

Webster Junior Warriors - Junior Titans

Football & Cheer
Parent Handbook



(Revised March, 2026)

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Philosophy & Purpose

The philosophy and purpose of the Organization is to provide an atmosphere for both boys and girls to be involved in a program for either football or cheerleading. In these programs, participants will be given an opportunity to learn the fundamentals of their sport through proper instruction and adult supervision. The Organization will also promote and foster the community ideas of good sportsmanship, honesty, loyalty, courage, and integrity of the supervised competitive sport. It shall be the philosophy of the Organization that the attainment of exceptional individual athletic skills or winning of games is secondary. Of primary importance are the development of character and true sportsmanship in youth and the promotion of friendship and civic responsibility among children, youth and adults.

Contact Information

Official Mailing Address

Webster Junior Warriors/Junior Titans
P.O. Box 302
Webster, New York 14580-0302

Websites

Here you will find helpful information about our organization, along with game reports, events, photos and much more. Be sure to check the website often for the latest news, and please visit our Sponsor page.

Webster Jr. Warriors - Webster Jr. Titans Website: www.WJW-WJT.org

The WEBSTER JR. WARRIORS/JR. TITANS WEBSITE maintains information about the organization, critical documents, newsletter, contact information, news and events, account access, sponsorship information, and much more. Please feel free to visit <http://www.wjw-wjt.org> for information.

Rochester Youth Football and Cheerleading League: www.RYFC.org

The Rochester Youth Football and Cheerleading League has a website that provides a variety of information including game schedules, scores, and other events. Please visit <http://www.ryfc.org>.

Expectation for a Successful Season

Parent Participation

The WEBSTER JR. WARRIORS/JR. TITANS is a 100% volunteer organization. In order for the organization to be successful, we must have participation by all parents/guardians of the children involved. To illustrate the effort required, approximately 60 parent participants are needed throughout the day for just one home game.

Game Day Responsibilities

All parents/guardians (ages 18 and older) will be required to complete volunteer commitments, per participant, on game days throughout the season.

Everyone is expected to contribute with cleaning up in order to keep our facilities clean and neat at all times.

All parents/guardians will be given an opportunity to sign up for their preferred volunteer assignments during registration and when equipment is distributed prior to the start of the season. Preferred requests will try to be met. Please understand that this cannot always happen based on needs.

All parents/guardians will be given a second opportunity to sign up for their volunteer assignments during the first two weeks of the season. This can be done by contacting your Team Manager.

After completion of the second week of the season, all parents that have not signed up for their required volunteer assignments will be assigned to the remaining game day duties.

Game Day Responsibilities - Descriptions

Announcer - resides in the booth and introduces the players, makes safety and league announcements, calls the action during the game. Ideally, this volunteer would remain the same for the entire season.

Booth Spotter - resides in the booth and identifies players involved in the play to assist the announcer in calling the action. Binoculars are recommended. Responsible for playing pre-game, halftime and post-game music.

Chains - stands on sideline and moves the chain and/or down marker up and down the field at the direction of the officiating crew. This is a responsibility of the visiting team.

Concessions - spends approximately 2 hours working in the concession stand during the game.

Field Monitor - stands on the opposing teams sideline and monitors their minimum play adherence.

Field Spotter - stands on the Webster sideline during the game and assists the opposing teams monitor with identifying our players.

Gate Monitor - stands at the gate entrance near the concession stand and ensures that only approved individuals are on the field. Home field only role.

Medic - this is a practice and game commitment. Requires league provided training, including CPR/AED certification and CDC Heads Up Concussion Training certification. Responsible for

providing basic first aid to any player who may be injured during practice or games, and ensuring the medic bag (provided by the organization) is at all team events. Responsible for completion of Accident Report Forms and liaison between the team and the WJW-WJT Medical Director. .

Team Manager - full season commitment position. You are the liaison between the coaches, organization and your team's parents. Responsible for organizing game day volunteers and providing the list of assignments to the team parents/guardians as well as the WJW-WJT Volunteer Coordinator. Assists in coordinating events and distributing any team orders.

