



# **YMCA of Western North Carolina Pop Warner League Parent Handbook**

**2010 Season**

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Parents,

Welcome to the inaugural season of YMCA Pop Warner! This season has been the dream of a lot of people in this community for a long time and we are glad you will be a part of it.

Driven by the desire to offer a superior youth football experience, this league will provide your child with the opportunity to experience a wonderful, challenging game that can teach us all many life-lessons.

Make no mistake about it, this will be real football. Hard-hitting and competitive. But, it will be real football taught through a proper perspective. Safety, proper instruction, sound fundamentals, fair playing time, and fun will be cornerstones of everything your child does this season.

Please take the time to review the following Parent Handbook, as it contains important information to help guide you through the season. Our league website, [www.popwarnerymca.org](http://www.popwarnerymca.org), will also be a source of important information.

We recognize the sacrifice that it takes to be the parent of an active student-athlete and we appreciate your family's commitment to YMCA Pop Warner. Your child will be a better athlete and a better student because of your commitment.

Are you ready for some football? Here's to a great inaugural season!

Scott Pritchard, President YMCA of WNC Pop Warner League

## **YMCA of Western North Carolina Pop Warner 2010 League Committee Board of Directors**

- President: Scott Pritchard
- Vice President/ Football Commissioner: Bob Duffy
- Treasurer: Mary Michael
- Secretary/ Project Manager: Scott Lelii
- Coaches Representative: Mark Brooks
- District / Facilities Coordinator: Darren Cady
- Public Relations Coordinators: Jennifer Cable
- Scholastics Coordinator: Greg Douglas
- Sponsorship Coordinator: Mary Michael
- Fundraising Coordinator: Mary Michael
- Equipment Manager: Gary Elliott
- Safety & Risk Management Coordinator: John Manley
- Information Technology Manager: Jenn Murphy
- Training Camp Coordinator: Victor Foster
- Member at Large: Randy Lytle
- YMCA Staff Director: Victor Foster
- Volunteer Coordinators: Cherie Goldsmith, Jenny Pritchard, Rebekkah Styron

### **Please note:**

**If you are interested in volunteering in a leadership capacity next season please contact Scott Pritchard, League President at [president@popwarnerymca.org](mailto:president@popwarnerymca.org).**

# 1 REGISTRATION

The following documentation must be provided to complete registration:

- Registration Form
- Notarized copy of the participant's Birth Certificate
- Participant Physical (Must be the original, signed by a physician- on Pop Warner's Form)
- Full 2009/2010 Report Card
- Full Payment (Scholarships are available- please contact the YMCA for more information at 651.9622)

**All paperwork must be completed, submitted to the YMCA of WNC and paid in full by July 15, 2010. Any child without full paperwork and payment will lose his/her spot in the League.**

## 1.1 Division Guidelines\*- Divisions for 2010 are TINY MITE, JR PEE WEE & JR MIDGET

Division	Age Range	Inclusive Birth Dates	Weight
Tiny Mite	5, 6, & 7 year olds	8/1/02 - 7/31/05	35-75 lbs.
Jr. Pee Wee	8, 9, & 10 year olds 11 year olds	8/1/99 - 7/31/02 8/1/98 - 7/31/99	60-105 lbs. 60-85 lbs. (older/lighter)
Jr. Midget	10, 11, & 12 year olds 13 year olds	8/1/97 - 7/31/00 8/1/96 - 7/31/97	85-135 lbs. 85-115 lbs. (older/lighter)

\*If your child does not fit these guidelines there may be solutions to them learning the game and conditioning or changing divisions, for more information please contact Jenn Murphy at [jmurphy@ymcawnc.org](mailto:jmurphy@ymcawnc.org) or at 209-9603.

