**CHURCHLAND**

**FOOTBALL**

**ASSOCIATION**



**PARENT MANUAL**

**2023**



Welcome to the 2023 Pop Warner

Churchland Football and Cheer Season!!!!!

Churchland Football Association (CFA) has been part of the Pop Warner family since 1958. CFA, as part of the Pop Warner Little Scholars, seeks to provide fun athletic learning opportunities for the youth of the Churchland/Portsmouth community. CFA strives to teach the fundamentals of football and spirit while emphasizing the importance of academic success. Our mission is to provide a safe, structured environment whereby our children can acquire knowledge, and learn values and skills that they will use throughout their lives. We pledge to work to inspire our youth, regardless of race, creed or national origin, to be the best they can be.

Our goal is to develop young individuals who will act as role models in their local communities in academics first, as well as athletics. Our mission is to teach the fundamentals of football and cheer, fostering self- discipline, goal setting and goal attainment while developing the self-confidence in young athletes to apply these attributes to reach higher academic achievements

**BOARD MEMBERS**

There are several board members around the field each game day and if you need any help please talk to one of these people. Feel free to join the board at any time. **We need your HELP!** Just ask a current board member how!

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| --- | --- |
| v President: Letitia Lowe-Wilson | v Vice President: Jerry Jackson |
| v Football Commissioner: Ron Smith | v Cheer Commissioner: Laneaa Ferebee |
| v Assistant Football Commissioner:  | v Assistant Cheer Commissioner: Chrystal Gainey |
| v Treasurer: Edwin Lane | v Secretary: Shineka Dixon |
| v Registrar: Tiffani White | v Scholastics Coordinator: Tamika Lane |
| v Concession Manager: Almeta Smith | v Equipment Manager:  |
| v Team Parent Coordinator: Melinda Folk | v Fundraising Coordinator: Tiffani White |
| v Field Manager: Michael Claude | v   |

Our six philosophies of Churchland Football Association are:

Everyone plays - Balanced Teams

Positive Coaching

Good Sportsmanship - Player Development

Excellent Academics

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**GENERAL INFORMATION**

Mandatory maximum participation for parents is expected in all scheduled association events (practice, games, and competitions) and team fundraisers.

Only authorized and approved volunteers are allowed to be with the athletes at practice and on the game field.

PARENTS AND NON-PLAYERS ARE NOT ALLOWED ON THE PRACTICE OR GAME FIELD AT ANY TIME. YOU WILL BE GIVEN A WARNING AND THEN ASKED TO LEAVE IF THE PROBLEM CONTINUES.

Respect all coaching staff (football/cheer), board members and participants. No name-calling, arguing, inappropriate language or fighting will be tolerated. You will be asked to leave without warning. Remember that all coaches and board members are volunteers and deserve respect.

**TOBACCO, ALCOHOL, and FIREARMS**

In accordance with Churchland Football Association and Pop Warner rules and regulation to the use of tobacco, alcohol, and firearms, in any form, is prohibited on or around the practice areas and/or game fields.

**PETS**

There are no pets allowed on the fields. Service animals and trainee service animals under the Americans with Disabilities Act, who are specifically used for persons with disabilities, are exempt from this rule.

**UNSUPERVISED PLAYERS**

No child should be left unsupervised after a game or practice. Parents who are unreasonably late or consistently tardy should be talked to by the Head Coach first to try and resolve this situation. No child will be allowed to walk home unless a parent walks with them. *Coaches are prohibited from picking up or driving players home after practice and games.*

**INJURIES/INSURANCE**

Each player is covered by a Secondary Accident Insurance Policy. (For the duration of the season) This is required to play Pop Warner sports. All injuries are to be immediately reported (within 24 hours) to the Association President. He/She has all the insurance paperwork needed for your child to be treated.

**JEWELRY**

No jewelry of any kind is allowed on the players during practice or a game. No hair ornaments of any kind including ponytail bands with metal, barrettes, or hair beads.

**TEAM DUES**

The parents are asked to share the costs of the end of season events. If your team chooses not to fundraise for the end of the season party, then you will have to pay team dues to cover these expenses.

**PICTURE DAY**

The photo schedule changes from year to year. Be sure to reach out to the Team Parent about when pictures can/will be scheduled.

**PRACTICE SCHEDULE AND PRACTICE FIELDS**

Practice will start on August 1st. Practices for the month of August will be every day, Monday through Friday, and sometimes Saturdays for the football players. When school begins practice will be three times out of the week. Days will be determined by the coaching staff. Each team will be assigned a practice field. Make sure all the parents are aware of where your team’s practices are being held.

**PRACTICE UNIFORMS**

Each player should wear all their football equipment and cheerleaders to wear their practice uniforms to practice (No metal cleats). Game pants will not be worn at practice under no circumstances. If they come to practice in game pants they will not be allowed to practice. NO EXCEPTIONS!

**TRASH**

Trash pickup is the responsibility of the coaches, players, parents and spectators. Please pick up all the trash and put it in a trash can. If the cans are full, please find another one and don’t try to build a mountain to the sky. Each home team will be given 2 trash bags and will need to empty 2 trash cans after their game. Please make sure they empty a full can.



**SCHOLASTICS**

Pop Warner Little Scholars emphasizes academics as well as sportsmanship. To participate in Pop Warner, all football players and cheerleaders must have a 2.0 Grade Point Average (GPA) on the final report card of the school year of the same season of play.

If your child does not have a 2.0 GPA, you will be given a GPA form to complete. You will also be required to submit a satisfactory progress report or report card dated between September 15th and October 15th, 2023. Your child will be unable to participate after October 15th if the progress report is unsatisfactory or not turned in. The progress report **MUST** be an original with the teacher’s signatures.