Time Keeper - resides in the booth and starts and stops the clock at the direction of the officials on the field. Ideally, this volunteer would remain the same for the entire season.

Videographer - resides in the booth and operates a video camera to record the game. Ideally, this volunteer would remain the same for the entire season.

50/50 Raffle Sales -Volunteers will walk the stands before the game and through the first half selling 50/50 tickets. Responsibilities include handling cash or digital payments, distributing tickets, and ensuring all transactions are accurate and accounted for. Volunteers should be friendly, organized, and comfortable engaging with fans.

Notification of Game Day Assignment

A list of game day assignments for the upcoming game will be given by email from your Team Manager. If, for whatever reason, you cannot satisfy your participation commitment for a particular game, it is your responsibility to find a suitable replacement and notify your Team Manager.

Communications

E-Blasts, Website & Social Media

The WEBSTER JR. WARRIORS/JR. TITANS will keep information as up to date as possible on our website: www.wjw-wjt.org. The website and applicable social media platform(s) will provide information including, but not limited to:

- Parent handbooks, Organization by-laws, applications
- Practice field information and game day field location directions
- Information regarding changes to practices and/or game schedules
- Sponsorship opportunities
- Apparel and other accessories
- Summer camp opportunities

E-Blasts- We will send out email blasts to the whole organization providing pertinent information.

Line of Communication for Parent Feedback

It is the goal of the WEBSTER JR. WARRIORS/JR. TITANS to provide a fun and rewarding experience for your child. We encourage your positive, constructive suggestions. The Board of Directors is committed to continually improving upon the fine WEBSTER JR. WARRIORS/ JR. TITANS 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 complete the following steps:

1st Action - Head Coach

If you have a question, concern, or comment regarding a specific team related issue, 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. Please honor the “24-hour rule” when discussing an issue with a coach after a game.

2nd Action - Director of Football (Blue, White or Flag), Director of Cheer

If you feel that the head coach was unable to help you, you should then speak to the Director of your respective color. You should also speak to the appropriate Director if you have a concern that is not related to a specific team. Directors and their contact emails can be found on our website www.wjw-wjt.org by hovering over “WJW-WJT Organization” and selecting “Board of Directors.”

3rd Action – Vice President of Football or Cheer

If you feel that the Director was unable to help you, you should then speak to the appropriate Vice President of the sport that your child participates in.

4th Action – Board of Directors

If, at this point, your question, concern, comment, or suggestion has not been addressed to your satisfaction, you must fill out a formal complaint form and submit it to any member of the Board of Directors. The formal complaint form can be found on our website at www.wjt-wjt.org.

No complaints or issues should go to the RYFC board of directors. Any parent who engages with the RYFC board will be informed to go to the WJW-WJT Board of Directors. Any league concerns must go through to the WJW-WJT Board of Directions and the WJW-WJT Designated member of the RYFC Board will bring forth any concerns or issues with the RYFC Board of Directors.

Expected Behavior

The WEBSTER JR. WARRIORS/JR. TITANS and Rochester Youth Football and Cheerleading League (RYFC) are committed to promoting the proper ideals of sportsmanship, ethical conduct, and fair play at all team and league activities. To ensure the physical and mental well-being of all youth athletes, neither organization will tolerate actions and activities which are not centered on the best values of athletic competition. We expect all spectators and athletes to be positive role models and to demonstrate positive sportsmanship at all times.

Parent/Guardian Behavior

The WEBSTER JR. WARRIORS/JR. TITANS do not hold try-outs or cut any child from the program. For some, this is the first time they have participated in any level of football or cheer. Our goal is for every child to learn the fundamentals of their sport while enjoying a great athletic experience. The focus is not on winning games or competitions, but promoting hard work, teamwork and camaraderie among players, as well as spectators.

It is easy to get caught up in the excitement of the game. We ask, however, that you remember this is neither the NFL, collegiate, nor even high school football or cheer. Please keep your comments positive and encouraging; set a positive example for our athletes.

The coaching staff has a very difficult job. *Our coaches are not compensated in any way or provided a discount.* Many coaches are learning new skills. The coaching staff works hard for your child. They deserve as much encouragement from you as possible.

