



**CANTON LIONS**  
**JUNIOR FOOTBALL & CHEERLEADING CLUB**  
A Member of the Michigan Youth Football and Cheer Conference

# **2023 Parent Handbook**

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# Welcome to the 2023 season!

Part of the Plymouth-Canton community since 1964, the Canton Lions has provided positive, character-building recreation for hundreds of children over the years. The focus is on having fun while learning the fundamentals of football and cheerleading; and the ultimate goal is promoting self-confidence, sportsmanship, fellowship and physical development. Participation with the Canton Lions also allows our young athletes to enjoy football and cheerleading in a safe and supportive environment.

This season promises to be exciting and rewarding for not only our athletes, but also our families, as they watch their kids grow in confidence and achieve their goals.

For schedule information, directions to games, news, announcements, fundraising events and, in general, to keep up with your favorite team, visit [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com). For more news and announcements, be sure to “like” the Canton Lions on Facebook:

[www.facebook.com/cantonlions.football.cheer](http://www.facebook.com/cantonlions.football.cheer) and Instagram [canton\\_lions\\_football](https://www.instagram.com/canton_lions_football).

## THANK YOU TO OUR SPONSORS

Special appreciation goes to the organizations that provide crucial support to the Canton Lions Junior Football and Cheerleading Club. See this distinguished list at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com).

To learn more about the variety of sponsorship opportunities available with the Canton Lions, please contact the treasurer at [cantonlionstreasurer@gmail.com](mailto:cantonlionstreasurer@gmail.com).

## START THE SEASON RIGHT!

### Registration Paperwork

ALL registration paperwork must be turned in for athletes by the club’s stated deadline, **Friday, July 28, 2023**, which is before the first day of conditioning/practice. Athletes will NOT be permitted to participate until ALL required paperwork is turned in. This includes:

- Two copies of the Concussion form signed by parent/guardian and athlete (located on forms and flyers page of [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com)).
- Two copies of athlete’s birth certificate (for non-veteran athletes only).
- Two copies of a current completed physical examination form, signed and dated by parent/guardian and physician (located on forms and flyers page of [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com)). Physicals are valid one year from the date on the form. This policy must be followed in accordance to our insurance policy guidelines for the club.

**NOTE:** Physical dated 4/14/23 or later is acceptable

Please forward registration paperwork and any written correspondence to the following address:  
**Canton Lions Junior Football Club | Attn: Registration | P.O. Box 871336 | Canton, MI 48187**

Registration paperwork may also be dropped off to the Canton Lions Secretary, Football Unit Director or Cheer Unit Director at upcoming Canton Lions events.

Questions? Contact the Secretary ([cantonlionssecretary@gmail.com](mailto:cantonlionssecretary@gmail.com)), Football Unit Director ([cantonlionsunitedirector@gmail.com](mailto:cantonlionsunitedirector@gmail.com)) or Cheer Unit Director ([cantonlionscheerdirector@gmail.com](mailto:cantonlionscheerdirector@gmail.com)).

## Additional Equipment

**Please see the “equipment” section of this handbook for complete information.** Athletes are issued the majority of the equipment needed for practice and game participation. Certain additional gear, such as footwear, is not issued by the club and must be purchased separately and independently by the athlete’s family.

The club partners with local sporting goods stores prior to the start of practice to offer special discount days. Board members and coaches are on hand at the events to answer questions and provide advice. See the “special events” section of this handbook for details. The events are also promoted at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com) and [www.facebook.com/cantonlions.football.cheer](http://www.facebook.com/cantonlions.football.cheer).

Questions? Contact the football unit director ([cantonlionsunitdirector@gmail.com](mailto:cantonlionsunitdirector@gmail.com)) or cheer unit director ([cantonlionscheerdirector@gmail.com](mailto:cantonlionscheerdirector@gmail.com)).

## VOLUNTEERS

### 2023 Executive Board Officers

The executive board consists of seven parents who contribute an abundance of time and energy to the Canton Lions Junior Football and Cheerleading Club. Their responsibilities include formulating and carrying out club policies, attending league meetings, organizing and working at each game, attending all meetings, maintaining financial records, ensuring meeting minutes are kept, communicating information with our parents, maintaining equipment inventory and safety, and above all, creating a safe, positive environment for our children to learn and grow.

**Are you interested in volunteering for an executive board position? Your participation is encouraged! Please talk to a current board member to learn more about the role(s).** Executive board candidates are nominated at the September parent meeting and elected at the October parent meeting.

#### **PRESIDENT**

Megan Smith

[cantonlionspresident@gmail.com](mailto:cantonlionspresident@gmail.com)

#### **VICE PRESIDENT**

Stevie Bloomfield

[cantonlionsvicepresident@gmail.com](mailto:cantonlionsvicepresident@gmail.com)

#### **EQUIPMENT DIRECTOR**

Derrick Myles

[cantonlionsequipmentdirector@gmail.com](mailto:cantonlionsequipmentdirector@gmail.com)

#### **SECRETARY**

Amanda Shinske

[cantonlionssecretary@gmail.com](mailto:cantonlionssecretary@gmail.com)

#### **CHEER UNIT DIRECTOR**

Tamika Banks

[cantonlionscheerdirector@gmail.com](mailto:cantonlionscheerdirector@gmail.com)

#### **FOOTBALL UNIT DIRECTOR**

Andrew Hernandez

[cantonlionsunitdirector@gmail.com](mailto:cantonlionsunitdirector@gmail.com)

