



Pleasant Valley Jr Vikings



Parent Packet

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WELCOME Parents and Athletes:

We are thrilled you want to join the Jr. Viking family! The Jr. Vikings program will be open to all 1st through 8th grade students. It is very important that the athlete and parents read through everything that is expected of you carefully.

Required Documents and Forms

- _____ \$50 nonrefundable registration fee made payable to PV Jr Vikings.
 - _____ \$150 Check for volunteer hours- Once hours are completed check will be returned.
 - _____ \$250 Check for equipment deposit – Check will be returned once items are returned
 - _____ Jr. Vikings Equipment Agreement
 - _____ Jr. Viking's eligibility and registration checklist
 - _____ Jr. Vikings/SYF Emergency Medical and Release form Liability Form
 - _____ Physical Forms (Must be submitted prior to initial practice in July)
- (ESignature & paper copy for file)
- _____ Online Registration and Parental Consent Forms
 - _____ CIF Concussion Form
 - _____ SYF Code of Conduct

Pay the registration fee online by _____ and return ALL forms on the day of practice. If your child is missing any forms, they may not be allowed to practice.

If you have any questions, please e-mail pjrvikingsvicepres@gmail.com or pjrvikingspresident@gmail.com



Welcome to the Jr Viking family!!

The goal of the Jr. Vikings program is to develop and promote the ideals of responsibility, hard work, sportsmanship, and teamwork within a safe and positive environment. These goals will be accomplished by providing a structured program set up to educate both participants and parents on all aspects of the sport of football and cheer. As an organization, we are committed to providing a program that maintains the highest standards and guarantees a fun, positive experience for everyone involved.

Academic Goals with the Jr. Viking program our goal is to develop well-rounded individuals and keeping an academic policy requiring our student athletes to perform in the classroom as well as on the field. All players are encouraged to maintain an acceptable grade point average (passing status) throughout the season and remain free of any behavioral problems at school. The Jr Vikings have direct contact with the principals of each Jr High. If a child is suspended from school for any reason, they will not be allowed to play at the upcoming game and may be dismissed from the team. Players not participating in a game for these reasons are still required to attend the game.

Player and Parent Responsibilities The practice field is reserved for coaches, players and instructors only. Parents, siblings, and other visitors must remain outside of the designated practice field areas at all times. Practice time is limited, so it is important that coaches have the opportunity to make the best use of the time allotted. If you must speak to a coach, please contact them by email before or after practice. Non-player children, including player siblings, are not to be left at the field without adult supervision. We will not assume responsibility for the safety of any child left unattended.

Player Responsibilities – Players in the program are expected to abide by a code of conduct which includes, but is not limited to the following: ♦ Players must be respectful of their coaches, teammates, opponents, officials and all other representatives. ♦ Players must take proper care of the equipment that is issued to them and immediately notify a coach if the equipment is damaged, lost or stolen. ♦ Players/parents must notify their head coach, in advance, if a practice is going to be missed. No exceptions! ♦ Good sportsmanship is mandatory. No vulgar language, tantrums, displays of anger or fighting will be tolerated. Any such actions will result in disciplinary measures which may include suspension for the day, week, or remainder of the season depending on the circumstances. ♦ As members of the Jr Viking program players represent themselves and their teammates on and off the field. Whether in victory or defeat, all players must always conduct themselves with pride and poise. ♦ Always be willing to help a coach or a teammate when needed.

Parent Responsibilities - The level of support a player receives from their parents has a direct impact on the success of that child. To better understand the parental role and involvement in the RJT program we have developed the following guidelines and recommendations: ♦ Parents should always maintain a cooperative attitude towards coaches, participants, officials and board members. **Remember – they are all volunteers.** ♦ It is the parent's responsibility to provide transportation to and from practice & games. ♦ Parents and visitors at practices or games must stay in the designated areas reserved for spectators. The sideline areas, playing field, warning track, practice fields are off limits. ♦ Parents are encouraged to cheer with enthusiasm and to support their players and teams from the stands. Parents must never yell



obscene, profane or derogatory remarks at an opponent or game official. Parents must never conduct themselves in an offensive manner. Displays of such conduct can result in a team penalty for

unsportsmanlike conduct, the parent may be removed from the grounds, and could be suspended from practice fields or future games based on the severity of the incident ♦ If a player's grades fall below passing level or if homework starts to become a problem, the parent should notify the Head Coach and together they can determine the best course of action to be taken. ♦♦ **Volunteer** - All parents are required to volunteer for four hours which is (2) volunteer time slots at home games. You will write a \$150 check to the program at equipment handout, or other designated time, it will not be deposited unless you fail to complete your two (2 hr) volunteer requirements per athlete. Only then will it be deposited at the end of the season.

Practices – During the season participants should arrive (15) minutes prior to each practice. Players should bring adequate water to each practice and game. In order to participate the first day of practice, each child must have all required items and forms completed and turned in to the team mom or board member NO LATER THAN _____. Additionally, registration fees must be paid in full or other arrangements with the President must be made prior to the first day of practice. If these things are not done the child may NOT begin practicing.

Conditioning – The first week of practice will include up to ten (10) hours of conditioning. Conditioning consists of non-contact exercise and drills, done without shoulder pads, girdle or leg pads. Players will continue to participate in conditioning exercises and drills in pads after the first week of practice. The first ten minutes of each practice, at a minimum, should be dedicated to conditioning.

Football Dress Code - During the first week of conditioning, players should dress in shorts and T-shirts, and football cleats. Once the hours of conditioning are complete, players will wear the equipment and practice jersey issued to them. Mouth guards are required at all times.

Missed Practices - In the event a child cannot attend practice, the head coach must be notified of the absence prior to the start of that practice. The following actions will be taken for missed practices: Unexcused absence (no call/no show): One missed practice in a week – player may play but will not start in that week's game.

