



Fallbrook Pop Warner Player & Cheerleader Parent Handbook

2023 Fall Season



Message from The President of Fallbrook Pop Warner

Dear Parent or Guardian:

Welcome to the 2023 Fallbrook Pop Warner Football and Cheerleading Season! On behalf of the entire board and staff at FPW, I would like to say “Thank You” for registering your child to participate in our program.

For more than 50 years, Fallbrook Pop Warner has provided a structured and fun environment for thousands of kids from the Fallbrook community, to learn the games of football and cheerleading all while benefiting from participating in team sports and activities in a safe and structured environment. In addition to the physical benefits, our program offers fundamental values, skills, and knowledge that young people can use throughout their lives. And as Fallbrook High School’s primary feeder program, we are proud of the young athletes we help to develop and advance into our high school’s football and cheer programs. Last but certainly not least, Pop Warner remains the only youth sports organization that requires academic achievement be met in order to participate.

As we get closer to August 1st, I am sure many of you have noticed the amount of information required to prepare your child for the coming season can be a bit overwhelming. Therefore, we have created this handbook which is full of important information that should answer many of your questions. Inside, you will find details on practices, games, uniforms, and even how to become a volunteer. Please be sure and carefully review all enclosed information so you and your player/cheerleader can experience a fun and productive Pop Warner season. Meanwhile if you still have questions or need assistance regarding your child’s Pop Warner experience, the very first page includes board member contact information as well as our website address which also includes loads of pertinent information.

In closing, I would like to say that Fallbrook Pop Warner is very fortunate to have the many board members, coaches, and volunteers who donate their personal time and work so hard to keep our program moving forward. These individuals are often overlooked so if you happen to bump into one, please thank them as we are a 100% volunteer organization. We are also thankful for our partnership with the Fallbrook school districts that allow us to provide our kids with excellent facilities at little to no cost to the league. But at the end of the day, we are most grateful for you. Without parents like you, our program simply wouldn’t exist. So, on behalf of all of us at Fallbrook Pop Warner, THANK YOU for being a part of our organization. We can’t wait to see you in a few weeks when the season kicks off!

Warmest Regards,

Douglas Berger
President,
Fallbrook Pop Warner League. Inc.

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FALLBROOK POP WARNER LEADERSHIP STRUCTURE:

2023 FPW BBOARD OF DIRECTORS

TITLE	FIRST NAME	LAST NAME	POP WARNER EMAIL ADDRESS
President	DOUGLAS	BERGER	president@fallbrookpopwarner.net
Cheer Coordinator	ALICIA	SWINNEY	cheercoordinator@fallbrookpopwarner.net
Football Commissioner	FLOYD	DUDLEY	coachagent@fallbrookpopwarner.net
VP Player's Agent	RAQUEL	RUVALCABA	playersagent@fallbrookpopwarner.net
Secretary	MAYRA	BERGER	secretary@fallbrookpopwarner.net
Little Scholars Chair	ROSIE	SORDEN	littlescholars@fallbrookpopwarner.net
CFO/Treasurer	ERICA	PAYNE	treasurer@fallbrookpopwarner.net
Asst. Cheer Coordinator	DANIELA	GARCIA	assistantcheer@fallbrookpopwarner.net
Equipment Manager	LUIS	RUVALCABA	equipmentmanager@fallbrookpopwarner.net
Cheer Equip. Manager	RUTH	MUNOZ	assistantcheer@fallbrookpopwarner.net
Asst. Coach Coordinator	JENNA	LARK	asstcoachcoordinator@fallbrookpopwarner.net
Fundraising Chair	ALICIA	SANCHEZ	fundraisingchair@fallbrookpopwarner.net

POP WARNER – CHAIN OF COMMAND (GOVERNING BODIES)

Association	Fallbrook Pop Warner
Local Conference	West Coast Conference (WCC)
Regional	WESCON
National	Pop Warner National Inc.

WCC LIST OF POP WARNER ASSOCIATIONS

Now 28 Associations Strong!!