#### **TREASURER**

Jennifer Young

[cantonlionstreasurer@gmail.com](mailto:cantonlionstreasurer@gmail.com)

## 2023 Football and Cheer Coaches

### JUNIOR FRESHMEN

Cheer - Takima Banks and Dana Lombardi  
Football Head Coach - Josh LeDuc

### FRESHMEN

Cheer - Julia and Emily Rodriguez  
Football Head Coach - Moe Hazimi

### JUNIOR VARSITY

Cheer - Brittany Perry and Jenny Salami  
Football Head Coach - Brian Charlefour

### VARSITY

Cheer - Tai Beudoin and Tamika Banks  
Football Head Coach - Andrew Hernandez

## 2023 Committee and Activity Leads

**Are you interested in volunteering to chair or participate on a committee? Your participation is encouraged! Please talk to an executive board member to learn more about the role(s).**

<b>Assistant Cheer Director - Dawn Hernandez</b>	<b>Medic - Josh Beudoin</b>
<b>Banquet</b>	<b>Snack Shack</b>
<b>Family Picnic</b>	<b>Lions Den</b>
<b>Homecoming</b>	<b>Yearbook - Julia Schwartzenberger</b>
<b>Fundraising - Andrea Demetsenare and Nicole LeDuc</b>	<b>Volunteer Coordinator</b>
<b>Team Moms/Dads</b> Jr Freshman Football - Jr Freshman Cheer - Freshman Football - Freshman Cheer - JV Football - JV Cheer - Varsity Football - Varsity Cheer -	

## Game Day Volunteers

The club requires all parents to participate in four(4) home game day activities or special events per athlete registered with the Canton Lions during the football/cheerleading season.

### VOLUNTEER REGISTRATION PROCESS

Volunteers will sign up for volunteer roles online via SignupGenius.com; the registration link will be emailed to club families Friday, August 4, 2023. Don't delay signing up when volunteer registration opens, in order to obtain dates and times preferable to your schedule.

On home game days, volunteers must sign in at the concession stand and report to the volunteer activity/station **a minimum of 15 minutes before game time.** IN THE EVENT A VOLUNTEER NEEDS TO CHANGE HIS OR HER VOLUNTEER DATE AND/OR TIME, IT IS THE VOLUNTEER'S RESPONSIBILITY TO FIND A REPLACEMENT OR SWITCH WITH ANOTHER PARENT IN ADVANCE.

Failure to comply with the four (4) volunteer activities participation requirements per athlete will result in a \$125 fine per unfulfilled volunteer role. The athlete will not be permitted to play/cheer or practice until the fine is paid in full via check or money order. The athlete will lose veteran status and will be unable to register for the following year if the fee is not paid by the end of the current season.

### RESPONSIBILITIES DESCRIPTIONS

<p><b>Pre-game Setup:</b> Six (6) volunteers set up the field and snack shack prior to the first game. Volunteers may be required to convene at the Lions shed to assist with loading the truck with supplies.</p>	<p><b>Chain Gang:</b> Volunteers hold down markers on the field during the home game. This is also a great way to see the game up close. Three (3) volunteers are needed for each home game.</p>
<p><b>Cleanup:</b> Six (6) volunteers are needed to assist in spectator and Snack Shack area cleanup after the varsity home games. Volunteers may be required to convene at the Lions shed to assist with unloading supplies from the truck.</p>	<p><b>Clock/Timekeeper:</b> One (1) volunteer manages the time clock during each Lion's home game.</p>
<p><b>Concessions (Snack Shack):</b> At least six (6) volunteers prepare food and sell refreshments during each Lion's home game. Because of liability reasons, no one under the age of 18 is allowed inside the Snack Shack!</p>	<p><b>Game Announcer:</b> One (1) volunteer announces key plays, calls, referee calls, shoutouts and players' identities during each Lions home game.</p>
<p><b>Field Spotters:</b> Two (2) volunteers provide play-spotting assistance to the game announcer for each home game. One spotter assists with the offensive plays and one assists with defensive plays, accurately identifying players for the announcer.</p>	<p><b>Committee Positions:</b> Snack Shack, Lions Den, Yearbook Committee, Banquet Committee, Picnic Help, Cheer Rally, Homecoming Committee</p>
<p><b>Shout Outs:</b> Two (2) volunteers sell shout-outs and relay them to the game announcer</p>	<p><b>Videographer:</b> We will need (4) volunteers, one for each football team. The videographers will be required to film all home, away and post season games.</p>

## **Yearbook Committee:**

### **Page Builder (4 Volunteer Slots)**

- Page Builders will be responsible for the team/squad they sign-up for as well as additional pages that will be assigned.
- Page building include page design layout (team page, individual picture page, candies), correct spelling of names
- Work with photographers to ensure each athlete, board member and coach have individual pictures

### **Photographers (4 Volunteer Slots)**

- Responsible for taking pictures for the team/squad they sign-up for.
- Will work with the Page Builders to identify what athlete is missing pictures, etc.
- You **MUST** be at every game to take pictures. If you cannot make a game or event please ask another photographer to cover for you.
- You will be required to upload photos to Google Photos for the page builders.
- Please do not use a cell phone for pictures, we will have one camera available to be used if you do not have a camera.
- Additional assignments will be assigned (ie, Homecoming, Board Pictures, Super Cheer, Playoffs/Super Bowl, Picnic, Banquet, etc.)