WJW-WJT Parent/Guardian Code of Conduct

WJW-WJT believes that the essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship.

Parents/Guardians therefore agree to the following:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun; the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I, and my guests, will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy. I will demonstrate positive support for all players, coaches, officials, and spectators at every game, practice, or any other event.
6. I, and my guests, will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent. Examples include, but are not limited to booing, taunting, refusing to shake hands, or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will urge my child to treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, gender, or ability.
10. I will teach my child that doing one's best is more important than winning. No child will ever feel defeated by the outcome of a game or by his/her performance.
11. I will praise my child for competing fairly and trying hard. I will make them feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a

competition.

13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field. I will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child, or other players, during games and practices unless I am one of the official WJW/WJT approved coaches of the team.

Consequences

Parents should understand that if they fail to abide by the aforementioned rules and guidelines, they will be subject to disciplinary action that may include, but is not limited to, the following:

1. Verbal warning by official, head coach, board member, and/or head of league organization.
2. Written warning.
3. Parental game suspension with written documentation of the incident kept on file by organizations involved.
4. Game forfeit through the official or coach.
5. Parental season suspension.

Child Participant Behavior

The following behaviors by athletes will not be tolerated:

1. The use of foul language.
2. Misconduct at practice or during a game.
3. Misconduct in the parking lot before or after practices and games.

It is the responsibility of the athlete 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 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, tobacco, and all vaping products.

Consequences

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

1. Verbal warning by official, head coach, board member and/or head of league organization.
2. Player game suspension with written documentation of the incident kept on file by organizations involved. This may be levied by a player's head coach or the Board of Directors.
3. Game forfeit through official or coach.
4. Player game/season suspension.

Tobacco and Alcohol Policy

The use of tobacco/alcohol is prohibited at any function at Boulter Field or on the Webster Central School District campus. New York State mandates that the school campus be tobacco free. This includes smokeless or chewing tobacco products as well.

Preparation for the Season

Coaches Certification

The American Youth Football and Cheerleading League instituted new policies (2012) that require all coaches to be certified (see RYFC updated rules). RYFC mandates all coaches and helpers obtain certification by USA Football's HeadsUp Program, which teaches proper fundamentals to ensure safety. The coaching staff also participates in various clinics specific to football. Many of our coaches have been involved in the off season in various clinics including a coaching certification held at St John Fisher College. Coaches are also asked to keep current by reading various youth sports books and literature.

Equipment Distribution

The WEBSTER JR. WARRIORS/JR. TITANS provides most of the equipment necessary for football and cheer athletes. Equipment will be distributed in June or July.

Please check the website www.wjw-wjt.org for the exact dates, times, and locations as they are subject to change.

At least one parent/guardian must be present at equipment distribution to ensure that all required documentation is in order. *For insurance purposes, the child participant cannot start practice until all paperwork is complete. Equipment and uniforms will not be provided until all paperwork is complete. The only paperwork exception is the physical form for athletes with summer birthdays. Be advised that these athletes cannot begin practice until the completed health form is received by the Organization.*

The child participant must be present to ensure proper equipment fit.

Please bring a bag to make it easier to carry some of the equipment.

To completely ensure proper equipment fit, please have your child try on all equipment at home before the first practice session. If something does not fit, please let your head coach know or contact the appropriate Equipment Director.

Football players are responsible for supplying their own football cleats, girdle, practice pants, and protective cup. In the event that the supplied mouth guard is lost or damaged, the player is responsible for any replacement mouth guard.

Cheerleaders are responsible for supplying their own sneakers, crop tops and bloomers. Additionally, Cheer coaches may offer a team t-shirt for an additional cost to wear to competitions.

Neither football nor cheer athletes are allowed to wear earrings, watches, necklaces, or jewelry of any kind during practices, games, or competitions. In addition, cheerleaders are not allowed to wear nail polish or acrylic nails. Tape and adhesive bandages are not allowed over pierced earrings. EXCEPTION: Medical I.D. is allowed, but must be taped to the body.