## 1.2 Fees

Registration	Member	\$140
	Non- Member	\$175
Training Camp	All Participants	\$30 (4 or more)
	Partial Week	\$15 (3 or less days)

## 2 REFUND POLICIES

- In the event that a District does not have a sufficient number of players to field a team in a particular division, affected players from that District will have the opportunity to join the nearest available team. If the alternate team is declined by a player, then a full refund will be issued as long as there have been no more than 4 practices attended by the player at the alternate site.
  - Full refunds may be issued up until July 15, 2010. Refunds issued between July 16<sup>th</sup> and September 15<sup>st</sup> will incur a \$60 administrative fee, due to the fact that the League incurs the majority of its costs before the season begins.
  - Moving of a family's primary residence will not qualify a participant for a refund after September 15, 2010.
  - ALL requests for refunds must be made in writing and submitted to Jenn Murphy at [jmurphy@ymcawnc.org](mailto:jmurphy@ymcawnc.org) or at 3 Town Square Blvd. Asheville, NC 28803.
  - Requests can take up to three weeks to process and any refund will be mailed to the address listed on the registration paperwork.
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## 3 LEAGUE STAFF & VOLUNTEERS

All Committee Members, Football Coaches, Team Parents, other volunteers and YMCA staff members must have completed a volunteer application and a mandatory background check.

All Head Coaches attend mandatory coaching clinics as mandated by Pop Warner Little Scholars, Inc. All Head Coaches and at least one Assistant Coach must be CPR/First Aid Certified.

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## 4 VOLUNTEERING

This Association is run primarily by volunteers and as such requires the active volunteer involvement of all who are able. There are a number of opportunities to serve and we will make every effort to accommodate your area of interest and your time.

There are many ways to actively participate in your child's season; some of these include:

- Coaching- Head or Assistant Coach
- Team Parent
- Scholastics Tutor
- Game Day Volunteer- "Chain-Gang" (yardage and down markers on the sideline), Set Up, Clean Up, Monitoring Player Time
- Event Support for Pre-Season Events and/or the End of Year Banquet
- Training Camp

Please let us know how you would like to be involved by contacting our Volunteer Coordinator at 651-9622, ext. 124.

All volunteers will be identified by a volunteer name badge issued by the YMCA of WNC.

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## 5 Financial Support through the “STRONG KIDS Campaign”

The YMCA of Western North Carolina believes that no child will be turned away based on the inability to pay. This is made possible by the generous support of individuals and businesses throughout our community during the YMCA’s annual “Strong Kids Campaign”.

In conjunction with the “Strong Kids Campaign”, there are several ways that you can be a part of supporting Pop Warner Football:

**Personal Donation** - A personal gift ranging from \$5 to \$1,000 or more can provide much-needed scholarships for kids throughout our community.

**Sponsorship** - Businesses have the opportunity to support the YMCA of WNC Pop Warner League, while also receiving significant marketing exposure. Business sponsorships range from \$500 to \$5,000.

### YMCA Pop Warner Sponsorship Levels & Benefits

#### **Presenting Sponsor \$5,000 *Exclusive SOLD***

- Logo recognition on all game jerseys for the season.
- Logo recognition on all promotional materials.
- Logo recognition on one large banner at games.

#### **Gold \$1,000 *Limited #***

- 2 Team Sponsorships, Logo recognition on 2 team’s helmets.
- Logo recognition on all promotional material.
- Logo recognition with other Gold Sponsors on banner at games.

#### **Silver \$500 *Limited #***

- 1 Team Sponsorship, Logo recognition on 1 team’s helmets.
- Logo recognition with other Silver Sponsors on banner at games.

#### **Bronze \$200 *Limited #***

- 1 Team Sponsorship, Logo recognition on 1 team’s helmets.

**Partnership-** Work alongside the YMCA of WNC to support youth and families in our community. Be recognized in the community for being a Partner with the YMCA to build strong kids, strong families and strong communities. This level of giving will reach hundreds of young children throughout the area. Partner gifts start at \$5,000.

### **100% of every dollar goes directly to support children and families!**

The Pop Warner League is part of the YMCA of WNC, a 501(c)3 organization. This means your donation may be tax deductible. For more information, including the benefits of being involved, please contact our Sponsorship Coordinator, Mary Michael at [mmichael@ymcawnc.org](mailto:mmichael@ymcawnc.org) or at 828.209.9606.

