

# Skaneateles Lakers Youth Football & Cheerleading Handbook

2025

Skaneateles Football Club

P.O. Box 169

Skaneateles, NY 13152

[www.skaneatelesfootballclub.com](http://www.skaneatelesfootballclub.com)

**Our Mission**

The Skaneateles Football Club is a non-profit organization focused on maximizing the opportunity for the youth of our community to have rewarding and fulfilling experiences through participation in organized football programs. Our primary focus is on the development of a successful youth football program. But, we're willing to help wherever help is needed.  
  
Translation? We're a group of like-minded folks who are now too old to actually play football. Way too old. Well, we could play but it would hurt. But, we do remember. Here are some of the things we remember:   
  
Might have been that special coach that taught the important life lessons you still rely on to this day. Maybe it was getting knocked down...and learning how to always get back up. Could have been showing up to practice every day just to make sure you didn't let your teammates down. Sometimes lessons were delivered through success; the most important often came in failure. On a good night, maybe it was that throw that found its mark under the lights on a Friday night to win a game. On a bad night, it was sitting in a locker room with your brothers vowing never to let it happen again. Ever.  
  
Whatever it was, the experience of competitive football can help shape young lives. Generally, for the better. We'd like to make sure that the kids in our community have the same opportunity.  
  
Teamwork, Dedication, Sacrifice, Determination, Leadership, Commitment.  
  
Those are just a few of the qualities that we hope kids develop by participating in quality youth football programs. The Skaneateles Football Club is committed to making sure that all of our kids (and their parents) have that choice.

**Board of Directors**

President Adam Hellwig

Vice President Rich Dixon

Treasurer Dave Zapatta

Secretary Sean Karla

The Skaneateles Football Club, Inc. (SFC) Football and Cheerleading Program:

The program involves cheerleaders and players, ages 4 – 12 years old.

Divisions for **Football players and Cheerleaders** are as follows:

**FOOTBALL**

Flag: 4-8 year olds entering K – 2nd grade

C Travel Team: 8-10 year olds entering 3rd & 4th grade

B Travel Team: 10-12 year olds entering 5th & 6th grade

**Football Coaching Staff**

The Board of Directors will approve Head Coaches by the Board of Directors meeting in June. Assistant coaches are chosen by the Head Coach but must be approved by the Board of Directors.

The deadline to submit an application for any of our head coaching positions will be posted on the website, generally by the end of June. There is no deadline to submit applications for assistant coach positions, but submitting your application as early as possible will help our organization plan for the coming season.

All coaches are required to fill out an application. No one will be considered for a coaching position without a current application on file. Returning coaches must also submit a new application to be considered for the current season.

The application for coaching is posted on the website.

The position of head/assistant coach is a Board of Directors appointed position. As such, no definite period of time is guaranteed and with the approval of the Board of Directors may terminate your position without prior notice for reasons the board has investigated and found to be detrimental to our purpose of the Skaneateles Football Club.

**Coaches Certification**

* The Finger Lakes Youth Football and Cheerleading League (FLYFCL) mandates that all coaches and helpers are certified. Football coaches will be certified through USA Football and Cheerleading coaches will be certified through the National Youth Sports Coaching Association (NYSCA). The certification requires participation in a clinic or online

program that specializes in various aspects of coaching youth athletics ages 5 through 14. The coaching staff also will be required to participate in various clinics specific to football or cheerleading.

* All Head coaches, assistant coaches and helpers will be required to submit to a criminal background check as mandated and administered by FLYFCL.

**Keys To A Successful Season**

* Parent Participation
* Communication
* Behavior

**Parent Participation**

* The SKANEATELES YOUTH FOOTBALL AND CHEERLEADING PROGRAMis a volunteer organization, and in order for the program to be successful, we must have shared participation by all parents/guardians of the children involved.