Mandatory Player Certification

A representative from the Rochester Youth Football and Cheerleading League (RYFC) will certify all athletes in August. This usually occurs on Scrimmage Day (typically the third Sunday in August), but can occur during a practice.

All paperwork will be reviewed by RYFC to ensure that it is complete. The paperwork that will be reviewed includes the RYFC player contract,, child's photo, and the child's physical (medical release) form. The league representative must meet your child and review all completed paperwork.

Football players must be weighed by the league representative at this time to ensure that they are within the guidelines of the team for which they intend to participate, per RYFC rules. See RYFC.ORG for complete rules and updates.

Every effort must be made for all participants to be present for this mandatory certification. It is extremely difficult and time consuming to make alternate arrangements. If the situation cannot be avoided and your child is not present at "certification," it will be your responsibility to work with your Director or Vice President of your sport to make other arrangements in advance. *Your child will not be allowed to participate in games during the season until certification has been completed.*

General Season Logistics

Practices for tackle football and flag football are typically held on a Webster school campus. You will be notified about the specific fields no later than at equipment distribution. Cheer practices are held outside in August and indoor September/October.

The WEBSTER JR. WARRIORS/JR. TITANS are not affiliated with the Webster Central School District. We are allowed to use the fields as a favor.

Football and Cheer practice sessions begin on the first Monday in August. Practices are typically held Monday through Thursday evenings.

Flag practice sessions begin the first Tuesday in August. Practices are typically Tuesday, Wednesday, and Thursday evenings.

After Labor Day weekend, tackle and cheer practice sessions will typically be held on Tuesday and Thursday evenings. Tackle football will hold walk-through practices Friday evening or Saturday mornings. K-2 Flag practice sessions are typically Tuesday and Thursday evenings.

All practices days and times are subject to change due to availability of fields and/or weather conditions.

Players must be at the practice field at least 15 minutes before the start of practice. Please be punctual when picking up your child. Practice will end on time.

In the case of inclement weather, we request that a parent/guardian remain at the practice field in the event that practice has to end early. Practice may end early in case of inclement weather, so

please be prepared.

If, for any reason, the Webster Central Schools cancel all after-school activities, or if WCSD closes the fields, the WEBSTER JR. WARRIORS/JR. TITANS will not practice.

Pre-Season Practice

After completion of ten hours of conditioning, football players may start contact drills. Football players are required to wear all of their equipment from this point on unless specified differently by the head coach.

Cheerleaders must complete one full week of practices consisting of conditioning and fundamentals prior to beginning intermediate skills such as tumbling and stunting.

Conditioning

The Rochester Youth Football and Cheerleading League requires that every child complete ten (10) hours of conditioning drills before they participate in any football contact drills or cheerleading stunts.

The first four practice sessions are reserved for conditioning drills only.

Football players are required to wear their helmets, molded cleats, and t-shirts for conditioning week. No other equipment may be worn for their equipment for this conditioning week.

Scrimmages

In August, scrimmages will be held at the Boulter Field Complex, or at other league fields. Details for scrimmages will be provided by coaches and posted on our website www.wjw-wjt.org.

Tackle & Cheer Game Day Logistics

Game Day

All games are played on Saturday nights and Sunday afternoons unless noted otherwise. Please visit the website www.wjw-wjt.org for the specific game dates, locations and times.

A typical Sunday game day timeline: C-Team games will begin at 10:00am. B-Team games usually begin around 12:30pm and A-Team games usually begin around 2:30pm. *Please note: B-Team and A-Team game time starts are approximate because they begin immediately following the previous game.*

Football players must be at the game field 1 ½ hours before the start of the game. Roster check will occur approximately 1 hour before the start of the game.

Cheerleaders must arrive ONE hour prior to the start of the game. If a cheerleader is more than 15

minutes late, their participation in that day's game will be limited due to failure to properly warm up with their team.

Playing Time & Positions

Our organization utilizes a “fair play” philosophy, which is not the same as “equal play.” All players will not play the same amount of time during a game and they will not play in all positions. The coaches will assess the players at the beginning of the season, continue to assess them as they develop during the season, and place them in positions where they will be safe and can best contribute to the team.

