

PARENT HANDBOOK



HLL participates in Heads up Football training.

HLL is proud to be a part of Empire West Youth Football
and Cheerleading League.

2024

Our Mission Statement

To provide a positive and fun structured program for youth athletes that promotes the development of character and athletic ability while stressing the importance of teamwork, sportsmanship, respect, and self-discipline through healthy and fair competition.

We look forward to the 2024 season!

Parking

The top parking lot by the field is reserved for HLL Board Members, Head Coaches, Handicapped, EMTs and Ref's only. All others must use the main parking lot. This is not to be used to drop off.... This will be strictly enforced. Violators will be towed at owners Expense!!!

Ambulances may need to get through, please consider this.

Pet Policy - NO DOGS (PETS)

HLL is located on the Town of Hamburg's Property (which is a town park) and they have a No Dogs Allowed Policy in their town parks. If anyone brings in a dog, you will be asked to take your pet off the premises. Please inform any family members attending your child's game/practices of this policy so that they are aware.

Information on our website: www.hamburglittleloop.org

Contact Us: hamburglittleloop@yahoo.com

TEAM MANAGER - GAMECHANGER APP

Follow us on social media:

Facebook: HamburgLittleLoop64

Instagram: hamburg_little_loop

Welcome to the 2024 Season!

Board of Directors

Executive Board:

President – Gene Monesi

Vice President – James Hill

Recording Secretary – Rob Sank

Treasurer – Debbie Hill

Board Member:

Kevin Ejbisz, Anthony Lewandowski, Courtney Sheffer, Mike

Burke, Stephanie Hyde, Sena Howard, Sarah Winkler, John

Robbins

Football Commissioner – Anthony Lewandowski

Cheerleading Co-Coordinators – Debbie Hill & Courtney Sheffer

To qualify for the Board of Directors, you must be a member of HLL for a minimum of 1 year and is in good standing. If you are interested in applying by completing an application online. Past applicants are encouraged to reapply.

Membership Meetings

Regular meetings are typically held the third Monday of each month. Between April & November meetings are held at the Field house. Winter meeting location is to be determined. All parents and adults over 18 years are welcome to attend.

Tryouts & Cuts

There are no Tryouts or Cuts. League rules and By-Laws allow us to carry a maximum of 35 players for Pee Wee and 30 players for Freshmen, JV & Varsity teams.

Player/Cheerleader registration is considered complete, and a roster spot secured when all fees have been paid and there isn't an open account balance.

Coaching Staff

Head coaches must be at least 21 years old and apply to the Board of Directors. The Board of Directors then will vote on applicants at their regular board meeting. Each head coach then submits a list of assistant coaches. The Board of Directors reviews the list and acts accordingly. We run a Background Check on all our coaches & board members. All coaches must be certified through NAYS.

Any complaints should be referred to your Head Coach after following the 24-hour rule first. If you do not get a satisfactory resolution, you should then consult the Commissioner, Coordinator or President. If you are still dissatisfied, you have the right to file a formal complaint in writing to the Board of Directors. Coaches devote a tremendous amount of time and energy to the children and our program. Please give them your support. They deserve your respect and assistance. If you are interested in Coaching please see the Head Coach, Commissioner, Coordinator, or any Staff member.

Football Equipment provided by parents.

1. Mouth guard - Must attach to the helmet. You can purchase these at the snack stand for \$1 or at any sporting goods store. No Clear mouth guards allowed!
2. Protective Cup
3. All-In-One Football Pants w/Pads
4. Cleats - No metal cleats allowed!
5. Chinstrap - Please wait until after uniform handouts before purchasing as different helmets require different chinstraps.
6. Socks

Practices

Through the month of August, practice runs Monday - Friday from 6pm-8 pm. Please arrive at least 15 minutes prior to start time so everyone is ready to begin promptly at 6pm. **Attendance is required!!** Practice sessions are important not only for learning the sport but to prepare the players physically and mentally for the competition of the games ahead. Football is a rugged contact sport, and every player needs to be properly conditioned before sustaining any contact with the other players. Poorly conditioned players are an invitation to injury. Cheerleaders must also be properly conditioned before stunting our policy is that all players/cheerleaders must have 10 consecutive hours of conditioning practice before hitting/stunting. They must then have 10 consecutive hours of hitting/stunting practice before playing in a game. HLL's policy is to field the best conditioned teams, equipped with the best equipment possible.