***SIGN-UP***

* All parents/guardians (ages 18 and older) will be required to complete game day chores per child participant. Participation may not be limited to a one-time event.
* All parents/guardians will be given their first opportunity to sign up for their preferred volunteer assignments through the Skaneateles Youth Football and Cheer website during season registration. The volunteer coordinator will use the SignUpGenius online service to coordinate volunteer assignments.

***NOTIFICATION***

* A master list of game day assignments will be provided on SignUpGenius and distributed prior to the first game.
* ***Volunteer assignments may be for multiple games. You may be required to participate in multiple games.***
* If, for whatever reason, you cannot satisfy your participation commitment for a particular game, it is **your** responsibility to find a suitable replacement and to notify the Director of Parent Participation.

***Volunteer***

* Minimum volunteer hours this year will be Two (2) hours. This organization needs its volunteers to be successful and our children rely on all of us to participate or account for the needed volunteer hours from a relative or friend.
* Please see the “committees” listed below and let us know the areas you would be interested to help out in.
* Should you decide to not register for a volunteer activity, there will be a $150 charge at the time of season registration.

## *Committees*

#### Concession Committee

Working with the Concession Director on running and maintaining the concession stand. Volunteer help will be needed at all home games.

#### Fundraising Committee

Work with the Fundraising Director on planning, organizing and setting up fundraising activities, brainstorming fundraising ideas, 50/50 raffles at home games anything that involves fundraising. Volunteer help will be needed from February to November, periodically. You will be asked to attend a few meetings periodically.

#### Game Day Coordinator

Work with Board Members, play monitor sheets, work with announcer for home games, manage scoreboard & time keeper, provide information to visiting coaches as needed and work with coaches and music as needed. Help to ensure the field is ready and cleaned up at all home games. For away games ensure we are covered with chain gang volunteers.

#### Coaches

If you are interested in Coaching, you must submit a coaching application. Forms are available on the website.

See pg. 3 for more details.

***CONSEQUENCES***

* In order to ensure that all volunteer commitments are met, the Board of Directors has established the following consequence for noncompliance:
  + If any parent/guardian is absent from a game day assignment, without having found a replacement and notifying the Director of Participation, their child will not be allowed to participate in that day’s game. For parents whose assignments are after their child’s game that day, the consequence will be carried forward to the next week’s game.

**Communication**

***SKANEATELES FOOTBALL CLUB WEBSITE***

* The SKANEATELES FOOTBALL CLUBwebsite maintains current information and lists upcoming events. The site is updated frequently during the season and periodically during the off season. Please feel free to visit [www.skaneatelesfootballclub.com](http://www.skaneatelesfootballclub.com). SFC also uses the Team Manager app, which syncs with our website. Schedules, maps and communications will be available on the app.

***LEAGUE WEBSITE***

* The Finger Lakes Youth Football and Cheerleading League has a website that provides a variety of information including game schedules, scores, standings, maps to away games and other events. Please feel free to visit [www.flyfcl.com](http://www.flyfcl.com).

***FEEDBACK***

* It is the goal of SFC to provide a fun and rewarding experience for your child. We encourage your positive suggestions. The Board of Directors is committed to continually improving upon the fine SFC tradition.
* In order to ensure that your questions, concerns, comments, or suggestions are addressed by the people that are directly involved, we ask that you follow the following line of communication:

1. If you have a question, concern, comment, or suggestion regarding a specific team, please speak directly to the *Head Coach* of that team first. In order to respect the effort required at practice and on game day, we ask that you speak with the Head Coach before or after practices, and not during practice or on game day.
2. If you feel that the Head Coach was unable to help you, you should then speak to the *Football Director* or the *Cheer Director*.
3. If, at this point, your question, concern, comment, or suggestion has not been addressed to your satisfaction, you should feel free to bring the matter before the *Board of Directors*.

**Behavior**

***PARENTS CODE OF ETHICS***

I HEREBY PLEDGE TO PROVIDE SUPPORT, CARE AND ENCOURAGEMENT FOR MY CHILD PARTICIPATING IN YOUTH SPORTS BY FOLLOWING THIS CODE OF ETHICS.