Playing time is determined by each coaching staff and is impacted by multiple factors: an individual player’s emotional and athletic development, preparedness, practice effort, attendance, the game situation and, most importantly, safety. There is a large variance in the development of the athletes at each tier and each athlete develops at a different pace.

The Rochester Youth Football and Cheerleading League requires the following for tackle football:

- *Teams with 20 or less active/eligible players on a given game day:*
 - All players must participate in a minimum of ten (10) plays per half. If a play is called back due to a penalty, that play does not count on the monitor sheet).
- *Teams with 21 - 29 active/eligible players on a given game day:*
 - All players must participate in a minimum of seven (7) plays per half. If a play is called back due to a penalty, that play does not count on the monitor sheet).
- *Teams with 30 or more active/eligible players on a given game day:*
 - All players must participate in a minimum of five (5) plays per half. If a play is called back due to a penalty, that play does not count on the monitor sheet).

The plays of every eligible football player are monitored by representatives from each team during the game to ensure compliance with the 14-Play Rule. All efforts will be made by the coaching staff to provide additional play time and opportunities for each player as safety and game situations allow. Playing time and position assignments are at the discretion and judgment of the team's Head Coach.

Home Game Location

Most WEBSTER JR. WARRIORS/JR. TITANS home games are played at Boulter Field Complex located behind 865 Publishers Parkway, Webster, NY, 14580. See the organization schedule on the website for locations and times of all games.

If the football field is excessively wet, a determination will be made on whether the game will be moved, postponed or canceled prior to game time. In the event the game is moved to an alternate field, we will provide information as soon as possible.

Away Game Locations

WEBSTER JR. WARRIORS/JR. TITANS away games will be played at various locations. Information and maps can be found on our website. Please see your coach or visit the website www.wjw-wjt.org for the specific schedule and links for away games.

K2 & Advanced Flag Game Logistics and Locations

Games are typically held on Saturday afternoons or Sunday mornings, depending on field availability through the Webster School District. A general game window will be shared in advance, with specific team game times assigned once rosters are finalized. Full schedule details and timing will be communicated by the program coordinator prior to the first game, and may adjust based on field access and availability

Pets

NO pets are not allowed at WEBSTER JR. WARRIORS/JR. TITANS games and/or practices per Webster Central School District Policy.

The policy states, “based upon the district’s obligation to limit the use of school facilities to education purposes, and concerns related to maintenance costs and hygiene, as well as to help maintain safe and healthy conditions for the students, staff, and visitors to the Webster Central School District, it is deemed a violation of district policy for any individual to bring a dog or other animal onto school grounds.”

As a courtesy to our hosts, we ask you NOT to bring pets to our away games.

Absences

Tackle Football - Attendance Policy

Football and cheer are sports that require a significant amount of practice to ensure the safety of all participants. If an athlete is going to miss any practice, contact must be made with the head coach for approval *prior* to missing the practice or it will be considered an unexcused absence.

An unexcused absence is defined as missing a practice or competition without notifying the head coach ahead of time or missing practice due to attending other activities. Each athlete will be allowed two (2) unexcused absences. After a third unexcused absence, the athlete may be removed from the WEBSTER JR. WARRIOR/JR. TITANS roster. A conversation will be had to determine the athlete's eligibility for the remainder of the season. Athletes will not be permitted to participate if they are going to be late, tardy or miss practice on a weekly basis for another sport or activity. This will be considered an unexcused absence.

Athletes must complete a minimum of four (4) hours of practice (two sessions) during the week prior to every scheduled game. This rule applies regardless if the absence is excused or unexcused. If the practice minimum is not met, the athlete may be subject to missing that week's game. Warm up prior to a game does not constitute a practice session. Habitual lateness during the season may result in reduced playing time, or ineligibility to participate in scheduled games. It is the head coach's discretion whether or not to play an athlete who has missed multiple practices in the week approaching a game.