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## 6 LITTLE SCHOLARS

Pop Warner requires that ALL children maintain a minimum of 2.0 GPA to participate. Not only does Pop Warner require minimum education levels, but Pop Warner encourages academic excellence by rewarding those who achieve at the highest level on the national stage through the Little Scholars program. For more information regarding Little Scholars, please contact our Scholastics Coordinator, Greg Douglas at [scholasticscoordinator@popwarnerymca.org](mailto:scholasticscoordinator@popwarnerymca.org) , or check out Pop Warner’s national website at [popwarnerymca.org](http://popwarnerymca.org).

## 7 GAME DAY

All players will be expected to arrive prior to game time with sufficient time to properly warm-up and officially check in for the start of the game.

Games are generally held on Saturdays, game times and locations are subject to change. Your Team Parent will notify you of any changes. Also, please be aware that if you have multiple players on different teams, they may be playing at different locations. Team Parents will arrange for snacks to be provided at the end of each game, as well as the half-time refreshments. Coaches will arrange for water to be available at all games.

MPR (“Mandatory Play Rule”) - Each football player will participate in a minimum of ten (10) plays in each game that he/she is present for. However, should a child miss practices in excess, become injured or refuse to play, it is possible that a child may not receive his/her minimum amount of plays, at the Coaching staff’s discretion. If you have any questions regarding this, please contact a Head Coach, or the District Coordinator, Darren Cady at [districtcoordinator@popwarnerymca.org](mailto:districtcoordinator@popwarnerymca.org).

Parents are not allowed on the field at practice or games at any time, unless they are serving in a volunteer role and are identified by a YMCA volunteer badge. If a parent has a complaint or concern for the coaching volunteers please contact your team parent who will establish a time to speak with the coach directly. Pop Warner promotes positive field exposure for players; comments to coaches and staff other than those of congratulations or encouragement are not permitted on the field.

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## 8 PRACTICES AND CONDITIONING

Practice will run Monday – Friday between the hours of 5:00pm and 8:00 pm- the exact days/times will vary) starting August 16th. After games begin on September 11th, practices will be held 2 times per week. Some teams may also provide an additional but optional ‘skills day’. Please note that if you have multiple children on different teams they may not practice at same time or on the same days.

For tackle divisions, the first week of practice will consist of conditioning without pads. As per National Pop Warner rules, every player must receive ten (10) hours of conditioning without pads before putting pads on for practice. Helmets may be worn for this first week, as determined by your coaching staff. During the second week of practice for tackle divisions there will be conditioning with full gear. As per National Pop Warner rules, every player must receive 10 additional hours of conditioning with full gear before they are able to start any contact (a total of 20 hours).

Please be aware that these first few weeks of practice may be physically challenging. There will be lots of running and various cardiovascular conditioning to get each child prepared for the rigors of football. Western North Carolina can have very warm weather in the month of August while we run our conditioning, so please be sure your child is properly rested and hydrated for practice.

If your child does not make it to practice regularly it is at the discretion of the Head Coach as to whether or not that child is allowed to play in that week’s game.

- Be to practice on time. If your child is late and misses warm-ups and stretching, they will need to warm up on their own. Don’t be surprised if he/she is running laps!
- Be at every practice held. If you will be absent, please call your Head Coach or Team Parent and notify them.
- Please keep vacations to a minimum between August 16th and Nov 6<sup>th</sup>, if at all possible.
- Parents are not allowed on the field at practice or games at any time, only individuals with Volunteer Badges are allowed on the field.

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## 9 Equipment

All gear/equipment provided by the YMCA of WNC Pop Warner League, other than the Game Jersey, must be returned at the end of the season.

