



2011

**FOOTBALL &
CHEERLEADING
MEMBERSHIP MANUAL**

P.O. Box 162, Glenmont, NY 12077
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WELCOME TO BETHLEHEM POP WARNER FOOTBALL & CHEERLEADING

***Organization Objective:** To provide the youth in the Community an opportunity for participation in organized, competitive football and cheerleading. In providing this opportunity, emphasis will be placed on the importance of self-discipline, initiative, team spirit and sportsmanship.*

Welcome to Bethlehem Pop Warner (BPW)! BPW has been a part of the Bethlehem community since 1964 -- many people who participated as children are returning as parents of current players and cheerleaders. We believe this speaks to our long and proud tradition of teaching kids the fundamentals of football and cheerleading in a positive, fun, and safe environment.

You'll find a lot of important information in this manual, so please take the time to read through it. Our website (www.bpwfootball.com) is also a great resource for information. If you have any questions that have not been answered, please don't hesitate to contact your Head Coach, Team Parent, and/or any Board Members -- we are here to help!

Sincerely,
Bethlehem Pop Warner Board of Directors

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DIVISIONS & FEES

\$100 of your Registration Fee is REIMBURSIBLE. Your registration fee includes \$100-worth of Raffle tickets. You are free to sell these tickets to family and friends -- you pocket the \$100 and return the ticket stubs to BPW!

FOOTBALL	Age (as of 7/31/11)	Weight Range (lbs.)	Fee**
Flag Football	5-6-7	N/A	\$175
Mitey Mite	7-8-9	45-90	\$250
Junior Pee Wee	8-9-10	60-105	
	11*	60-85*	
Pee Wee	9-10-11	75-120	
	12*	75-100*	
Junior Midget	10-11-12	85-135	
	13*	85-115*	
Midget	11-12-13-14	105-160	
	15*	105-140*	

*older/lighter designation

CHEER	Age (as of 7/31/11)	Weight N/A	Fee**
Cubby Cheer	5-7		\$150
Mitey Mite Cheer	7-9		\$200
Jr. Pee Wee Cheer	8-11		
Pee Wee Cheer	9-12		
Jr. Midget Cheer	10-13		
Midget Cheer	11-15		

**** A non-refundable late fee of \$30 will be added after July 1st**

WITHDRAWAL & REFUNDS

Voluntary withdrawal **on or before August 10th** will result in 100% refund of Registration Fees LESS the value of any unreturned (i.e. sold) raffle tickets. Late fees are non-refundable. All refund requests must be submitted in writing to the Board Vice President. Refunds **will not be available after August 10th -- no exceptions.**

TEAM & POSITION ASSIGNMENTS

While we understand you may have a preference for your child, **team/squad assignments will be determined at the discretion of BPW** based on age, grade level, weight (tackle football), experience, and size of teams.

Football and cheerleading are unique among youth sports in their emphasis upon individuals performing distinct roles as part of a larger team effort to accomplish a common goal. While coaches will do their best to ensure that each participant realizes his/her potential in the sport, it is important to remember that the needs of the team transcend the wishes of any one team member. While practice and game day participation will be conducted in accordance with the rules established by Capital District and National Pop Warner, **position assignments within each team will be at the ultimate discretion of the head coach and based upon a team member's overall attitude, effort, ability, safety and attendance at practices.**

UNIFORMS and EQUIPMENT

Uniforms/equipment will not be distributed until ALL registration fees have been paid and all paperwork submitted, including a uniform/equipment deposit check. The deposit check will NOT be cashed. It will be returned to you when the uniform/equipment is returned in good condition by December 1st.

	FOOTBALL	CHEERLEADING
Deposit amount:	\$200	\$150
These items must be returned by Dec. 1:	Helmets, Pads, Pants	Uniform: Skirt and Top
Yours to keep:	Jersey with name on back	Hair bow and Cheer socks
Not provided by BPW – must be purchased:	<ul style="list-style-type: none"> • Water bottle (labeled w/name) • Football Cleats (non-metal) • Black athletic socks • Supporter and cup • Shirt to fit <u>under</u> pads 	<ul style="list-style-type: none"> • Water bottle (labeled w/name) • Cheer Sneakers* • Bodysuit & briefs* • Cheer Jacket* (strongly recommended for Jr. PeeWee level and up.)