Cheer Attendance Policy

WJW-WJT CHEER Attendance policy

Attendance is essential to the success of each season. Attendance will be taken at the beginning of each practice, game and event. Each Cheerleader's (and Parent's) 100% commitment is required as each position on the squad is dependent on the other. When one Cheerleader is absent, it places hardship on the entire squad and can become a safety issue. It is for these reasons, the Cheerleader and the Parents must be advised of the importance of compliance with the Attendance Policy.

Attendance is MANDATORY at every practice, game and competition. Each cheerleader is expected to be at the onset of practice and remain throughout the entire practice, and from the time designated by the coach pre-game throughout the entire game/competition.

*Consistently arriving LATE to practice and games and competitions will result in your child not being eligible to compete. Your cheerleader is expected to be ON-TIME for not just practices but games and competitions.

Your daughter's position in the competitive routine will be adjusted based on attendance. Practices are MANDATORY, this includes arriving ON TIME, and if you are juggling schedules, please keep in mind your daughter might not have a flying/base/center position as it becomes unfair to the squad each week when they have to wait until the practice is almost over to run through and practice their routines.

We understand things may come up throughout the season. For that reason, each cheerleader is allowed monthly unexcused absences (outlined below) as long as they are communicated to the coach BEFORE practice. Please be advised that just because you tell a coach of an absence, does not excuse the absence.

EXCUSED ABSENCES ARE: MEDICAL (WITH DRS NOTE), EDUCATION BASED SCHOOL FUNCTIONS, FAMILY EMERGENCIES AND MUST BE COMMUNICATED TO THE COACH PRIOR TO PRACTICE.

*Education based events include open houses and music concerts. They do not include sporting events, parties/dances, events being held for siblings.

PLEASE NOTE, ALL-STAR CHEER/OTHER SPORTS/ACTIVITIES ARE NOT CONSIDERED AN EXCUSED ABSENCE. IF EVERY EFFORT IS NOT MADE TO ATTEND THE MAJORITY OF DAILY/WEEKLY PRACTICES (meaning you will need to work with the conflicting sport/activity to leave early to arrive to

WJW-WJT practice in a timely manner - no later than 30 minutes/practice and it CANNOT be a weekly occurrence). If you are arriving later than 30 minutes to practice then it is going to be considered an unexcused absence and if it is persistent/weekly YOUR CHILD'S POSITION IN THE STUNTS (BASE/FLYER, ETC) WILL BE PERMANENTLY CHANGED IN THE ROUTINE OR THEY WILL BE REMOVED FROM THE SQUAD, SHOULD PRACTICE CONFLICTS BE A CONSISTENT ISSUE. THIS IS TO ENSURE FAIRNESS AND CONSISTENCY THROUGHOUT THE SEASON.

MONTHLY ABSENCE BREAKOUT

August

During the month of August we practice 4x per week (3x for Flag)

Your cheerleader will be allowed 4 unexcused absences (3 for Flag). Those can be 4 (or 3) consecutive practices if your family has a vacation planned or they can be used at separate times. If those days will be used for a vacation we do ask that families share those dates with your coaches prior to the season starting so that they can plan ahead for that week. The month of August is when their routine is taught so it is extremely important to have the full team present. Missing more than 4 practices during the month will result in your daughter being ineligible to compete this season.

September

During the month of September we drop down to 2 practices per week plus a game each weekend. Your cheerleader will be allowed 3 unexcused absences during this month. Missed games count towards absences. Missing more than 3 practices/games during the month will result in your daughter being ineligible to compete this season.

October

During the month of October we continue with the 2 practices per week and add a 3rd Friday evening practice every competition week. The Friday practices take place at an All Star gym outside of Webster. ZERO unexcused absences, including late arrivals, will be allowed during this month. Practices during competition weeks are crucial to our girls success and without a full team present the coaches and teammates sit at a huge disadvantage. EXCUSED ABSENCES: MEDICAL (WITH DRS NOTE), EDUCATION BASED SCHOOL FUNCTIONS, FAMILY EMERGENCIES are still acceptable during this month at the coaches and VP discretion and must be communicated PRIOR to the missed practice.

As mentioned before MEDICAL (WITH DRS NOTE), EDUCATION BASED SCHOOL FUNCTIONS, FAMILY EMERGENCIES will not count against your cheerleader for any of the months as long as they are properly communicated IN ADVANCE and aren't a weekly occurrence.