* I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.
* I will place the emotional and physical wellbeing of my child ahead of any personal desire to win.
* I will insist that my child play in a safe and healthy environment.
* I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
* I will cheer positively and **NEVER** degrade any coach, official, participant or Board member **AT ANY TIME**.
* I will demand a drug, alcohol and tobacco free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
* I will remember that the game is for the children and not for the adults.
* I will do my very best to make youth sports fun for my child.
* I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
* I will promise to help my child enjoy their youth sports experience within my personal constraint by assisting as a volunteer, being a respectful fan and providing transportation or whatever I am capable of doing.
* I will require that my child’s coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the NYSCA Coaches Code of Ethics Pledge.
* I will **not** attempt to speak with my child while he/she is on the sidelines.

Any Parent failing to abide by the Code of Ethics, will be asked to leave the game or practice field immediately, and may not return until he/she has met with the Board of Directors.

***CHILD PARTICIPANT BEHAVIOR***

* Drinking of alcoholic beverages, tobacco use, or use of drugs is strictly forbidden. Violators will be immediately suspended from the program pending review of the Board of Directors.
* Use of foul language will not be tolerated.
* Misconduct at practice or during a game will not be tolerated.
* Misconduct in the parking lot before or after practices and games will not be tolerated.
* Finger Lakes Youth Football and Cheerleading League’s *Youth Athlete Code of Conduct*.

It is the responsibility of the player/cheerleader to:

1. Demonstrate self control and respect for their coaches, officials, and spectators at all times.
2. Remember that participation in sports should not be abused by unsportsmanlike-like conduct.
3. Respect the other team and shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that behavior while in uniform reflects on the team, the family, and the community.
6. Understand and abide by the rules.
7. Accept winning and losing with grace and dignity.
8. JUST SAY NO to drugs, alcohol, and tobacco.

I also understand that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to, the following:

* Verbal warning by official, head coach, and/or head of league organization
* Written warning
* Player/Cheerleader game suspension with written documentation of incident kept on file by organizations involved
* Game forfeit through the official or coach
* Player/Cheerleader season suspension

**SEASON DETAILS**

* Calendar
* Preparation
* Game Days

**Calendar**

* A calendar detailing the SFC season will be on the website and Team Manager app. While it is unlikely, it is possible that some dates and times may change. Any changes will be communicated through the coaches, team parents and will be posted on the website.

**Preparation**

* No participant will be allowed to start practice until all registration paperwork is complete. This includes a copy of participant’s birth certificate, recent photo (head & shoulders) and physical dated after 8/1/23.

### First practice will be announced at a later date. If your child cannot make the first practice because of vacation plans, please notify the President in writing at: Skaneateles Football Club, P.O. BOX 169, Skaneateles, NY 13152 or contact your child’s Head Coach. If your child can start with the first practice and your vacation falls at a later date in August through October, please notify the appropriate coach in writing of your vacation dates.

### Physicals: All participants are required to have a physical exam and/or proof of a physical exam prior to August 1st of the current playing season and within the last twelve months. No practice will be allowed for a child without proof of a physical exam on file. You may have your child’s physical completed through your family doctor if you desire, however, it must be obtained between August 1 of last year and August 1 of this year. (You may use your own Doctor’s physical form.) Copies of a current school year physical will be allowed as long as it is dated AFTER August 1 of last year. A physical must be obtained to practice.

### The first week of practice for players and cheerleaders will be spent on conditioning. TEN (10) hours conditioning are required before players can have contact with another player, or cheerleaders can do stunts. Any hours missed during the first week of practice must be made up at the next available practice. PLAYERS: Pads are not worn during conditioning. Only the helmet, mouth guard, shorts, T-shirt and cleats. Players should bring their own Water Bottles. Equipment will be handed out the first week of practice but do not include cleats, mouth guard or belt.

