Requirements-- Football  
Football Squads by Age and Weight  
(age as of August 1, 2008)*

**2008 Football Weight/Age Divisions**

Division	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15
<b>Mitey Mite</b>	<b>45-104</b>	<b>45-104</b>	<b>45-89</b>	<b>45-78</b>					
<b>Jr. Pee Wee</b>		<b>105-114</b>	<b>90-114</b>	<b>79-114</b>	<b>55-93</b>				
<b>Pee Wee</b>			<b>115-129</b>	<b>115-129</b>	<b>94-129</b>	<b>70-108</b>			
<b>Jr. Midget</b>				<b>130-144</b>	<b>130-144</b>	<b>109-144</b>	<b>80-124</b>		
<b>Midget</b>					<b>145-no limit</b>	<b>145-no limit</b>	<b>125-no limit</b>	<b>100-no limit</b>	<b>95-149</b>

**(Age is as of July 31)**

This color cell indicates older/lighter

## *Athlete Requirements--Cheer*

### Cheer Competitions and Special Events

In addition to participating in every game, cheerleaders may also attend competitions sponsored by outside organizations. 49er Cheerleaders also compete in the annual **cheer competition conducted at the end of the season**. Tucson will be hosting the regional cheer event for 2009 on November 28<sup>th</sup> and 29<sup>th</sup>. Participants include: San Diego, PCC, Golden League, and CAYFL. This will be a huge event for TYFSF. Should our football teams make it to **the playoffs**, in November; the corresponding Cheer Squad will be required to attend postseason games.

#### **Cheer Practice Attendance**

It is important for every athlete to make every practice. Both football and cheerleading are TEAM sports requiring group effort to produce the best performance. If an athlete misses a practice, the whole team misses an opportunity to further their skills since they must function as a unit. Each Head Coach will set specific attendance rules and sanctions. If an athlete must miss a practice due to illness or an emergency, please contact the Head Coach as soon as possible.

### *Conditioning Week and Practice*

Practice begins on **Monday, August 3<sup>rd</sup>** from **6 - 8pm**, at **Anamax Park**

#### **ATTIRE**

Football players must wear a practice T-Shirt, PE style shorts or sweats and rubber football cleats to Conditioning Week. Football equipment is distributed after Conditioning Week, before full contact drills begin on the second week of practice. You will be notified of the time when football gear is handed out to your athlete. If you have questions or concerns about your athlete's equipment, please ask.

Cheerleaders must wear a Practice T-Shirt, PE style shorts or sweats, athletic shoes and must keep their hair in a ponytail. Athletes should make sure that all their jewelry, makeup, and nail polish has been removed **before** coming to practices and games and that their nails are trimmed short.

These rules have been put in place to ensure the safety of the children in our program.

#### **NUTRITION**

Energy and plenty of water are essential for a healthy athlete. It is difficult to exercise on a full stomach. Your child should not eat a large meal within 1 to 2 hours of practice and games. Provide them a substantial healthy snack instead. Also, please provide at least 2 quarts of water for every practice and encourage your child to drink water during water breaks. Juice, soda, and other sugary drinks are **not** suitable to keep your athlete well hydrated. **IT IS IMPERATIVE FOR SAFETY REASONS THAT YOUR ATHLETE BRINGS AMPLE WATER TO PRACTICE AND GAMES.**

#### **ATTITUDE**

The first week is **Conditioning Week** when both football players and cheerleaders will be required to run, do calisthenics, and practice basic stances. Because it is a rigorous and challenging week, you may find that your athlete is tired and grumpy -- even reluctant to attend practice. As your child becomes more fit and gains confidence, his/her attitude will improve. Your support, enthusiasm, and presence at practice will help your child through this first tough week.

**NOTE: All participants in the football program must complete a *minimum of 10 hours of conditioning* before they will be permitted to suit up for contact.**

## ***Pre-Season Scrimmage***

Prior to the first official game, football athletes will have a chance to suit up and scrimmage against other teams from within the Federation. We will be hosting a scrimmage this year and hope to bring five other organizations from TYFSF to participate. No scores are kept and coaches are allowed on the field to give guidance. Cheerleaders will have the opportunity to practice their routines in front of the fans of other participating teams during the scrimmage. The day and location will be determined by the 49ers. More information will be provided as soon as it is becomes available.

## ***Special Events***

**TYFSF Jamboree/40<sup>th</sup> Anniversary Celebration** will take place on August 21<sup>st</sup> and 22<sup>nd</sup>. All teams are required to be present for the jamboree and to participate in the scrimmage on the 22<sup>nd</sup>. TYFSF will be celebrating its 40<sup>th</sup> anniversary and the celebration will take place at Rillito Park. More details will be available in the future.

**Opening Day Ceremonies** will take place prior to the first practice. Coaching staff will be responsible to notify their athletes of the selected date and location. This event will consist of meeting coaches and board members, as well as a basic introduction to the league and a review of the upcoming season. Therefore, it is extremely important that both parents and athletes attend the ceremony.