Chronic absenteeism will not be tolerated!!!

Practices are mandatory. If you must miss, a parent must contact your child's coach prior to start of practice.

Please make sure your child has a water bottle.

School

School comes first!!!! Any child who is letting football or cheerleading interfere with school will be released from their HLL obligations.

Parents should confer with the head coach, who will take the appropriate action to ensure that children's grades will improve.

It has been our experience that the confidence generated by playing football and cheerleading has helped scholastic performance.

Care and cleaning of football equipment

HLL has provided the youth football equipment. We have spent a considerable amount of money for it and a great deal of time caring for and maintaining the equipment. The average cost per child for all football equipment dispersed is \$500.00. We expect you to care and maintain the equipment we have entrusted to you so the next child will receive it in the best possible condition.

The following suggestions will help you achieve this:

- 1) Do not use extremely hot water or bleach as it ruins the elasticity and shrinks the uniform.
- 2) Do not mix jerseys and pants with any whites as the colors may run.
- 3) Mild soap or detergent and warm water can be used to wash girdle pads, shoulder pads and the interior of the helmet.
- 4) Do not attempt to remove the helmet pads.
- 5) Air dry all the pads.
- 6) Do not use high heat to dry the uniforms.
- 7) If your uniform / equipment is not turned in, you will be charged a minimum of \$500.00, or more to replace the equipment.
- 8) All equipment must be returned on time, cleaned, and complete no later than 2 weeks after the season ends or you will be billed the full value of the replacement equipment.

Football Practice

-1st week wear t-shirt, shorts, cleats, and helmets

-2nd week until end of season: practice jersey and pants, cleats, equipment.

Unless Head Coach indicates otherwise.

Cheer Information

For 2024, Cheer apparel will be purchased by you the parents/guardians BEFORE the season begins.

All items are mandatory for the season:

- 1) Dedicated Cheer Bag
- 2) Spanks
- 3) Cheer sneakers
- 4) Crop
- 5) Warm Up Jacket
- 6) Black Wind Pants
- 7) Clear rain poncho - can be found at the dollar stores or the camping department of Wal-Mart

When we drop down to 3 days a week - competition practices, only 2 practices can be missed. School activities come first and will not be held against you.

Practices are mandatory; if you must miss a parent needs to contact your child's coach prior to the start of practice.

Please make sure your child has a water bottle and has appropriate attire for practices:

- A T-shirt that can be tucked into shorts (no jean shorts/skorts, no spaghetti strap shirts)
- Cheer sneakers
- Hair is pulled back and out of face

Cheerleading Notes

- 1) Girls cannot wear any jewelry
- 2) No earring...No taping ears!!
- 3) No nail polish
- 4) Girls must wear cheer sneakers
- 5) Hair must be pulled back off face with jazz clips/Bobby Pins
- 6) Absolutely No eating messy food in uniforms!
- 7) **No use of cell phones will be permitted, emergency use ONLY!!**

Please do not pierce ears right before or during the season.... you will not be able to keep them in for practice or games **NO EXCEPTIONS!!!** This is a safety issue.

Cheerleading Uniform. The cheer uniform that HLL provides can be washed on the gentle cycle and **MUST** be hung to dry...do not put in dryer.

Parents/Guardians are responsible to replace any uniform not turned in the condition it was received. A complete uniform costs \$200.00. If your uniform is not turned in you will be charged \$200.00.



Returned Checks

In the event we receive a bad check for any reason you will be assessed a \$40.00 fee which will be due 7 days after receipt of notification. We then have the option of not accepting checks in the future.

REFUNDS: No refunds will be given for participants who withdraw after 06/01/24 – NO EXCEPTIONS!

60th Year Celebration - Banquet

Each year a dinner is held for the children to recognize their achievements. Each football player and cheerleader attend for free and receives a yearbook for their participation. Children must turn in complete uniform before receiving their complimentary ticket!