CARLSBAD
CORONADO
EL CAJON FALCONS
EL CENTRO
ESCONDIDO
FALLBROOK
LA COSTA CYN
LAKESIDE
MEXICALI
MIRA MESA

MURRIETA VALLEY
OCEANSIDE
POINT OMA
POWAY
RAMONA
RANCHO BERNARDO
RANCHO HILLS
SAN DIEGO AZTECS
SAN DIEGO FALCONS

SAN MARCOS
SANTEE
SCRIPPS RANCH
SOUTH SAN DIEGO
TEMECULA VALLEY
TORREY PINES
VALENCIA PARK
VALLEY CENTER
VISTA

PRACTICE GUIDELINES, SCHEDULE AND LOCATION:

PRE-SEASON PRACTICES for all football teams and cheer squads begin on **TUESDAY August 1st, at 6:00pm**

Practices shall take place at **Potter Jr. High School located at 1743 Reche Rd. Fallbrook**

*Please plan to arrive 10-15 minutes early on Aug. 1st so you and your child have time to get acclimated and locate your team and designated practice area.

****IMPORTANT:** Any outstanding paperwork or money that is due to the league, **MUST BE TURNED IN IMMEDIATELY** otherwise your child will not be able to participate. Also, please do not wait to the last minute before practice begins to get this done as it takes time to upload and catalogue paperwork and outstanding fees. In other words, showing up with your outstanding items on the day of practice will not ensure your player/cheerleader will be able to participate.

FOOTBALL PLAYERS shall report to the field designated for their team located at either the side or rear of the school. (See Practice Field Diagram on next page)

CHEERLEADERS shall report to the Bowers Auditorium for practice.

ALL FOOTBALL AND CHEERLEADING practices shall begin at **6:00pm**.

FLAG FOOTBALL AND CHEER Practice shall conclude at **8:00pm**

TACKLE FOOTBALL AND CHEER practices shall conclude at **8:30pm**

The number of days per week teams and squads are to practice are as follows:

DURING THE MONTH OF AUGUST (From August 1st to Labor Day) Practice shall take place **5 Days per week for Tackle Football, and 4 Days per Week for Cheer and Flag Football.** (This season's 1st practice will begin on a Tuesday)

WEEK #1 PRACTICE (From August 1st to August 7th): Shall be for conditioning only. For Tackle football, this means helmets, shorts, and practice jerseys only. *Pads are not to be worn until WEEK #2 when contact will be allowed.*

WEEK #2: (From August 8th to August 14th) Will be player readiness training. This requires Helmets, practice pants and jerseys with pads.

WEEK'S 3, 4, & 5 (From August 15th to Sept. 1st) This is the time coaches will teach fundamentals and game plans. Scrimmage games will also take place during this period.

REGULAR SEASON PRACTICE:


Regular Season practice begins on Sept. 4th (Labor Day). Regular season practices shall be reduced to three days a week for ALL Teams (Tackle, Flag, and Cheer). Please note: Tackle and Flag Football & Cheer practice days and times may differ after Labor Day. Your coach will inform you of your player's regular season practice schedule prior to commencement.

***PRE-SEASON PRACTICE TIP:** PLEASE BE SURE YOUR KIDS BEGIN HYDRATING RIGHT AWAY SO THEY ARE PREPARED FOR PRACTICE. It's also a good idea they begin an exercise routine (Running, aerobic, etc.) especially if they are not already involved in some sort of sports activity. This will help them acclimate to the rigorous practice schedule they are about to embark on.

***IMPORTANT.** It is crucial that all participants attend ALL practices during the month of August, so they receive the required number of training and conditioning hours enforced by the National Pop Warner organization. Kids who miss time (especially during the first two weeks) will be required to make up the conditioning or player readiness training they missed, by working separately from the team. This not only makes it harder for the participant to catch up, but also requires the head coach to assign a specific asst. coach or staff member to work those who missed time, thus taking away from overall team training.