We do not expect any issues with attendance as our schedule and expectations are shared prior to making the commitment to our season. However, if a Cheerleader does not abide by the attendance policy they will be asked to leave the program.

Medical and Special Needs

If your child has any special medical needs (i.e., asthma, allergies, EPI-pen, etc.), please be sure that your child's Head Coach and team medics are informed.

Injuries

Football and cheerleading are rigorous physical sports, and therefore there is a risk of injury for all participants.

Please promptly report every injury that occurred during a WJW-WJT event, regardless of how minor, to your head coach and team medic. It is necessary for the WJW-WJT staff that witnessed the incident and/or rendered first aid to complete and file an Accident Report form. Otherwise, insurance coverage can be denied. All completed Accident Report Forms are sent to the WJW-WJT Medical Director.

The following are circumstances in which a signed note from a medical provider is required for your athlete to return to participation in WJW-WJT activities, including practices, games, or other events:

- Your athlete sustains an injury during a WJW-WJT event and subsequently is evaluated by a medical provider (including the emergency department, urgent care, and/or a doctor's appointment)
- Your athlete's coach and/or team medic is concerned that your child may have sustained a concussion. At least one coach on each team and all medics are CDC Heads Up Concussion Training certified. For any athlete where there is concern for a potential concussion, the athlete must be immediately removed from participation and cannot return until evaluated and cleared by a medical provider.

Medical clearance documentation signed by a provider may be turned in to the head coach or team medic, who will send the documentation to the WJW-WJT Medical Director.

Secondary Insurance

The Rochester 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 \$500.00 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 been paid, the League's medical insurance will go into effect. It is your responsibility to pay the remainder of the medical bill after the primary insurance payment. If approved, the League's insurance will reimburse you for the remainder less the \$500 deductible.

To file a claim with the League, please give an original of the medical bill to the head coach or team

medic. You may have to ask the medical service provider for two copies of the bill.

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.

Weather

The WEBSTER JR. WARRIORS/JR. TITANS will practice and play in the rain, snow, cold, and heat.

If the weather conditions are questionable at the start of practice, the Executive Committee of the Board of Directors will determine if practice will be canceled within the first 15 minutes of any scheduled practice.

If it begins to thunder and/or lightning, practices and games will be stopped immediately and the players/cheerleaders will need to be brought into vehicles. We do NOT have access to school facilities. After a 30 minute delay, with no thunder and/or lightning we will resume the practice or game. If weather conditions continue the WEBSTER JR. WARRIORS/JR. TITANS Executive Committee of the Board of Directors will make the decision whether or not to cancel games or practice.

A parent/guardian is responsible for picking up their child(ren) following such cancellations. If the weather conditions are questionable at the start of a game or practice, a parent/guardian needs to remain at practice.

Football Equipment Responsibilities

WEBSTER JR. WARRIORS/JR. TITANS provides most of the equipment necessary for football players.

Absolutely no changes or modifications are allowed to WEBSTER JR. WARRIORS/JR. TITANS Equipment without prior approval from the Football Director. *Any alterations in equipment void any warranty and/or insurance claim should an injury occur.*

It is the responsibility of the parent/guardian for the care of all equipment provided. This includes the proper laundering of all clothing.

Please follow laundering instructions on all uniforms. Please do not use chlorine bleach on the uniforms.

All cleats must be the plastic, molded-sole variety. Metal or screw-in cleats are not allowed per RYFC

regulations.

It is the responsibility of the parent/guardian for the return of all equipment provided. The parent/guardian will be responsible for paying the replacement cost of equipment that is not returned.

Replacement cost* of football equipment:

**NOTE: all costs are subject to change*

Helmet = \$300

Practice Pants = \$50

Shoulder Pads = \$100

Game jersey = \$1300

Rib Vest = \$65

Game Pants = \$70

Practice Jersey: \$50 (*if athlete is canceled after jerseys have been ordered*)

Cheer Uniform Responsibilities

WEBSTER JR. WARRIORS/JR. TITANS provides a vest and skirt for all cheerleaders.