**Must meet assigned deadlines, if you DO NOT meet your deadline you will be removed from the Yearbook Committee and must make up your volunteer hours.**

## **PRACTICE INFORMATION**

ALL registration paperwork must be turned in for participants BEFORE the first day of conditioning/practice or he or she will NOT be permitted to participate (see “start the season right” section for details).

### **Transportation**

Parents are expected to provide transportation to ensure their athlete arrives and is picked up from ALL practices and games **on time**. Please be considerate and mindful that most of our coaches are parents of players/cheerleaders with their own family needs to attend to after practice.

**It is of utmost importance — for the safety of our kids — that you do not drop off or pick up your children by the equipment shed.** In recent years, while many children were crossing the drive to get to the shed for equipment return or to solve equipment problems, our parents dropping off and picking up at the equipment shed blocked the view for other drivers. This places our children in **extreme danger**. For the safety of our players/cheerleaders and small siblings, PLEASE abide by this safety rule, regardless of how quickly you think you’ll be.

### **Attendance Policy**

It is important for all cheerleaders and football players to attend every practice for the purposes of conditioning, safety and education. The Canton Lions emphasizes commitment, responsibility, integrity and leadership and for athletes to think, act and participate like champions! Football and cheerleading are team sports, which means everyone shares the collective responsibility for success. Therefore, absences from practice are discouraged whenever possible and are managed as follows.

Note, due to the five-play minimum per half required for each football player, the absence penalties for cheerleading and football are different from one another. Definitions as described below, however, apply to both programs.



## DEFINITIONS

**Approved absences** from practices and games must all be accompanied by a note on appropriate letterhead, as noted below, and will include:

- Any school-graded function. Functions must be documented by a letter on school letterhead. School trips are included.
- Religious education. The club requests that, when possible, religious education be scheduled on a non-practice day. However, if that is not possible, religious education will be excused when it is documented on a letter from the religious organization on letterhead.
- Medical reason(s) ONLY when accompanied by a note from the doctor.

**Excused absences** include any absence that a parent or adult family member notifies the coach of one hour prior to the start of practice or games. Some examples include, but are not limited to:

- Illness or injury without a doctor's note.
- School dances/functions.
- Vacation.

**Unexcused absences** include absences in which the coach is not notified prior to practice/game.

**Game day absence** is defined as any absence (approved, excused or unexcused) on game day.

## IMPACT OF ABSENCES TO PARTICIPATION ON GAME DAY

When an athlete is required to sit out any portion of a game, the athlete is still required to attend the game and support his or her team. During the time in a game(s) when a football player is under any disciplinary action, including attendance sit outs, his or her minimum play will be forfeited.

- Approved absences — No impact to playing time/cheering during games.
- Excused absences — Absences affecting participation time are counted beginning with the Monday/Tuesday prior to the game day. Excused absences will accumulate from the first day of that week's practice through the last day of that week's practice. For every two excused absences, the football player and/or cheerleader will be required to sit for one-half of the next game. If the sit-out extends beyond the first half, then the sit-out will also include the half-time performance. All sit-outs will begin at the start of the game.
  - *Example #1 — The athlete (football or cheer) has two accumulated excused absences; the athlete sits the first ½ of the game. After sitting ½ of the game, the athlete starts again with a clean slate for the next week of practice leading up to the next game. If the athlete has an additional two excused absences after sitting for a ½ of a game, the athlete will sit another ½ at the next applicable game.*
  - *Example #2 — The athlete has four accumulated excused absences prior to game day; the athlete will sit for the entire game. After sitting the entire game, the athlete starts again with a clean slate for the next week of practice leading up to the next game. If absences accumulate after sitting out a game, the athlete will be required to sit out the next applicable game.*
  - *Example #3 — The cheerleader misses the entire week of practice, the cheerleader will sit for the entire game. After sitting the entire game, the athlete starts again with a clean slate for the next week of practice leading up to the next game. If absences accumulate after sitting out a game, the athlete will be required to sit out the next applicable game.*
- Unexcused absences — Unexcused absences will accumulate from the first day of practice through the last day of practice of the week prior to the next game. For cheerleaders, each unexcused absence will result in sitting for ½ of the game. For cheerleaders, the sit-out for unexcused absences will apply to sideline cheering, and if the sit-out extends to the second half of the game, then the sit-out will also include the half time performance. Sit outs will begin at the start of the game. For football players, each unexcused absence will result in sitting for the full game.

- *FOOTBALL Example #1 — The football player has one unexcused absence; the football player will sit for the full game. After sitting for the full game, the football player starts again with a clean slate for the next week of practice leading up to the next game. If the athlete has additional unexcused absences after sitting for a full game, the football player will sit again at the next applicable game.*
- *CHEER Example #1 — The cheerleader has one unexcused absence; the cheerleader will sit for ½ a game. After sitting ½ of the game, the cheerleader starts again with a clean slate for the next week of practice leading up to the next game. If the cheerleader has additional unexcused absences after sitting for ½ of a game, the cheerleader will sit again at the next applicable game.*

### CONSISTENTLY RECURRING ABSENCES

Consistently recurring absences include any amount of time missed from practice or game day on a consistent basis. Parents are requested to discuss recurring absences with coaches, unit directors or the board of directors as applicable. Absences that recur in a consistent manner will be managed by the coaching staff, unit director, and the board of directors. Every effort will be made to manage recurring absences of a similar nature in a consistent manner for each unit (football and cheerleading) and team.