2023 FALLBROOK POP WARNER PRACTICE FIELD DIAGRAM



-  = PORTABLE FIELD LIGHTS
-  = Portable Restroom
-  = AED

MANDATORY PLAYER/CHEERLEADER CERTIFICATION – AUGUST 12TH:

Pop Warner National Rules dictate that ALL participants are verified and checked in during the “Player and Cheerleader Certification Event” This year’s conference certification event takes place on **SATURDAY, AUGUST 12TH in Oceanside**. Your Team’s coach will provide you with the exact time and location of this event prior to the 12th. **Please Note: ALL PLAYERS & CHEERLEADERS MUST ATTEND THIS EVENT.** Those who miss the player certification, will not be able to participate in practice or games until a make-up day and time is scheduled with a WCC Board member and the league’s player’s agent.

REGULAR SEASON GAMES:

All League Sanctioned Games shall take place every Saturday beginning **SATURDAY, AUGUST 26th, 2023**. All teams play 8 regular season games and 2 playoff or bowl games. Cheer squads will perform on the sideline, during each game of their assigned team. All competitive tackle football teams are eligible to advance into the post season and will have the opportunity to compete in play-off and championship games. All non-competitive teams (Including Flag) will have the opportunity to play in post-season bowl, and invitational type games. Please note: Cheer Squads compete in separate league sanctioned events & competitions.

ALL **HOME GAMES** shall take place at FALLBROOK HIGH SCHOOL located at 2400 S. Stagecoach Lane in Fallbrook.

Home TACKLE Football Games shall take place on the field in the MAIN FOOTBALL STADIUM

Home FLAG Football Games shall take place on IVY Field located above the home side bleachers of the main stadium.

Away Games for All football teams and cheer squads, shall take place at designated stadiums and fields in accordance with the official game schedule which will be distributed during pre-season practice.

Most Away Game locations can be found on our website at www.fallbrookpopwarner.com under the “Field Locations” tab

POST SEASON GAMES & COMPETITIONS:

All Competitive Football Teams (10U to 14U) shall participate in either local or national track play-off games with the opportunity to advance to local or national championship games, depending on how the team has been set up (National or Local Track) NOTE: Fallbrook Will NOT be entering any Tackle Football teams into National Competition this season.

Non-Competitive Football Teams (Flag to 9U) Shall participate in post season invitational and/or bowl games. **All Cheerleading Squads** shall have the opportunity to participate in post season local, regional, and national competitions.

Your team's coach will keep you informed of the post-season scheduled games and competitions as the regular season draws to a close.

MANDATORY PLAY RULES (Football):

Pop Warner is one of the few youth sports organizations which requires a mandatory "Minimum Play Rule" for all participants. The Minimum Play Rule or "**MPR**" states that all rostered youth football players are guaranteed a minimum number of plays during every game.

The following information has been taken from the National Rule Book regarding the Mandatory Play Rule:

1. Each team shall strictly follow the current National MPR.
2. Game officials will notify both Head coaches at the end of the third quarter of play, that any player who has not met the MPR should now be placed in the game.
3. Any player who has not met the MPR by the end of the 3rd quarter, according to the MPR sheet, **MUST** start the 4th quarter, regardless of whether that team is on Offense or Defense. These players shall remain in the game until they have met the MPR. The MPR sheet shall be considered the **FINAL WORD** and may not be over-ruled by ANY coach or Commissioner.

The following describes the minimum number of plays required for each player in accordance with the National Rules:

16-25 players	-	10 plays
26-30 players	-	8 plays
31-35 players	-	6 plays

The MPR is determined by the number of players eligible at the time of the game, and not based on the size of the roster.

PRE-GAME CHECK IN (Team/Player Certification):

Check in certifications for ALL football players and cheerleaders shall take place prior to each game. All players and cheerleaders are required to arrive at least one hour before each game so their team's coach and/or business manager can have them certified by the opposing team's staff.

SAFETY, INJURIES, & MEDICAL TREATMENT:

Our league works hard to take every precaution necessary to protect your child while participating in our program. In addition to each team's staff having a minimum of 2 first aid/CPR/AED certified adults, every home and away game will have at least one professional EMT on the field. All first aid qualified volunteers are also trained in concussion awareness, prevention, and treatment.