* Practice will be TBD until the first game. After the first game, practice will be TBD. If your child cannot attend practice, please notify the respective Head Coach, which will be assigned to your child at the first practice. A written excuse must accompany your child when he/she returns to practice. Please see **ABSENCE RULES** ON PAGE 7 & 8 of this booklet. Please pick up your child promptly at the end of practice.
* **We practice and play rain or shine, heat or cold. If lightning is visible, practice will be canceled or moved inside.**
* Please DO NOT drop off siblings or friends at practice unless supervised by an adult. The SFC is not responsible for children that are not registered with our program!

**SFC Absence Rules**

Football & cheerleading are sports that require a significant amount of practice to ensure the safety of all participants. While unavoidable and unanticipated events requiring participants to miss practice happen, patterns of absences will not be tolerated. To fulfill your commitment to your teammates, improve your skills, and help prevent injury, it is necessary to attend all practices. Missing practice does have consequences.

The rules of the Finger Lakes Youth Football / Cheerleading League state that all players and cheerleaders participate in a minimum of **FOUR (4) hours** of practice time during the week immediately preceding a game. This is a division rule and must be adhered to. The missed practice must be for a legal excuse **see below**. If player / cheerleader has participated in

LESS than 4 hours of practice during the week immediately preceding a game, the player / cheerleader **MAY NOT** be allowed to participate in the game that week. They will be expected to be on the sidelines in their uniform with their Coach.

1. One absence **without a legal excuse** – player **MIGHT NOT** play but **MUST** be in uniform at the game.

Cheerleaders **MAY** cheer on the sidelines, but **MIGHT NOT** participate in the half-time routine.

1. One missed practice **with a legal excuse**, player and cheerleader can participate fully.
2. Rules 1 and 2 are subject to Coaches discretion. Any questions please see your Head Coach.

Legal excuses are **ILLNESS, FAMILY, and SCHOOL OR RELIGIOUS ACTIVITIES/REASONS**.

Please, if your child can’t make a practice, please call a coach prior to practice. Coaches’ phone numbers are provided at the beginning of the season. Excuses MUST be provided in writing and will be kept by the coach for reference. Excuses for a family activity/vacation must be given to the coaches in advance. This helps our Coaches plan out their practices.

***PRACTICE (REGULAR)***

 Starting on the fifth practice session or after 10 hours of conditioning practice, the football players start contact drills and the cheerleaders start to learn their stunts.

 Football players are required to wear all of their equipment from this point on, unless specified differently by the Head Coach.

***PLAYER CERTIFICATION***

 A representative from Skaneateles Football Club will meet with the Finger Lakes Youth Football and Cheerleading League (FLYFCL) Board of Directors.

 All paperwork will be reviewed to ensure that it is complete. The paperwork that will be reviewed includes the FLYFCL player/cheerleader contract, a copy of the child’s birth certificate, and the child’s physical (medical release) form.

***SCRIMMAGE***

 After the Second Full week of practice, a scrimmage arranged by the FLYFCL will be held. Details for the scrimmage will be given out by the coach/team parent and posted on the website.

**Game Day**

***Game Time***

* All games are played on Sundays or Saturday Night. The FLYFCL will publish the schedule by the end of July. The starting times are as follows, but are subject to change.

Sunday Games

|  |  |
| --- | --- |
| Flag | 8:30 AM |
| C-Team | 10:00 AM |
| B-Team | 12:00 PM |

Saturday Games

|  |  |
| --- | --- |
| Flag | 4:30 PM |
| C-Team | 6:00 PM |
| B-Team | 8:00 PM |

* Football players & cheerleaders must be at the game 1 hour before the start of the game or as directed by the coach.

***Home Game Location***

* SFC home games will be played on the Skaneateles High School stadium or Marcellus High School stadium.

***Away Game Locations***

* The away games will be determined by the league schedule. Maps with directions to the game fields can be found through a link on the FLYFCL website.

***Mandatory Plays and Monitoring***

* The Finger Lakes Youth Football and Cheerleading League mandates that all players in all classes, who are physically able to play and are not being disciplined, must play at the minimum number of plays per the schedule below. The number of plays shall be determined by the active “Game Day Roster” determined after official weigh-in.