**End of Season Banquet** will be scheduled once all of the 49er teams have completed their seasons (including post season play). During this event all teams are recognized for their accomplishments and participant trophies are handed out. The league will also recognize all 49ers that have been nominated and/or selected for the district scholarship program. This event, although small, proves to be a great reinforcement for all the time and hard work put in by the athletes.

## ***Care of Uniforms and Equipment***

The 49ers believe that a well kept uniform and clean appearance is a reflection of the attitude and commitment of its program, teams and individual athletes. Please follow the uniform guidelines below and **do not** allow your athlete to make any alterations to the practice or game attire unless directed by their coach.

We encourage parents to hold their athletes responsible for their own equipment and bag. If a football player does not have their full equipment, they will be ineligible to play. Parents can assist in this development of responsibility by double-checking their athletes' gear and their cheerleaders' required appearance before leaving for games and practice.

### **FOOTBALL**

Practice pants and jerseys are mandatory practice attire. Game Day pants and jerseys are **never** to be worn to practice.

All athletes are responsible for keeping their equipment clean and in good condition. Practice and game uniforms should be washed at least once a week. All items are to be washed in warm water. It is important to remove the pads from the pants prior to

washing. It is best to have the pants and jerseys air-dry. **PLEASE DO NOT BLEACH OR USE FABRIC SOFTENER ON THE GAME JERSEY.**

- If there is a problem with any of the equipment, please notify the coach immediately.
- All gear should be stored in the washable gear bag.
- Athletes are responsible for purchasing their own football shoes (rubber cleats only) or any optional items such as gloves, athletic supporters, or supplemental pads.
- All gear needs to be returned at the end of the season except for: mouthpiece, and game day socks. ***Failure to turn in equipment will result in a fee for the value of the equipment and the athlete will not be allowed to sign up for future seasons until the issue is resolved.***

## **CHEER**

- Uniforms are **not** to be worn to practice. The 49er issued T-shirt and shorts should be worn to all practices. Tank tops or spaghetti strap tops are **not** to be worn to practice. Athletic shoes must be worn to practice (i.e. no open-toed or open-heeled shoes).
- Cheer uniform can be washed in warm water. It is best to hang the uniform on a hanger to air-dry.
- Cheer shoes must be cleaned before each game. Cheer shoes should only be worn at games and competitions.
- Poms should be kept clean and stored in gear bag.
- All gear will need to be returned at the end of the season except for the following items paid for by the athlete: cheer shoes, socks, and briefs.

## *Parent Participation*

The 49ers would not exist without a strong commitment from our participant families. As a parent, there are multiple opportunities to support our program throughout the year. Your efforts will not only help ensure that your child has a positive experience this year, but will ensure that the program exists for many years to come.

The only positions receiving pay are game officials, police, and medical personnel. To ensure that our program runs smoothly, we have a volunteer requirement for all parents. By actively giving your time, you demonstrate the value of teamwork and responsibility for all of our developing athletes.

**THANK YOU for supporting our program and making the 49ers one of the strongest programs in the Federation! Parent commitment and involvement provide a quality experience for our athletes.**

<b>Job Title</b>	<b>Job Description</b>
Concession Helper	Collects admission donations from spectators. Counts all money taken in and counter-signs receipt slip with a member of the Executive Board.
Field Set Up	Meets at Anamax Park prior to first game to help set up the field, concession stand, and merchandising booth.
Field Clean Up	Assists with trash pick up. Field and concessions stands clean-up.
Minimum Play Monitor	Monitor #1, using the minimum play sheet provided, verifies that each player from the opposing team plays the minimum number of plays required during the game. Monitor #2 assists our teams business manager verify our team's minimum plays.
Team Parent	Acts as a liaison between coaches, 49er Board Members, and parents. Keeps parents informed of team events, schedule changes, etc. Calls parents before each game to remind them of their jobs.  Attends Board Meetings once a month to stay informed. Assists Parent Coordinator signing in volunteers at games.
Project/Fundraising Chairperson (golf tournament, fundraiser, etc)	Coordinates all activities with respect to fundraiser for 49ers major project
Chain crew (3 volunteers per home game, per team)	Keeps down and distance markers for team during home games.
Business Manager	Assists General Manager with registration forms and all documents needed for certification. Maintains all team records during practices and games. including rosters, ID's and mandatory play sheets. Checks in and weighs both teams before each game.

## ***Parent Volunteer Process***

- ✎ **Check with your team parent to see when you're scheduled to work**
- ✎ **Report for duty** by signing in at the Snack Bar no later than 20 minutes prior to the start of your job assignment. The **Team Parent** will make sure your volunteer hours are recorded.
- ✎ **It is your responsibility** to find a replacement for your assigned duties and to notify the **Team Parent** of the change in assignments PRIOR TO THE DAY of your assignment.

## ***Team Parent Guidelines***

Our Team Parents play a critical role in making sure that the 49er program runs smoothly by serving as liaison between Coaches, 49er Board members and Parents. The parents and athletes of this program thank all Team Parents for all of their hard work.

### **TEAM PARENT GENERAL DUTIES**

**Board Meetings:** Attends the monthly Board Meetings. Dates are listed on the 49er Website.

**49er Newsletters:** Receives flyers from the Secretary and disperses them to their individual teams/squads at the end of practice.

**Head Coach Helper:** Fulfills any requests the Head Coach has to disseminate information to parents, such as team events, schedule changes, etc.

**Focal Point for Fundraisers and Various Other Activities:** Collects and verifies every team member has completed or turned in necessary information and turns it in to the Committee Chair or appropriate Board Member. Places reminder calls to parents as necessary as deadlines approach.

**Parent Volunteer Monitor:** Keeps a list of his/her squad's/team's volunteer positions for the entire season. The Team Parent is **not** responsible for finding replacements for parents who are unable to fulfill a volunteer assignment (The parent unable to fulfill his assignment is responsible for finding a substitute and notifying the Team Parent of the change). The Team Parent keeps track of any changes in the Parent Volunteer Assignments and notifies the Parent Coordinator accordingly.

**Parent Reminders:** Calls parents to remind them of Job Assignments or upcoming deadlines as needed.

**Coaches' Gifts:** Coordinates the collection of donations from parents and selects a small gift for each coach as a token of thanks (not required). Usually a donation of \$1 or \$2 per coach is suggested – depending on the number of coaches and the number of athletes.

**Year-End Party:** Since we have the end of season Banquet, individual squad or team parties are not planned by the organization. However, should a particular Football Team or Cheer Squad wish to have a get-together, it is left up to the individual division. If there is interest, the Team Parent would help the Head Coach plan the event.

## ***Fundraising***

Fundraising is critical to the success of the 49ers organization. There are significant costs involved in maintaining a youth athletic program such as; field and light rentals, equipment, insurance, assessments, and official fees. The members of the executive board have approved the purchase of uniforms for the football teams as well as practice uniforms for all of the cheerleading squads and game uniforms for the older squads for the 2009 season. In order to keep the registration fees as low as possible the 49ers have committed to fundraising all year long. Parents will be notified about upcoming events through the monthly newsletter, the website, and via email. (Please include your email address on the registration forms.) Please come out and support 49ers fundraisers. 100% of the money raised benefits the athletes in the organization. If you would like to help with 49er fundraising, please contact a board member at [www.sahuarita49ers.com](http://www.sahuarita49ers.com) or attend the monthly board meetings.

## ***49ers Official Logo Merchandise***

Help support the 49ers and show your team spirit by wearing 49er Logo Merchandise. Merchandise will be sold throughout the season at various events and at the Home Game Merchandise Booth. Order your T-shirts today!!

## ***49er Sponsorships***

Providing a quality program to our children takes an enormous amount of time, effort and money. The Parent Fees and Fundraisers cover only a part of the cost of running our program. Corporate sponsors provide critical support for making this program such a great experience for our athletes.

Would you consider becoming a **49er Sponsor**? Or, perhaps your employer or someone you know who owns a business could benefit from becoming a **49er Sponsor**. Sponsorships can be attained through donations of services, materials or cash.

Examples of services that would be helpful would be field maintenance, photography and printing. The 49ers can also use a variety of material items such as raffle prizes, tents, snack bar items, printing paper, tables and ice chests.

Cash donations are always welcome as they can go to the biggest point of need quickly. As youth field space is at a premium in our area, we are fortunate to have found a home with Anamax Park. In return, we pay to use the fields and lights as well as help with the cleanup and upkeep of the fields so they remain in good condition and ensure that we will be able to have use of the fields in the future.

Your donation is **tax-deductible** and a Federal and State Tax ID number will be provided upon receipt of your sponsorship. Please contact any 49er Board Member with any questions about donations or sponsorships.

**I acknowledge by signing this form that I am affirmatively acknowledging that I have read the 49er Parent Handbook in its entirety and I understand all information contained in it. Furthermore, I understand that:**

- 1. I will not go onto the practice fields or on the sidelines during games without permission from the head coach or a board member.**
- 2. I am responsible for fulfilling my obligations as a parent volunteer and will adhere to the schedule set forth by the team parent. I will be responsible for finding a replacement if I can't make a volunteer commitment.**
- 3. I am responsible for my child before and after practices and games.**
- 4. I will not drop my child off at practice without having a responsible adult available to care for them in the event of an emergency or severe weather.**
- 5. I will be responsible for the care of 49er uniforms and equipment. I understand that I will be held liable for any missing equipment not turned in at the end of the season.**

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**PRINT NAME**

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**DATE**

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**SIGNATURE**