IF YOUR PLAYER IS INJURED while participating during a game or practice, unless you are a medical doctor or trained medical professional (EMT, Paramedic, First Responder, etc.) please DO NOT interfere with the EMT or qualified volunteer who is assessing and/or providing treatment to your child. At this age, most football/cheer related injuries are not serious, however, it is VERY IMPORTANT to allow the league's qualified medical individual(s) to provide your player with the proper medical attention. In the unlikely event that a serious injury occurs, 911 will always be called while initial treatment is being provided to the injured participant.

First aid kits and Portable AED units shall be available and easily accessible during all games and practice sessions. Meanwhile each team shall be equipped with the league's "Emergency Action Plan" which includes everything from who oversees communicating with emergency services to weather and air quality precautions during games and practice. If you would like to review the league's EAP, please ask your head coach, or team manager to make it available to you once the season begins.

IMPORTANT: Parents are REQUIRED to ensure that ALL participants show up to games & practices with the following items::

- Water. We ask that each participant brings enough water for 3 hours of activity during games and practices. Please plan to provide extra water during August & Sept.
- Any prescription medication, medical information/instructions which needs to be kept on hand with the team's trainer during practices and given to the EMT staff during each game.

WEATHER, AIR QUALITY, ETC. Practices and games will be post-phoned and/or cancelled if the following conditions arise:

- Lighting
- Heat Index Factor that Exceeds 104 degrees
- Air Quality Index that Exceeds 100

Please note: Parents have final say in the event they choose to keep their player/cheerleader from participating in the event that extreme weather/temperature and air quality conditions exist.

UNIFORMS & EQUIPMENT

FOOTBALL

Practice & Game Uniforms

Each football player is provided with equipment and a uniform. The following list describes each component, who is responsible for providing it, and what the player is allowed to keep:

Item	Provided By	Tackle	Flag	Additional Info
Helmet	League	X		To be Returned at the end of the season
Shoulder Pads	League	X		To be Returned at the end of the season
Game Jersey	League	X	X	Player to Keep
Practice Jersey	League	X	X	To be Returned at the end of the season
*Game Pants	League	X	X	To be Returned at the end of the season
Practice Pants	League	X		To be Returned at the end of the season
Game Socks	League	X	X	Player to Keep
Flags	League		X	Provided during practice & games
Football Cleats	Parent	X	X	Can be purchased at Dick's or Big 5
Mouthguard	Parent	X	X	Can be purchased at Dick's or Big 5

*Flag Football Players Receive Shorts for games

Additional information regarding football equipment:

It is MANDATORY that all players (Flag and Tackle) ALWAYS wear a properly fitting mouthpiece while on the field during practice and games. Although they are a bit **uncomfortable**, they are inexpensive, and they protect your player's tongue and teeth. We suggest purchasing 3-4 mouthpieces at the beginning of the season as they get lost and worn out.

All players are required to purchase and wear their own cleats (Flag and Tackle). Most football cleats are designed differently depending on what position you play. Typically, high-top cleats are made for linemen who need extra ankle support for lateral movements. Mid-cut cleats combine support with maneuverability for players like running backs, quarterbacks, and corner backs. Low-cut cleats are the lightest and most maneuverable shoe and are used by receivers. The most important thing to remember is to ensure that your player is comfortable while wearing the cleats.

CHEERLEADING

Practice & Gameday Attire, Dress Code Requirements:

All participants are required to wear league provided uniforms.

Please also be sure that your cheerleader wears the following in addition to the league provided uniform:

*Athletic attire (Loose fitting/comfortable – no denim)

*White socks

*Tennis shoes

*High ponytail (Long Hair).

*Cheerleaders must have properly cut & filed nails.

*NAIL POLISH is NOT ALLOWED during games.

*Prescription EYEGLASSES must be secured by a neoprene band - no knot, bead, or extra material hanging in the back.