11-20 players 9 plays per half

21-30 players 7 plays per half

31 players or more 5 plays per half

* The plays of every eligible football player are monitored by representatives from each team during the game to ensure compliance with the Play Rule.
* ***All playing time in excess of the minimum plays during each half of the game is earned by the participant. This additional playing time is based and earned by the participant’s experience, effort, ability and skill level to execute assignments during the practice sessions and the games.***

***Cheer Competition***

* Each squad will learn approximately 30 sideline cheers, a 2-3 minute half- time routine, a “Hello” cheer and a “Welcome” cheer.
* Every season there is a Cheer Competition put on by the league which includes all of the teams within the league. All Cheerleaders must participate in this event. At this competition, the Cheerleaders will perform their half-time routine.
* The annual cheer competition will possibly be held on the RIT campus this year. The scheduled date for the completion is TBD. As this event approaches, more details will be provided by the coach/team parent and posted on the website.

***Medical Facilities/Special Needs***

* Medical personnel will be on hand at all practices and games.
* If your child has any special medical needs (i.e., asthma, allergies, contact lenses, etc.), please be sure that your child’s Head Coach is informed.

**INJURY and INSURANCE**

***INJURY***

* Football and cheerleading are rigorous physical sports and therefore there is a risk of injury for all participants.
* Please promptly report every injury, regardless of how minor, to a member of your child’s coaching staff.
* Please promptly report every injury, regardless of how minor, to the coach and the Medical volunteer on duty. For insurance purposes, it is necessary for the Skaneateles Football Club to complete and file an Injury Report form.
* **It is the responsibility of the parent/guardian** to ensure that any injury is reported to the Skaneateles Football Club medical team and that the required reports are completed. Otherwise, insurance coverage will be denied.

***SECONDARY INSURANCE***

* The Finger Lakes Youth Football and Cheerleading League provides its members with medical insurance for all injuries associated with participation in the football and cheerleading programs.
* The League’s medical insurance is considered secondary coverage. The medical insurance of the parent/guardian is the primary coverage.
* The League’s medical insurance has a $250 deductible.
* If you should have to file a claim, you must file it with your own medical insurance carrier first. After this primary insurance has paid, the League’s medical insurance will go into effect.
* It is your responsibility for paying the remainder of the medical bill after the primary insurance payment. The League’s insurance will reimburse you for the remainder less the $250 deductible.
* To file a claim with the League, please give an original of the medical bill to the Secretary of the Board of Directors. You may have to ask the medical service provider for two copies of the bill.
* An example of how the League’s medical insurance works is given below.

Bill for medical services $1500

Your medical insurance payment -$1000

Remainder $500

You Pay the Service Provider $500

League insurance deductible - $250

League insurance reimburses you $250

* It is your responsibility to contact the child’s primary-care physician before going to the emergency room, if this is required by your insurance provider.
* If you do not contact your child’s primary-care physician and your medical insurance denies your claim because you did not follow the proper procedures, you run the risk that the League’s medical insurance will also refuse coverage.
* You have one (1) year from the date of injury to file a claim.

## Football Equipment

All football protective padding, game pants and practice pants and jerseys are supplied by the SFC, however mouth guards, protective cup, socks, belt and cleats are not provided. Jerseys are to be purchased and is included in the cost of registration. Jerseys are customized per player and are kept by the player at the end of the season. Cleats should be worn to all practices and games. Any brand of Football Cleat can be worn. NO METAL CLEATS! Only molded, plastic cleats may be worn.

Each player will be responsible for proper maintenance of his equipment. Please see below for guidelines of caring and cleaning of equipment. Each child should bring a jug of water to practice and games.