Excused absence for illness or injury: The safety of our players must come first! Therefore, for contagious illnesses, we request the player stay home to prevent other teammates from getting sick. For injuries, we encourage players to still attend. However, any head concussions or other serious injuries, a player will not be able to practice. Any player that is injured and requires medical attention from a physician MUST have clearance from a medical physician in order to return to practice.

Equipment - All necessary football equipment, with the exception of shoes and any preferred under gear or personal pads, will be provided by the Jr Vikings. If a player chooses to use their own shoulder pads, helmet or other gear, these items must be approved by the Equipment Manager and the VP of Football. Upon issuance of the equipment, each parent and player is required to sign an equipment contract which outlines the cost of each item. The cost of the equipment provided is valued at approximately \$500+ per child. Participants must take proper care of the equipment that is issued to them. In the event equipment is damaged due to normal use, a coach should be notified immediately so



that the damaged equipment can be exchanged. In the event any equipment is lost, stolen or damaged due to improper use, care or neglect, that equipment must be replaced by the parent or guardian of the player, at the cost as stated in the equipment contract.

Equipment Return - If a player is cut from a roster for any reason (injury, safety reasons, or a decision not to participate) the player must turn in all equipment to the Equipment Manager within 72 hours. When the season is complete the Head Coach will notify you of when and where equipment turn in will take place. If you are not able to meet at that time, you must arrange with the Head Coach a time to drop off the equipment prior to the assigned equipment turn-in time. All equipment must be clean and washed prior to turn in. Please follow washing instructions carefully. **Equipment can be purchased after the season at our cost. If you wish to purchase the equipment please contact the Equipment Manager directly.**

Miscellaneous Rules & Procedures

Health Insurance - Your family health insurance will serve as primary coverage for your athlete.

Family Pets – For safety reasons, family pets, leashed or unleashed, **are not allowed at and should not be brought to the practice fields or to games.**

Smoking – Pleasant Valley High School campus and all other campuses where we will be playing throughout the season have been designated “Tobacco Free Environments.” Therefore, smoking is not permitted on or around any school campus we visit. It would also be appreciated if people refrained from smoking at or around the practice fields as well. Use of drugs or alcohol is strictly forbidden at practices and games. Use of drugs or alcohol at these events will not be tolerated, and anyone involved in those activities will be asked to leave.

Food & Drink - The snack bar is a crucial source of program revenue, so for that reason, it is asked that no outside food or drink is allowed. Coolers will not be allowed in unless designated team snack.

Some info may be adjusted as needed



JR. VIKINGS ELIGIBILITY & REGISTRATION CHECKLIST

Athleter Name _____ Age _____ Phone _____ To be eligible to participate with the Jr. Vikings program, all athletes and their parents/guardians MUST agree to and provide the items listed below to the Jr. Viking Board Member. Forms can be found on the website.

1. Info packet completed and \$50 nonrefundable deposit paid
2. Eligibility & Registration Checklist – Please read and sign
3. Sign & adhere to detailed contract regarding: (i) Commitment to the Jr. Viking Football Program; (ii) Role Model Expectations: (iii) Attitude – at practices, games and school toward coaches, teammates and other students; (iv) Academic Achievement; (v) Appearance and Uniform Expectations during practices and games; and (vi) Attendance and Tardiness to practices and games.
4. Attendance Policy and Disciplinary Action – Please read and sign.
5. Emergency Medical and Release form Liability Form – Please read and sign
6. Concussion Form
7. Program Rules
8. Physical Forms – completely filled out and signed by physician. Due by first day of practice

_____ I acknowledge that I have read and understand the above forms are REQUIRED prior to my child being allowed to participate in any activity with Cheer. I will print, sign and turn in forms as indicated. In addition.



- Refund Policy for Jr. Vikings – I understand if I withdraw my child from the program after equipment has been issued/used I will NOT be refunded the full price.
- There is no such thing as a Full Refund. Considerable funds are expended to run the program prior to the start of the season.

_____ I have read/acknowledged the Jr. Vikings Refund Policy.

Program Media Policy.

I give permission for Jr. Vikings to take and use my child's photo in published articles, website, newsletters, flyers, posters, and presentation materials now or hereafter without any expectation of compensation. I waive any rights, claims, or interest I may have to control the use of my child's identity or likeness in whatever media used.

_____ I have read/acknowledged the Program Media Policy.

Issues/Concerns Procedures: If a parent or member has a complaint, the first step is to discuss the problem with the team coach. If this does not satisfy the parent's complaint, a meeting with the team coach, the parent and one of the board members shall be set.

_____ I have read and acknowledged the Issues/Concerns Procedures.

Volunteering Requirements: Every family MUST volunteer for 2 volunteer spots during the season. It does take a village to run our home games. There will be a variety of places to volunteer like: concessions, gate sales, chain gang & merch. In addition, you will write a \$150 deposit check for the program to hold until the end of the season. If you have not completed your hours your check will be cashed and deposited into the program

_____ I have read and acknowledged the Volunteering Policy Requirements.

ZERO Tolerance Policy Regarding Fan Behavior: Any negative cheering/yelling will result in a warning and/or removal from the site, whether it is for or against your team. Negative cheering shall be defined as cheering/yelling that is profane or derogatory in nature or in the opinion of the game officials, Tournament/League Director or his/her Designee, to be an unnecessary disruption to the game. Only Coaches, players, cheerleaders will be allowed on the sidelines. Fans are to remain in the bleachers.



Parents may come to the sidelines upon an injury **only when called out.**

_____ I have read/agreed to the written terms of the Pleasant Valley Jr Vikings ZERO Tolerance Policy regarding behavior.