### POST-SEASON ABSENCES AND EVENTS

Reaching the post-season is a tremendous accomplishment for our athletes. As such, special consideration will be given to absences that could impact post-season playoff games, the Super Bowl game, and the Cheer Rally. Coaches, unit directors, board members, and families will consult on individual situations so an acceptable solution can be reached for the athlete and the team.

Sharing in the success of our children during the postseason is a rewarding experience for our athletes and their families. Full attendance by both football and cheerleading units, coaches, and board members is expected at all post-season events including, but not limited to, the playoffs, the Super Bowl, and the Cheer Rally. Non-attendance is inexcusable.

### SPECIAL CIRCUMSTANCES

The attendance policy cannot possibly cover every scenario or situation a family may be managing. Please consult with your coach and/or board member if you have unique circumstances that need to be addressed.

### COVID UPDATES

The safety of our athletes and volunteers is important to us. As such, our organization will follow the direction of the Wayne County Health Department and MHSAA guidelines for quarantine and isolation for Covid 19 exposure. These guidelines are subject to change.

### ADMINISTRATION OF ATTENDANCE POLICY

Attendance will be taken by a designated person for each team, who will be identified at the start of the season. The designated attendance keeper will be responsible to turn in attendance records on a weekly basis and prior to the start of all games. The club will communicate in a consistent manner with impacted athletes and families when an athlete is required to sit out any portion of a game.

Any parent or guardian may inquire at any time about the number of absences their child has.

## **Practice Cancellations**

Practices are rarely canceled due to rain. However, if LIGHTNING occurs, practice will be suspended, and all athletes will seek shelter as directed by the club/their coaches, for 30 minutes from the last lightning occurrence.

Practice cancellation will be determined by the executive board of directors. Should practice be canceled for weather or any reason, Canton Lions volunteers will remain with the athletes until everyone has been picked up. **As a courtesy to our volunteers, if thunderstorms/severe weather is in the forecast on practice days, please either remain at the fields during practice or be prepared to pick up your child early, in the event practice gets canceled.**

If practice should be canceled for any other reason, the football unit/cheerleading director and/or the head coaches will communicate the cancellation. A representative of the Canton Lions will be at the field to inform parents of the cancellation.

## Football

### Football Age and Weight Requirements

Team	Ages before September 1	Weight
Junior Freshmen	Six (6), seven (7) or eight (8) years old	Max 110 lbs.
Freshmen	Eight (8), nine (9) or ten (10) years old	Max 130lbs. (X-men up to 140 lbs)
Junior Varsity	Ten (10), eleven (11) or twelve (12) years old	Max 150 lbs. (X-men up to 165 lbs)
Varsity	Twelve (12), thirteen (13) or fourteen (14) years old.	Max 190 lbs. (X-men up to 215 lbs)

### Conditioning/Practice Schedule

Michigan Youth Football & Cheer Conference (MYFCC) rules require four weeks of football conditioning/practice prior to the first game to help reduce risk of injury. **ALL football teams** will convene for conditioning 7/31 at the practice fields at Heritage Park. Conditioning takes place Monday through Friday, **7/31 - 8/4**.

Practice, with partial or full equipment, as specified by the club/head coach, begins . Practice takes place Monday through Friday each week through the Friday before the first regular-season game.

### Pre-Season (Beginning - 8/7 - 8/25)

Jr. Freshman, Freshman, Junior Varsity and Varsity	Monday - Friday 6-8 pm Practice Fields
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### Regular Season (Once Games Begin)

Jr Freshman	Tuesday, Wednesday and Thursday 6-8 pm Practice Fields
Freshman, Junior Varsity and Varsity	Tuesday - Friday 6-8 pm Practice Fields

Once it begins to get darker earlier, the practice start time will change to 5:30 pm. Any change in practice schedule and/or practice time will be communicated by the club/head coach.

### Practice Location

The practice field is located off of Canton Center Road, one mile south of Cherry Hill, behind (west of) the Canton Township fire station.

## Practice Attire

Players should wear football shoes (non-metal cleats), shorts and a t-shirt. Camp gear (a pair of shorts and a Canton Lions t-shirt) will be provided for each athlete on or prior to the first day of conditioning. Athletes should wear their camp gear, or similar attire, during conditioning. For the first two weeks of conditioning/practice, athletes must have their last name printed across the back of their shirt or printed on tape placed on the back of the shirt.

Prior to practice beginning, head coaches will instruct athletes of proper gear to wear (helmets, mouth guards, etc.). Football players will be issued practice pants and jersey; families may also wish to purchase their athlete (and themselves!) a practice jersey personalized with the athlete's last name and number. Purchase of a personalized practice jersey is optional. Purchase details will be shared and posted online at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com).

## Cheerleading

### Cheerleading Age Requirements

Team	Grade and Age (age before September 1)
Mascot	Pre-K to K Only; 5 years old only
Junior Freshmen	1st and 2nd Grade; 6 and 7 years old
Freshmen	3rd and 4th grade; 8 and 9 years old
Junior Varsity	5th and 6th grade; 10 and 11 years old
Varsity	7th and 8th grade; 12 and 14 years old

### Conditioning/Practice Schedule

Michigan Youth Football & Cheer Conference (MYFCC) rules require four weeks of cheer conditioning/practice prior to the first game to help reduce risk of injury. **ALL cheerleading squads** will convene for conditioning 7/31. at the practice fields at Heritage Park. Conditioning takes place Monday–Friday, 7/31 - 8/4.