Pop Warner also recognizes those children whose academic achievements is in the top 3% in the nation. Forms for this honor will be given to those who qualify halfway through the season. Those children that have completed Grade 5 and above are eligible.



**SPORTSMANSHIP**

Players must not taunt, tease or use profanity to other players. When a player on either team is injured all players should stop playing and go down on one knee until the player gets up, or they will be removed from the field. Applause is a show of support when an injured player is taken from the field. At the end of game all players shake hands, and shouldn’t brag about winning, be proud and be supportive of the opposing team members. Always continue to support your team when you have a loss.

**COACHING**

All head coaches (football and cheer) are experienced and participate because they love the sport and love sharing their knowledge with the children. Your child's head coach is the first person to go to if there are any problems or concerns. Each year a background check is per­ formed for each coach and chosen by the Churchland Foot­ ball Association Board of Directors. Head Coaches are National Youth Sports Coaches Association (NYSCA) certified and must attend coaching clinics when available.

Assistant coaches are chosen by the head coach. They will also need to provide a background check, become NYSCA certified and attend coaching clinics.



**GAMES**

Regular games are played every Saturday and a few throughout the week. Times will vary week to week. You are required to do a small amount of traveling. Approximately half of the season will be "away" games. All coaches will pass out the game schedule as soon as they are received.

Football players are to be at the assigned game field 1-½ hours before game time unless otherwise specified by the coach. This allows for pre-game instructions, equipment check, warm ups and weigh-ins.

Cheerleaders are to be at the assigned game field 30 minutes before game time. This allows for stretching and run throughs.

All participants need to arrive on time and in the required gear/uniform. If a child does not have required equipment, they will not be allowed to participate.

**\*\*\*Cheerleaders are not allowed to miss more than 3 practices after school starts to be allowed to participate in the cheering competition\*\*\***



**CONCESSION STAND/FIELD DUTY**

Each parent MUST volunteer 1 ½ hours of their time to help! It takes all of us to make this work. All parents must be accounted for and will be matched up with the roster. Parents may opt for a $10 donation instead of working on the assigned day. These funds must be turned in the Wednesday before the game with a list of paying parents. A teen will be hired to work in your spot with your $10 donation.

Each team will be assigned a home game to work the concession stand, grill, and field clean up, or holding the chains. The concession manager will assign you a workstation when you arrive for your shift. Please work where you are asked to, this is to ensure that all the duty stations are appropriately covered.

Almeta Smith, Concession Manager

(757) 567-0674

amsmith8336@gmail.com



**UNIFORMS/EQUIPMENT**

**FOOTBALL**

Each team will be given a date and time for the CFA Equipment Manager to distribute the entire team’s uniform. Your player will receive shoulder pads, mouthpiece, game pants and game jerseys on a loan only basis. **PARENTS** will sign for receipt of equipment and the condition of the equipment. All equipment **MUST** be turned in at the end of the season.

Parents are required to purchase the following:

* Practice football pants (games pants will **NOT** be used for practice)
* Football cleats with studs ½" studs or less molded or detachable (no metal)
* Any mouthpieces needed after the league issued mouthpiece is lost or unusable

Parents are required to rent:

* Black helmet with black face mask and tag on back should have 2022 or 2023 certification.

\*\*\* Game jerseys will be held by the coaches \*\*\*

Equipment will only be issued on the teams given date and NO OTHER. Parents MUST be present to sign out the equipment at the beginning of the season and MUST be present at the end of the season to turn in the equipment.

**UNIFORMS/EQUIPMENT**

**CHEER**

Each team will be given a date and time for the CFA Cheer Coordinator to obtain cheerleader measurements and payment for uniforms.

Parents are required to purchase the following:

* Game Day and Competition Uniforms
* Cheer shoes (color and brand to be determined by coach)
* Team jacket as determined by coach

Laneaa Ferebee, Cheer Coordinator

(757) 286-6494

Laneaa98@gmail.com

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**FUNDRAISING**

In addition to the registration fee this season, CFA will be holding several different league fundraisers. Each team will also have their own fundraisers coordinated by the team parent/coaching staff. These funds are to be used for the end of the season parties, trophies, and/or gifts for players and coaches. Team funds raised may also be used for the travel expenses for travel teams only.

There will be no door-to-door fundraising (no soliciting).

All money collected must be kept in a team bank account and parents must be given a receipt when money is turned into the team parent. Parents are welcome to ask the team parent regarding fundraising money. Each child must have an accounting of individual funds raised for parents to see. All teams will maintain team money in the same manner.

CFA is counting on you to make this season the best yet!

Train! – Compete! – Fundraise!

Tiffani White, Fundraiser Coordinator

(757) 768-2436

whitetiffv2@hotmail.com



**PARENT CODE OF CONDUCT**

1. I/We will always encourage and motivate all participants of Churchland Football Association.
2. I/We will participate in all functions of Churchland Football Association (example: practices, games, fundraisers, etc.)
3. I/We will have a positive attitude towards all football players, cheerleaders, coaches, volunteers, and board members regardless of Pop Warner affiliation.
4. I/We will adhere to all rules and regulations of Churchland Football Association and the Pop Warner Association.
5. I/We will help to maintain the integrity of Pop Warner football and cheering.
6. I/We will always strive to be the best role model possible to all Pop Warner participants.

This signed parent code of conduct will be binding to all adults that are affiliated with the football player/cheerleader participating in Churchland Football Association, regardless of who signs the agreement.

Parent Name (Print) Date

Parent Signature

Participant's Name (Print)