\*The YMCA of Western North Carolina provides:

- 1 Practice Jersey
- 1 Game Jersey
- 1 Pair of Padded Pants for Practice
- 1 Pair of Padded Pants for Games
- 1 Helmet, with mask
- 1 Pair of Shoulder Pads

Each Player will provide:

- Rubber soled cleats (No metal cleats are allowed)
- Black socks
- Mouth piece - boiled and fitted (We suggest buying several since players often lose or chew them. Mouthpieces must attach to face mask.)
- Chin strap
- For males- jockstrap, cup or compression shorts

**\*All equipment, excluding the game jersey, provided by the YMCA of Western North Carolina must be returned by November 15<sup>th</sup>. Failure to do so will result in a charge for all missing equipment- see also Sec 9.2 in the parent handbook.**

### 9.1 Uniform Care

**DO NOT DRY CLEAN any athletic uniforms.**

Prior to Laundering:

- Before washing athletic products with printing, turn inside out for best result. This will prevent abuse to the vinyl lettering
- A presoaking agent may be used to take stains out of garments

When laundering:

All athletic uniforms should be laundered in warm or cool water before wearing  
Use only mild detergents

- Do NOT use bleach
- Use a high water level to hold down mechanical action
- Do not overload the washing machine
- Do not use fabric softener for any reason (Will cause lettering separate from material)
- Remove garments IMMEDIATELY after washing to avoid color bleeding

It is important to launder uniforms immediately after each wearing. Damp garments left in a pile will tend to fade due to chemical reactions with perspiration. If it is not possible to launder immediately after

use, put uniforms (separate colors) in a container of water with a pre-soaking agent, such as Biz or Wisk, for a period not to exceed four hours before laundering.

When drying:

- It is best to hang the uniform to drip dry
- If a tumble dryer is used, use only the lowest temperature setting or "air only" setting

**Excessive heat will take the elasticity out of the silk-screened numbering process and cause cracking. Overheating causes peeling/breakdown of fiber in cloth, shrinkage, uneven shape of garments.**

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## 9.2 Returning Equipment

Equipment return dates will be scheduled at the end of the season, as each division's end of season will vary depending on playoff scenarios. Your Coaching staff will let you know the arrangements for equipment return as the season comes to an end.

Should the League not receive back the gear checked out for any player, the following costs will be invoiced directly to the parent/guardian of said player:

- Helmet/Face Mask/Chin Strap: \$80
- Shoulder Pads: \$60
- Practice Pants: \$35/ pair- Total \$70
- Practice Jersey- \$15

Uniform Total      \$225

## 10 IMPORTANT DATES

June 5	Super Saturday
August 9-13	Training Camp*
August 13	Family Fun Night
August week of 16	Practice Begins
August week of 16	Equipment Issued
September 11	Jamboree- First Day of Scrimmages
September 18	Regular Season Games Begin
October 9	Picture Day (tentative)
October 16	Regular Season Ends
October 23	Playoff Games
October 30	Playoff Games
Nov 6	Championship Games
Nov 6	Banquet
Nov 15	Final Deadline to Return Equipment to Reuter YMCA
December 7-11	National Championships in Florida

Other days/events to watch for (location, time and dates TBD)

Additional Dates for Games in early November may be adjusted as necessary to meet league needs

Annual Meeting

Regional Championships

**\* All dates are tentative and are subject to change. Please check with your Team Parent, Head Coach or the website for the latest most up-to-date information.**

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## 11 FAQ

- **Where are our games held?**  
Our games will be held throughout Buncombe County. The Schedule will vary from year to year dependant on field availability. Your Team Parent, Head Coach and our Website will all have the locations for each game on your particular schedule.
- **When are our games?**  
All our games will generally be held on Saturdays. Games may start as early as 8am and finish as late as 8pm. Your division will generally play at around the same time each week, however, due to scheduling there may be variances.
- **How many games will we have?**  
Each season varies, as will each division. Mitey Mites is a training division and per national rules cannot participate in bowl games or playoff scenarios. Because the higher divisions can make playoffs or attend bowl games, their schedules will vary depending on their record.
- **What does my registration pay for?**  
You registration pays for use of the uniform, various operating and administrative costs such as insurance, game day field fees, equipment maintenance, helmet reconditioning, etc.
- **Why can't I go out on the field?**  
Only those volunteers who have a badge are allowed on the field. This is for the safety of your child as well as others. All volunteers who have a badge have been subjected to a background check and other training as required by National Pop Warner.