### Pre-Season (Beginning the second week of practice - 8/7 - 8/21)

Jr Freshman	Tuesday - Friday 6-8 pm
Freshman, Junior Varsity and Varsity	Monday - Friday 6-8 pm

### Regular Season (Once Games Begin)

Jr Freshman	Tuesday and Thursday 6-8 pm
Freshman, Junior Varsity and Varsity	Tuesday - Thursday 6-8 pm

## **Practice Location**

Practice will be indoors and outdoors throughout the season. The outdoor practice field is located off of Canton Center Road, one mile south of Cherry Hill, behind (west of) the Canton Township fire station. The indoor practice location will be communicated as we approach the time to transition from outdoors to indoors.

In October, cheerleaders will transition to indoor practices only. The cheer director will provide a detailed practice schedule.

## **Practice Attire**

Cheerleaders should wear loose-fitting shorts (no jean shorts or button pants), supportive gym (No Vans, canvas shoes, or crocs) shoes, and a plain t-shirt (no spaghetti straps). Jewelry, hair beads, and nail polish are **not allowed** to be worn at practice **or** games. **No exceptions!** In addition, light makeup can be worn to practice and on game days.

Camp gear (a pair of shorts and a Canton Lions cheer t-shirt) will be provided for each athlete on or prior to the first day of conditioning. Athletes should wear their camp gear, or similar attire, during conditioning and/or practice.

## **Practice Schedule for Cheer Superfest**

Two weeks prior to Rally, all cheerleaders are required to practice every weekday (five days a week).

## EQUIPMENT ISSUANCE

Only athletes with paid registration will be permitted to pick up their uniform. If an athlete experiences a problem with the fitting of a piece of equipment, he or she should see the head coach. **Please do not wait until game day to try on game pants, jerseys, skirts, or shells!**

Additional gear, such as footwear, must be purchased/provided by the athlete/athlete's family. The club partners with local sporting goods stores prior to the start of practice to offer special discount days. Board members and coaches are on hand at the events to answer questions and provide advice. See the "special events" section of this handbook for details. The events are also promoted at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com) and [www.facebook.com/cantonlions.football.cheer](http://www.facebook.com/cantonlions.football.cheer).

Questions? Contact the football unit director ([cantonlionsunitdirector@yahoo.com](mailto:cantonlionsunitdirector@yahoo.com)) or cheer unit director ([cantonlionscheerdirector@gmail.com](mailto:cantonlionscheerdirector@gmail.com)).

### Equipment Care

Parents/guardians are responsible for the equipment that is issued to their athlete(s). Please use proper care and washing to ensure the uniform remains intact and properly fitting throughout the season. Please follow the washing instructions on the inside of the garment. Please do not machine-dry football or cheer uniforms. Please air dry! **Uniforms are only permitted to be worn at authorized Canton Lions functions. The following replacement fees are subject to change without notice.**

### Football

#### *FOOTBALL EQUIPMENT (provided by the club)*

The following equipment will be provided to each football player as part of the regular program registration fee. For damaged, ruined or lost equipment, however, parents will be charged the following replacement fees:

• Helmet	\$275
• Game Jersey	\$150
• Pads	\$ 95
• Game Pants	\$ 95
• Practice Jersey	\$ 45
• Practice Pants	\$ 40
• Belt	\$ 20
=	<u>\$720 Total Replacement Cost</u>

#### *ADDITIONAL FOOTBALL EQUIPMENT (to be purchased by parents)*

If you have any questions, please contact your child's coach before purchasing anything.

- Football shoes, which shall consist of stitched or molded construction, of leather, canvas or synthetic material with no less than eight (8) cleats per shoe. Soles shall contain composite molded one-piece cleats or screw-in cleats with no exposed metal and not exceeding more than ½ inch in length.
- Girdle/athletic supporter with a hard protective cup. Each football player must wear this equipment to all games and practices. \*Note: Girdle pads will be supplied by the club.

## Cheerleading

### *CHEERLEADING EQUIPMENT (provided by the club)*

Cheerleaders must bring **all** equipment to games, including shoes and running suits. Failure to do so will result in sitting out the game. **Do not loan, borrow or give** your equipment to anyone.

The following equipment will be provided to each cheerleader as part of the regular program registration fee. For damaged, ruined or lost equipment, however, parents will be charged the following replacement fees:

• Running Suit		\$150
• Shell	\$ 75	
• Shirt	\$ 75	
• Crop Top	\$ 50	
• Cheerleading Bag	\$ 40	
• Pom Poms	\$ 30	
• Rain Jacket	\$ 30	
	=	<b>\$450 Total Replacement Cost</b>

### *ADDITIONAL Cheerleading EQUIPMENT (to be purchased by parents)*

If you have any questions, please contact the cheer director before purchasing anything.

- Cheer shoes and socks.
- Underpants/brief.
- Hair ribbon/bow.
- Head band

## REFUND AND CHECK POLICY

### Refund Policy

All refund requests must be submitted in writing and emailed to:

[cantonlionspresident@gmail.com](mailto:cantonlionspresident@gmail.com)

[cantonlionstreasurer@gmail.com](mailto:cantonlionstreasurer@gmail.com)

[cantonlionssecretary@gmail.com](mailto:cantonlionssecretary@gmail.com)

- **Up until 11:59 p.m. on June 25, 2023:** If an athlete decides not to participate in the 2023 season, the parent/legal guardian will be refunded the registration fee — minus \$25 per athlete for administrative costs.
- **From June 26, 2023, until 11:59 p.m. the Sunday before the Monday of the third week of conditioning/practice (Sunday, Aug. 13, 2023):** 50 percent of the registration fee will be refunded.
- **As of the Monday of the third week of conditioning/practice (Monday, Aug. 14, 2023):** No refunds will be issued.

In addition, for parents/legal guardians who have chosen the “buy-out” option for fundraising, all monies are required to be turned in to the club prior to any refund being issued. The buy-out fee is nonrefundable.

## Check Payment Policy

It is the Canton Lions Junior Football Club policy to prefer checks or money orders for all club payments in an effort to minimize the amount of cash handling as well as provide the necessary accounting documentation. If you must pay with cash, you should always expect a receipt.

In the event that your check is returned from the bank, you will be charged a \$25 administrative processing fee. Additionally, you will need to remit payment immediately in the form of a money order. Once a check is returned, the Canton Lions will no longer accept checks from you for the remainder of the season. Make all checks and money orders payable to: CANTON LIONS JR. FOOTBALL CLUB

## SIBLING DISCOUNTS

Because the Canton Lions encourage all children to join, the club offers a discount for siblings of current, registered football players and cheerleaders. Once the full registration fee has been met for your first child, each child thereafter can participate for a registration fee of **\$25 less** per player or cheerleader. There is no discount on the mandatory fundraiser buyout or other fees required per child.

## PARENT ROLE IN THE CLUB

The athlete's experiences and the club's success can only be achieved with the help of **all** parents/guardians. The club understands spare time is very valuable and that many parents of our Canton Lions football players and cheerleaders work outside of the home. However, the club still strives for there to be understanding and cooperation among players, coaches and parents. The progress an athlete makes depends, to a great extent, on this relationship.

The following guidelines are offered to help foster this relationship so we can work together to help each athlete reach his or her full potential. (See also the "Games" section/"Code of Conduct.")

- Be positive and supportive of your athlete. An athlete's self-confidence and self-image will be improved by support at home. The greatest contribution you can make to your athlete's progress is to be a loving, supportive parent. Let him or her know that you are proud he/she is part of a team. Focus on the benefits of teamwork and personal discipline.
- Allow your athlete to perform and progress at a level consistent with his or her ability. Athletes mature at different ages; some are more gifted than others. Over the course of a season, players usually improve.
- Promote having fun and being a team player.
- Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team. Be slow on sympathy. You love your child and want what's best for him or her. Football is not a comfortable sport. Athletes are tired, sore, pushed mentally and physically, and will not be happy all the time. Be positive support, but let him or her work through these challenges themselves.
- Insist on positive behavior in school and a high level of performance in the classroom.
- Let the coaches do their job and support them when decisions are made. When parents interfere with opinions about how the player should perform or train, it causes considerable, and oftentimes insurmountable, confusion for the athlete. Encourage your child to excel, but recognize that there might be times when things do not go the way you or your child wishes.
- Cheer for our team and players. Opponents and referees also deserve respect. Parents who publicly criticize players or coaches at games or practices embarrass themselves, their children, the coach, and anyone else within earshot. This type of behavior also serves as a poor example to our children.



## Parent Participation

The Canton Lions Junior Football Club is part of the MYFCC - Michigan Youth Football and Cheer Conference. This reputation is earned, in part, through the efforts and involvement of our volunteers. The club **requires all parents** to participate in **four (4) homegame day** activities or special events **per child** during the football/cheerleading season. \*The **only** exceptions to the volunteer requirement are executive board members, head coaches and up to four (4) assistant coaches, because of the extensive time they've already committed to fulfill these critical roles. Any other exceptions to the four (4) volunteer-activities requirement must be approved by simple majority vote of the executive board and communicated to the parent league.

On game days, there are four games, each lasting approximately two hours. Parents are required to sign up for game day activities following the mandatory parent meeting, or as communicated by the club.

## Monthly Parent-Board Meetings

Please try to make a point of attending the monthly parents meetings in order to be a part of the planning, management and decision-making process for the Canton Lions Junior Football Club. The club meets the **second Tuesday of each month**, except December, at 8:30 p.m. August–November, and 7 or 8 p.m. during off-season months. To confirm meeting dates, times and locations, please visit the Canton Lions website for the most up-to-date information, [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com).

After you attend at least three monthly parent meetings in the calendar year, you've earned the right to vote in organization elections. Remember, our Canton Lions family is always changing as our athletes grow and move up to the high schools. You are the future of the Canton Lions, and we hope to see you at the next parents meeting!

## Parent–Coach Communication

To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, athletes and coaches. Listed below are some guidelines for effective communication between parents and coaches.

### Communication Parents Should Expect from Coaches

- Coach and program philosophy.
- Individual team expectation.
- Location and times of all practices and contests.
- Equipment/attire specifications for practices and games.
- Procedure, should your athlete be injured during participation.
- Discipline/Behavior that may result in the denial of your athlete's participation on the team.

### Communication Coaches Should Expect from Parents

- Concerns expressed directly to the head coach, according to the concern-resolution process.
- Notification of schedule conflicts and vacation well in advance.
- Support for the program; dedication, commitment and responsibility that are essential to success.