Absolutely no changes or modifications are allowed to WEBSTER JR. WARRIORS/JR. TITANS uniforms without prior approval from the Vice President of Cheer.

1. Ownership

The cheerleading uniform issued to the athlete is the sole property of **Jr. Warriors Jr. Titans Cheerleading**. The uniform is provided for use during the cheer season only.

2. Care and Use

The athlete and parent/guardian agree to properly care for the uniform and to use it only for official Jr. Warriors Jr. Titans Cheer games and competitions. The uniform should be kept clean and free from damage beyond normal wear. This includes but is not limited to, rips, stains and excessive loss of rhinestones. NO food or drink (aside from water) while in uniform unless covered up by a shirt/jacket. Makeup of any kind should not be worn while in uniform. Uniforms are to be hand washed or placed in the washing machine inside out on a gentle cycle and hung to dry.

3. Return of Uniform

The uniform must be returned to Jr. Warriors Jr. Titans Cheerleading at the conclusion of the cheer season or upon the athlete's withdrawal from the program, whichever occurs first.

4. Non-Return or Damage Fee

Upon receipt of the uniform a deposit check will be required, made payable to Webster Jr Warriors. This check WILL NOT be cashed, and the program will hang on to it for the duration of the season. If the uniform is not returned by the designated return date, or if it is returned damaged beyond normal wear, the check issued by the parent/guardian at the beginning of the season will be cashed. A and B levels uniforms will require a \$200 deposit, Flag and C levels will require a \$50 deposit. The reason for the difference in price is A and B cheerleaders will receive brand new uniforms this season. Next season Flag and C will require the same \$200 deposit when they receive their new uniforms.

After Care of Your Cheer Uniform

It is the responsibility of the parent/guardian for the care of all equipment provided. This includes the proper laundering of all clothing (see below).

We want your garment to love you back for as long as you desire, so please take good care of it.

- HAND WASH ONLY IN COLD WATER WITH CARE
- DO NOT DRY CLEAN

WATER TEMPERATURE WARNING

The most critical element to the care of your uniform is the water temperature. Your uniform should be washed in cold water, which is water that will not allow you to keep your hand in it for more than 60 seconds without being uncomfortable. If the water coming out of your tap is not cold enough, fill your sink with ice until the temperature lowers.

WASHING INSTRUCTIONS

1. Use a clear, gentle PH balanced detergent. We recommend Dreft.
2. If any stains are present, we recommend pretreating with Dreft Stain Spray.
3. Fill a laundry sink with cold water (see above).
4. Turn the uniform inside out.
5. Quickly submerge and hand wash for 60 seconds. Do not rub fabrics together.
6. Drain sink and refill with cold water to rinse.
7. Gently squeeze out excess water, taking care not to wring dark and lighter colors together.
8. Turn the uniform right side out and lay flat on a towel to dry. You may want to insert a towel in the body of the uniform to speed drying and avoid the possibility of color transference while the garment is wet.

PLEASE NOTE

- Perspiration, deodorant, hair spray, glitter spray, sunless tanning products and lotions may affect the color of your garment. Take precautions to avoid transference.
- Washing before wear may help prevent color-bleeding due to perspiration.

WJW-WJT Refund Policies and Procedures

This policy applies to all WJW-WJT who have paid in full all registration fees and are in good standing for the season.

No refund will be given to any participant who does not meet these requirements.

If a participant chooses to resign membership in the WJW-WJT prior to the start of the current season, the policy is as follows:

- 1) All refund requests must be submitted in writing and are to be sent to treasurer@wjw-wjt.org only
- 2) Verbal requests or requests to any other board member will not be considered.
- 3) All refunds are subject to a non-negotiable processing fee of \$25.00.
- 4) If practice jerseys have already been ordered for football athletes, the family will be charged/not refunded the \$50.00 for the cost of the jersey.

The following timeline will be used for determining a refund:

- 1) Any outstanding family balance, including balances for other siblings.
- 2) 100% refund until June 1st.
- 3) 50% refund until July 1st. .
- 4) After July 1st refunds are left to the discretion of the organization.