## Equipment Care and Cleaning

#### The full uniform should be cleaned before its first use and at least once a week thereafter.

* **Practice Pants:** mud and grass stains should be wet with warm water and rubbed or scrubbed with a brush and with a paste of Biz and your detergent. A twelve to twenty-four hour presoak in water containing detergent and **NON-CHLORINE** bleach will whiten the pants without fading the stripping or an eight to twenty-four hour presoak in Biz. Tumble dry on LOW or hang to dry. **Under no circumstances are the pants to be cut to provide a better fit. If you feel your child has been improperly fitted, please contact the Equipment Manager.**
* **Jerseys and Game Pants:** wash in cold water with regular detergent**. DO NOT DRY JERSEYS IN A DRYER – HANG DRY ONLY.** Wash game pants in cold water.
* **Girdles:** Wash as instructed for practice pants.
* **Helmets and Pads:** may be wiped down with a mild detergent and a soft cloth. Under NO conditions should they be immersed in water or placed in a dryer. A non-abrasive cleanser may be used to remove hit marks. Do not cut pads for any reason.
* **Mouthpieces: DO NOT CUT THE TAIL OFF YOUR MOUTHPIECE.** Mouthpieces must be connected to your helmet facemask. Heat some water to the boiling point, remove the pan of water from the heat and dip just the “U” shaped mouth end into the water for approximately 10 seconds. This will warm the mouthpiece enough to allow it to fit in your mouth. Do not bite down so hard as to bite through the mouthpiece or thin it out. You need only put light impressions in it. This allows proper fit and tooth cushioning. **Do not chew on your mouthpiece.**

#### FOOTBALL EQUIPMENT PRICES

**TEAMS B AND C**

|  |  |  |
| --- | --- | --- |
| Helmet $500.00 | Shoulder pads $125.00 | Game Jersey $180.00 |
| Chin Strap $10.00 | Practice Pants $65.00 | Thigh Pads $12.00 |
| Game Pants $80.00 | Socks $5.00 | Knee Pads $8.00 |
| Ear Pads $10.00 | Rib Guards $35.00 | Practice Jersey $45.00 |
|  |  | Helmet Shell $200.00 |
|  |  |  |

This is only an **EXAMPLE** for your reference. If equipment was lost or damaged, these are the prices you would be charged to replace the equipment.

**Cheer Rules & Equipment**

Cheer is responsible for ordering and paying for uniform through The Printery in Auburn. A buyout program will be set up to buy uniforms from cheerleaders that have outgrown their uniform.

#### Footwear: Cheerleaders are to wear cheering sneakers (purchased by parents).

* **No jewelry**, including earrings and body jewelry (i.e. belly ring, nose or eyebrow jewelry, etc.), shall be worn. The only exception will be if you are required to wear a Medical Alert bracelet or necklace.

Please be advised, that if you are getting your ears, or any other body part, newly pierced, you MUST have the piercing done NOT LESS THAN 12 WEEKS PRIOR TO THE FIRST PRACTICE. You will not be allowed to practice with earrings (or any other piercing jewelry) in, even if you have just had them pierced. Using tape or Band-Aids to cover earrings/piercing jewelry is NOT an option. This is a Division level rule and CANNOT be deviated from. This rule applies during practices and at all games.

* **Tattoos:** If your child has a tattoo that is visible, it must be covered for all practices and games.
* **Finger Nails:** No sculptured nails of any kind. No coating, including polish, on your nails, of any kind. Turn your hands so your palms are facing up. If you can see the tips of your fingernails with your hands in this position (palms up) your nail are TOO LONG and must be clipped. This is for your safety as well as the cheerleaders you may be in a mount with.

### Refund Policy

* If your child decides to quit, a refund of the registration and volunteer fees may be given **PRIOR** to August 1 or the first day of practice, whichever is later. After August 1 or the first day of practice, whichever is later, **no refund** of registration will be given. Fundraising monies are not refundable at any time. Buy-out monies are considered fundraiser monies and are not refundable.
* **RETURNED CHECKS:** If your check is returned for insufficient funds, there will be a $30.00 return check charge assessed in addition to the original amount of the check. Funds must be paid in cash.

## Fundraisers

#### Each Player/Cheerleader is required to participate in all fundraising.

#### Fundraising opportunities will be announced at a later date.