* Information about ordering these cheer items will be provided during the 1st week of practice

PRACTICES

	FOOTBALL	CHEERLEADING
1st Practice	Mon., August 1st, 2011, 5:30-8 pm, Hamagrael	
August:	Mon.-Thurs., 5:30-8 PM @ Hamagrael	Jr. PeeWee & above: M-Th, 5:30-8pm Cubby/Mitey Mite: 2-3 days/wk 6-7:30pm @ Hamagrael (Outside)
Sept. – Nov.	2-3 nights/week @ Hamagrael, days/times TBD by Head Coach	2-3 nights/week at indoor locations, days/ times/locations TBD by Head Coach
Practice Hour Requirements	10 practice hours before contact 20 practice hours to play in a game	10 practice hours before stunting 20 practice hours to cheer in a game

GAMES

All teams have one game per weekend. Parents are expected to be present for all games.

	FOOTBALL	CHEERLEADING
Home Game Locations	Flag Football/Cubby Cheer @ Hamagrael Mitey-Mite level and above: BCMS or BCHS	
Away Game Locations	Other Capital District Pop Warner fields – directions will be provided.	
1st Game	First weekend in September. (Schedules are determined by Capital District Pop Warner and will be posted at www.cdpw.org at the end of August)	
Length of Season	Flag Football/Cubby Cheer: 6 weeks Mitey-Mite and above: 8 weeks + possibility of playoffs (4 weeks)	
Game Arrival Requirement*	1½ Hours prior to start of game to weigh in & warm up*	1 Hour prior to start of game to sign in and warm up*

* A player/cheerleader who arrives late may have to sit out for a portion of the game.

INCLEMENT WEATHER

Generally, Football AND Cheer practices and games will continue the rain. However, in the case of lightning, games/practices are automatically stopped for 20 minutes before returning to the field. If lightning continues, the game/practice may be canceled and your child will need to be picked up ASAP. If a game/practice is proactively canceled, you will be contacted via phone or e-mail by one of your team representatives.

VOLUNTEER OBLIGATIONS

BPW is a completely volunteer-run organization. Therefore, we rely on your support and involvement on game day to keep things running smoothly so that all the participants and fans can enjoy the game! **Please be aware that your coach will be asking you to volunteer in some capacity**, so start thinking about how you'd like to help. Volunteer opportunities include: Field Setup/Take Down, Chain/Down marker, Statistician/Spotter, Concession Stand, 50/50, etc.

BACKGROUND CHECKS

Pop Warner programs nationwide are required to annually conduct background checks on Coaches, members of the Board of Directors, and any other persons who provide a regular service to the league and/or have repetitive access to, or contact with, players and/or cheerleaders. The purpose of these background checks is, first and foremost, to protect the children.

INSURANCE

All Pop Warner Associations are provided with insurance. In the case of injury, your family's health insurance will provide initial coverage, and Pop Warner insurance can provide secondary coverage. All claims must be filed through the association President. Insurance injury reports must be filled out immediately any time a participant must be withdrawn from the game or practice session due to an injury.

COMMUNICATION & GRIEVANCE PROCEDURE

Throughout the season, most of your questions and concerns can be addressed by your team parent or Head Coach. However, if a problem arises that you feel needs further attention, please adhere to the following guidelines:

- 1) First speak with your Head Coach.
- 2) If the problem is not resolved, or the issue involves the Head Coach, see the VP of Football or Cheerleading Coordinator.
- 3) If the resolution is unsatisfactory to you, or the problem persists, submit your grievance in writing to the Board President.
- 4) If the Board President cannot resolve the problem, it will go before the Executive Board for resolution at the request of the parent/guardian or the Board President.