### Appropriate Concerns to Discuss with Coaches

- The treatment of your child mentally and physically.
- Ways to help your child improve and develop in a sport.
- Concerns about your child's behavior.

## Issues Not Appropriate to Discuss with Coaches

- Playing time (Exception: MYFCC minimum-play rule for each participant)
- Play calling
- Position in cheer formations or sidelines
- Team strategy
- Other athletes

## Concern-Resolution Process

**If you have a concern with a coach, please follow the procedures outlined below.**

There are situations that may require a conference between the athlete, coach and parent(s). These are to be encouraged. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be used to help promote resolution.

Use the "24-hour rule." Wait until 24 hours after the event or practice to discuss a situation with a coach. The situation may look and feel very different after you have had time to reflect upon a concern. **Please do not attempt to confront a coach before or after an event or practice.** These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution. Please make an appointment with the coach so all parties are prepared to discuss concerns in an appropriate time and place.

### *Chain of Command to be Followed:*

- Athlete talks directly with the coach. If needed, parent makes an appointment to talk directly with the head coach.
- If needed, unit/cheerleading director is contacted and the director determines who will be attending the meeting.
- Next steps TBD by unit/cheerleading director if the situation is still unresolved.

## FUNDRAISING

### Overview

Fundraising is readily embraced by some ... and looked upon with less enthusiasm by others. Yet raising funds is a necessary activity for not-for-profit organizations, such as the Canton Lions. Registration fees only begin to cover the very basic operational costs, such as field rental fees and equipment certifications; any additional necessary items, such as replacing old and worn-out uniforms as just one example, must come from funds raised by our families. Because our organization is fully volunteer-led, every dollar raised goes directly to the expenses responsible for making our organization better and stronger.

All Canton Lions participants are required to participate in one annual mandatory fundraiser involving the sale of an item, while the majority of fundraising takes place via restaurants, grocery rewards-card designations, parent activities (golf outing, casino night), etc.

We understand not everyone can attend every event, but we would be most grateful if everyone could come to a few throughout the year. The organization will make every attempt to host these fundraising events outside of practice days, starting with preseason.

**A special thank you** goes to all families who already participate to provide that extra support for the Canton Lions. If you would like to volunteer to help with the planning and execution of fundraisers, please contact Canton Lions Vice President, [cantonlionsvicepresident@gmail.com](mailto:cantonlionsvicepresident@gmail.com).

## 2023 Fundraising Plans

**Mandatory fundraiser** — All families are required to pay either the club mandatory fundraiser fee (buyout) of \$150 **or** to participate in one of the club's mandatory fundraiser alternatives to offset or cover 100 percent of the fundraiser fee. If you choose to buy out of the mandatory fundraiser, a \$150 credit card payment, check or money order is due to the Canton Lions Jr. Football Club on or before **Friday, Aug. 18, 2023. No exceptions!**

For the 2023 season, families not selecting the \$150 buyout will be given an option for a Charity Mania fundraiser or Hungry Howie's Pizza Certificates. If at all possible, please turn in one check or money order only for total payment of funds raised; cash **will not** be accepted. The total payment is due to the fundraising chairperson or designated individual on or before **Friday, Aug. 18, 2023. No exceptions!**

- **Charity Mania Football Cards** — Each football card is sold for \$20. Families are asked to sell a minimum of 12 or subsidize the balance with a portion of the buy-out fee per athlete. FootballMania is an exciting sweepstakes fundraiser based on the regular-season weeks of the professional football season. Those who purchase the sweepstakes cards have the opportunity for substantial winnings! All game cards have an equal chance to win prize money based on the performance of the football teams, which are printed randomly on the back. Learn more at [www.charitymania.com/footballmania](http://www.charitymania.com/footballmania).
- **Hungry Howies' Pizza Certificates** - Each certificate is sold for \$8. Families are asked to sell a minimum of 40 per athlete.

Below is a list of fundraising initiatives and events, to date, for 2023.

**Community Rewards** — The Canton Lions are enrolled with the Kroger community rewards program. Please be sure to link your Kroger Plus card to the Canton Lions, and a percentage of your everyday shopping comes back to the club. Simply shop, swipe your rewards card ... and Kroger donates to our Canton Lions. Details for enrollment are found on the Canton Lions website ([www.lionsfootballcheer.com](http://www.lionsfootballcheer.com)), are available at all parent meetings, or can be shared upon request.

**Restaurant Fundraisers** — Families are asked to come out for lunch or dinner at the designated locations and dates. A percentage of proceeds from the day are donated back to the Canton Lions. Restaurant events are held approximately once per month at different locations throughout Canton. Find dates and details at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com).

Other new ideas are always being considered for addition to our program. Please let us know if there is something you would like us to consider or do differently by contacting Canton Lions treasurer, [cantonlionstreasurer@gmail.com](mailto:cantonlionstreasurer@gmail.com)

## FUNDRAISING AND OTHER SPECIAL EVENTS

The schedule and details for special events are posted on the calendar at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com). Check back often, as new events are being planned!

**Canton Lions Meet & Greet:** Sunday, March 12, 2023, at Buffalo Wild Wings Canton.

Jr. Freshman/Freshman: 12 PM - 2 PM. JV/Varsity: 2PM - 4PM

This is an all-day fundraiser as well, please dine and let the staff know you are there for the Canton Lions!