Cheerleading Uniforms – Continued

Each cheerleader is provided with a uniform. The following list describes each component, who is responsible for providing it, and what the player is allowed to keep: (Please note: Due to registration costs, Flag Cheerleaders are NOT eligible to keep their uniforms and must return them at the end of the season)

Item	Provided By	Additional Info
Shell	League	Player to Keep
Skirt	League	Player to Keep
Pom Poms	League	Player to Keep
Bow	League	Player to Keep
Game Socks	League	Player to Keep
Sleeve	League	Player to Keep
Personalized Bag	League	Player to Keep

POP WARNER OFFICAL PATCH

All Pop Warner athletes must have the official Pop Warner patch displayed on every uniform for games and competitions in order to participate. You will be provided with an official Pop Warner patch when you receive your player's or cheerleader's uniform. Please check with your coach or team parent as some teams will provide a person or service to apply the patches. Otherwise, parents will be responsible for attaching the official Pop Warner patch to his or her payer/cheerleader uniform.

The following shows where the official PW patch must be placed:



Please Note:

All football players shall receive a Reversible Jersey with home and away colors. Please be sure that patches are applied to the "Home Side" of the jersey.

OTHER IMPORTANT FAQ'S

***PLEASE NOTE:** Almost ALL information regarding Fallbrook Pop Warner can be found on our website at www.fallbrookpopwarner.com

WHAT IS EXPECTED OF MY CHILD WHEN HE OR SHE COMMITS TO FALLBROOK POP WARNER?

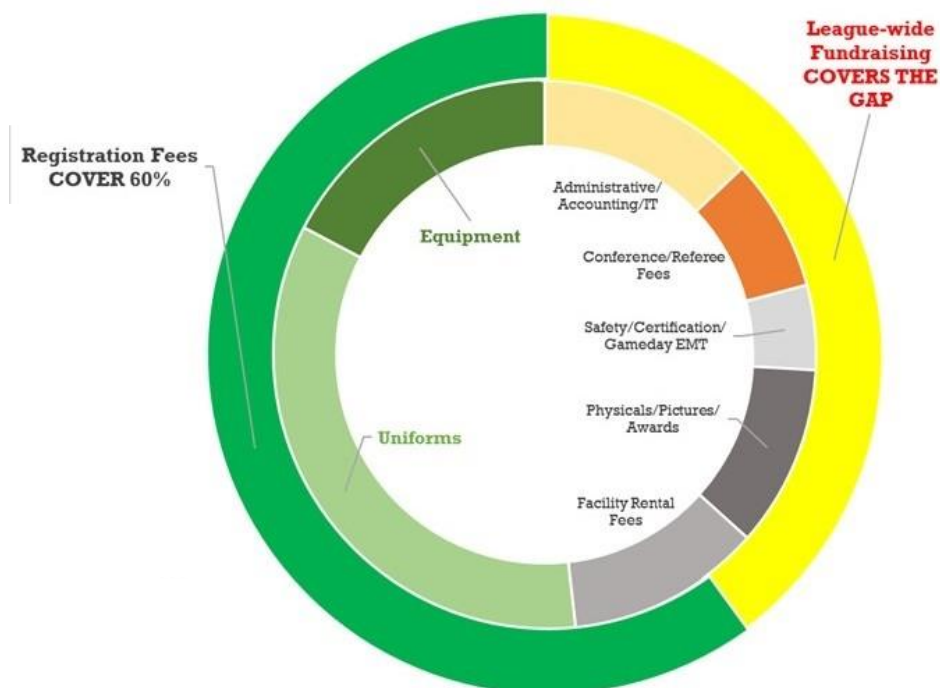
A player/cheerleader must be willing and able to attend practices throughout the season in addition to ALL games on Saturdays. It is proven that this will ensure each player's safety and development in the succeeding weeks. It is expected and required that each player attend ALL practices unless they are ill or have a required school event. Chronic and/or unexcused absences could result in suspension, dismissal, or ineligibility for Mandatory Play Requirements established by the league. It is difficult for players missing any of these practices to and takes away training and development time from the players that did attend. Our coaches take your child's safety on the field seriously, for that reason if there is missed practice it will hinder there playing time in a game. They CANNOT put a child out the field that has not practiced that week.

WHAT ARE THE SCHOLASTIC REQUIREMENTS TO PARTICIPATE IN POP WARNER?