Date: December 7, 2024

Camera Buffs

Anyone interested in taking pictures during practice and / or games for the yearbook please snap away. Any pictures you take would be greatly appreciated and should be given to the chairperson of the yearbook committee or dropped in the box by the kitchen. Children enjoy finding themselves in the yearbook! If possible, please save pictures to a disc. Or please send them to hamburglittleloop@yahoo.com please identify team's name.

Sponsorship

Sponsorships help supplement the operations costs of HLL and help to keep the costs to families low. If you know of a business who would be interested in sponsoring HLL let them know about us and you could receive FREE registration for your child next year. Contact any board member with any questions or a Sponsorship form.

Games/Competitions

Games are held on Saturday(s) beginning mid to late August. The cheerleaders will also attend up to 3 competitions. We expect the season to end by middle of November. There are risks and dangers in football and cheerleading and while we strive to keep participants safe, some serious injuries may occur.

Parent Behavior

Please remember that children model their behavior after what they see adults do. Parents at games should not let their emotions show a lack of self-control. Healthy cheering and encouragement really help the children and their spirits. Any inappropriate behavior will not be tolerated, and you may be asked to leave and/or removed from HLL for the season.

Please avoid the following:

- Derogatory comments to or harassing of officials and the opposing team.
- Disparaging remarks about our own teams & coaches-Placing undue pressure on your own child. This will take the fun out of the game. ABSOLUTELY NO ONE IS TO INTERFERE WITH A COACH DURING A GAME OR PRACTICE! If you feel the need to speak with a coach, please come early before practice or plan to stay later after practice to discuss the matter. All the coach's attention needs to be on the players during practice for learning purposes and the safety of our participants.

Parent Responsibilities

- 1) Conduct themselves as ladies and gentlemen at all practices & games.
- 2) Pick up children promptly from practices and games.
- 3) Lend a hand when needed.
- 4) If a complaint arises see your head coach first.
Enforce equipment use rules!
- All HLL equipment is to be used at Hamburg Little Loop games & practices only. Not to be used for play.

Player Responsibilities

- 1) Conduct themselves properly by using good sportsmanship and respect for their fellow players, coaches, staff & opponents.
- 2) Report all injuries to their coaches immediately.
- 3) Take care of and report all equipment problems as soon as detected. If a player demonstrates poor behavior on or off the field, he/she may receive a game suspension or be removed from HLL for the season.

Complaint/Grievance Policy

While we do all do our best to satisfy everyone, we know that is not always possible. If you have a complaint, we ask that you follow the protocol below:

- 1) The 24-Hour Rule should always be followed. If you are unhappy, please wait 24 hours for your nerves to settle before approaching anyone.
- 2) Any complaints should then be referred to your Head Coach. Please speak to the coach privately. Away from children & other parents.
- 3) If you do not get a satisfactory resolution, you should then consult the Commissioner, Coordinator or President.
- 4) If you are still dissatisfied, you have the right to file a formal complaint in writing to the Board of Directors.

Rain & Cancelled Practices

Yes, we do practice **in the rain!** Please be advised that practices continue no matter what the weather is. Keep in mind that it may be raining where you are, but clear at HLL or vice versa. In case of lightening, we go under cover, and then resume practice after it has been clear for 15 minutes. Depending on the severity of the weather, practice may end early. Please be considerate and do not just drop your child off in inclement weather; stay at practice so you are available if needed. If practice ends early, a HLL staff member must wait with your child until you return.

In the event of practice being cancelled in advance will be posted on our website: www.hamburglittleloop.org on the Hamburg Little Loop Facebook Page. You may also receive a phone call from your coach or member of the HLL Board.

Volunteer Fee

To receive your volunteer fee back all you need to do is volunteer a total of 2 hours between from the 1st practice to the very last practice or otherwise identified by the BOD. We do not expect you to help during your child(ern)'s game but there is plenty to do if you want to come a little early or stay a little after your child(ern)'s game. You will need to first sign in on volunteer sheet located in the kitchen. Refunds will be issued every Friday once hours have been completed and indicated on the sign in sheet.