**Buddy's Pizza Fundraiser:** Thursday, April 13, 2023

**Mandatory Parents Meeting:** Sunday, April 30, 2023 in the PDC Auditorium at the Summit on the Park

New Families 2 PM - 3:30 PM

Veterans 4 PM - 5 PM

**Annual Family Picnic:** Sunday, July 23, 2023. Heritage Park South 4 & 5 Pavilion

**Pep Rally:** TBD

**Photo Day:** August 19, 2023— Heritage Park/Canton Lions practice fields. No practices will occur on photo day. For 2023 yearbook purposes, **every** football player, cheerleader, and coach should have their individual picture taken by the photographer.

**Homecoming:** TBD

**1st Round of Playoffs:** Saturday, October 21, 2023, at Macomb Mustangs or Rochester

**2nd Round of Playoffs:** Saturday, October 28, 2023, at Westland Meteors or Orchard Lake Cardinals

**Junior Freshman Jamboree:** Sunday, October 22, 2023, at Rochester

**Cheerleading Rally:** Sunday, October 29, 2023, at Pontiac

**Super Bowl:** Saturday, November 4, 2023, at Lakes Area Hawks

**2023 Banquet:** Sunday, November 19, 2023

# GAMES

For convenience, the schedule, time, dates, addresses and other important information regarding games are posted at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com). There are no games over Labor Day weekend.

## Game Attendance

It is recommended that parents make every possible effort to attend all home and away games. The football players and cheerleaders are expected to put forth their best efforts at all times, and parental support helps to encourage this. Parents are also encouraged to invite family and friends to attend the games. The games are lively and most enjoyable when everyone becomes involved!

## Code of Conduct

Every athlete's parent or guardian has read and accepted the Canton Lions Parent's Code of Conduct Contract during the registration process. It is the responsibility of the parent/guardian to also share the code of conduct expectations with any other friends and family members who may also attend Canton Lions games and events, as all are expected to adhere to the policy.

Violating the code of conduct may result in disciplinary action which may include, but is not limited to, restrictions placed on fan access to practices, expulsion from games and suspension or termination of an athlete's participation with the Canton Lions, without the refund of fees.

The code of conduct may be read in its entirety at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com).

## Student Athlete Grade Checks

It is important that our athletes put effort on the field and in the classroom. Periodically during the season, the club will ask for the athletes to provide their grades and teacher signature/comments to make sure they are keeping up in the classroom. If there are issues, we can help the athlete in coursework with tutoring and mentoring. Playing time will not be affected.

## Football Minimum-Play Rule (From MYFCC Rule Book)

The minimum playing time for each player is determined by the number of players officially weighed-in, ready to play, and not otherwise disqualified from that day's game as follows:

- a. Four (4) plays per half if a team has 30 or more players.
- b. Five (5) plays per half if a team has 20 – 29 players.
- c. Six (6) plays per half if a team has 19 players or less.

For purposes of this rule, kick-offs, punts and extra point attempts shall be deemed to be a play, and "dead ball" penalties shall not be deemed to be a play.

## Game Times

Home and away standard game times are:

Jr Freshman - 10:00am

Freshman - 12 noon

Junior Varsity - 2:00pm

Varsity - 4:00pm

The Canton Lions board and/or head coaches will inform athletes in the event there are any changes to game times.

**Cheerleaders:** Cheerleaders must be at the field 60 minutes prior to kickoff of their respective squad's game, for stretching and conditioning.

**Football players:** At the last practice prior to game day, coaches will inform all players of the time they are expected to be at the field. This is typically 60 minutes prior to kick off, for stretching and conditioning.

## Game Schedule

# 2023 CANTON LIONS GAME SCHEDULE

Unless otherwise noted, Canton Lions home games are played at Plymouth-Canton Educational Park JV Field 8400 N Beck Rd, Canton 48187. Opponent field addresses can also be found at [www.lionsfootballcheer.com](http://www.lionsfootballcheer.com).

*\*Please confirm details with your coach, as game details are subject to change. \**

DATE	OPPONENT	LOCATION
<b>August 27, 2023</b>	Westland Comets	Home
<b>*September 10, 2023</b>	Clinton Township Cowboys	HOME
<b>September 17, 2023</b>	Westland Meteors	WAYNE MEMORIAL HS
<b>September 24, 2023</b>	Orchard Lake Cardinals	ORCHARD LAKE ST. MARY'S
<b>September 30, 2023</b>	Lake Area Hawks	Hawks Field
<b>OCTOBER 8, 2023</b>	Pontiac Panthers	HOME - HOMECOMING
<b>OCTOBER 15, 2023</b>	Plymouth Canton Steelers	HOME
<b>October 21, 2023 - 1st Round of Playoffs (Freshman, JV, Varsity)</b>	TBD	Macomb, Rochester or Steelers
<b>October 22, 2023 (Jr Freshman Jamboree)</b>	TBD	Rochester
<b>October 28, 2023 - 2nd Round of Playoffs (Freshman, JV, Varsity)</b>	TBD	Westland Meteors or Orchard Lake Cardinals
<b>October 29, 2023</b>	Super Cheer	Pontiac
<b>November 4, 2023 - Superbowl (Freshman, JV, Varsity)</b>	TBD	Lakes Area Hawks

Please contact any of the executive board members with questions not addressed in this handbook.

**\* Varsity has a bye this week**