Your child must have a GPA of 70% or greater for the entire academic year of the previous school year, including "specials". If your child's GPA is lower than 70%, you will need to sign a waiver stating that it is beneficial for your child to participate in Pop Warner and provide progress reports from school during the season. For students who do not receive traditional letter grades, Pop Warner Little Scholars, Inc has conversion formulas to enable us to calculate your child's percentage grade.

WHERE DO MY REGISTRATION FEES GO?

The below chart describes how all registration fees and donations are applied to league expenses. For a more detailed description of how the association's money is allocated, please check back soon for the current year's detailed annual budget



HOW CAN I BECOME A POP WARNER COACH, BOARD MEMBER or VOLUNTEER?

Volunteering for Pop Warner can be a rewarding experience and fun way to contribute to your community.

- **COACH:** We still need quite a few Assistant coaches as well as a head coach for one of our two flag teams. Please reach out to our president at president@fallbrookpopwarner.net immediately if you can take on either of these two important positions.
- **TEAM PARENT, BUSINESS MANAGER, or VOLUNTEER:** Please contact your team's head coach right away if you are available to volunteer for one of these positions.
- **BOARD MEMBER:** We will be holding elections for executive board members at the end of the season (October) however if you would like to take on a nominated board position starting this season, you may apply by contacting our president at president@fallbrookpopwarner.net
- **GAMEDAY VOLUNTEER** Adult volunteers are required during every home game. Your team's coach or team parent will typically send a request for gameday volunteers during the week prior to each home game. The gameday volunteer positions consist of the following:
 - Chain-gang
 - Team Photographer/videographer
 - MPR Checker/Spotter
 - Snack bar (Team Fundraising)

HOW ARE TEAMS DECIDED?

our Conference no longer uses the weight matrix to select players on teams, all participants are selected by their age. The Age Matrix for how kids are placed on teams can be found on the FPW website under registration forms. We strongly recommend that all kids play down (Closest to their age as possible) This way they are ensured they will have a fun and safe experience.

WHEN WILL OUR COACH CONTACT US?

If you haven't already been contacted by your coach, you will hear from him or her no later than July 21st.

NOTE: Our Flag Team Needs a Head Coach ASAP! Please contact our VP Football Commissioner Floyd Dudley at coachagent@fallbrookpopwarner.net if you can help with this

CAN I REQUEST MY KID PLAY FOR A CERTAIN COACH OR WITH A FRIEND?

You can, however, kids are first and foremost placed on teams with safety in mind and in accordance to Pop Warner guidelines. At the end of the day, we always want to make sure each participant has a fun and safe experience.

WHAT SHOULD I DO IN THE EVENT OF A DISAGREEMENT OR DISPUTE WITH A COACH, STAFF MEMBER, OR OTHER PARENT?

In the unlikely event of a disagreement or dispute with a Fallbrook Pop Warner Coach or Volunteer Staff member, please contact one of the following board members

Football Related:	FPW Commissioner of Football, Floyd Dudley at coachagent@fallbrookpopwarner.net
Cheer Related:	FPW Cheer Commissioner, Alicia Swinney at cheercoordinator@fallbrookpopwarner.net
Other Staff/Parent:	FPW President. Douglas Berger, president@fallbrookpopwarner.net
Board Related:	WCC (Conference Representative) Kelan Copeland at kelan@wccpopwarner.com

2023 Season Age Based Matrix

Division	Inclusive Birthdays
<u>6U (5-6)</u>	<u>8/1/2016 - 7/31/2018</u>
<u>7U (6-7)</u>	<u>8/1/2015 - 7/31/2017</u>
<u>8U (7-8)</u>	<u>8/1/2014 - 7/31/2016</u>
<u>9U (7-8-9)</u>	<u>8/1/2013 – 7/31/2016</u>
<u>10U (8-9-10)</u>	<u>8/1/2012 - 7/31/2015</u>
<u>11U (9-10-11)</u>	<u>8/1/2011 – 7/31/2014</u>
<u>12U (10-11-12)</u>	<u>8/1/2010 - 7/31/2013</u>
<u>13U (11-12-13)</u>	<u>8/1/2009 – 7/31/2010</u>
<u>14U (12-13-14)</u>	<u>8/1/2008 - 7/31/2009</u>

ORIENTATION NOTES: