



Salem Rams

~2011~

HandBook

WWW.SALEMRAMS.COM

Salem Rams 2011 Handbook

Welcome to the SALEM RAMS Youth Football and Spirit program! Our goal is for the Salem Rams football players and cheerleaders are to set a standard for themselves and their peers. The Salem Rams have always been respected for athletic abilities, and good sportsmanlike behavior on and off the field.

The Salem Rams Coaching Staff stress the value of honesty, hard work, courtesy, respect, diligence and consideration. We encourage each cheerleader and football player to work in cooperation with one another to strive for excellence at all times.

The purpose of this Football Player/Cheerleader and Parent Handbook is to help inform football players, cheerleaders and parents about the Salem Rams Youth Football and Spirit program. Hopefully this handbook will help to answer some of the more frequently asked questions.

Remember, ALL BOARD MEMBERS, ALL COACHES and TEAM PARENTS are **VOLUNTEERS** and deserve the respect of not only the cheerleaders and football players, but their parents too. These volunteers put in many hours of their own time to ensure that your child has a positive and safe experience.

The Salem Rams Board of Directors and Coaches ask that all participants and their parents/guardians adhere to all of the rules that are set forth.

The Salem Rams offer several levels of cheerleading squads and football teams, for children ranging in age from 7 through 15 years of age. Each child must be 7 years old by July 31st of the current year.

Cheerleaders are assigned to squad by their date of birth. For example, if there are 160 cheerleaders the 35 oldest will be assigned to the Midget squad. The youngest squad, the Mitey Mites, is all 7 and 8 years old children. In the event the Mitey Mite squad becomes full, it may be necessary to move the older 8 year-olds up to the Division 10 squad. Football players are assigned to teams by their date of birth and grade. We carefully place all players at the level that best suites them as an individual.

VOLUNTEERING

Per Salem Rams BY- LAW:

A Service fee of \$50.00 will be collected for each child at the beginning of the season. This will be in the form of a separate check payable to the Salem Rams ensuring the involvement of the parent(s) and each child during the game season; i.e. concession stand, MPR's, chains, etc. The parent and child's involvement will be monitored during the game season. If the requirements are met, the check will be returned; if not, the check will be deposited to the Salem Rams account as a token donation on behalf of that parent.

Your required volunteer fee of \$50.00 typically will require two (2) hours of volunteer participation per child. This is equal to 1 game per child, per season. In order to make our SALEM RAMS organization successful, we need the participation of one or both parents and each football player and cheerleader to help run various parts of this Program.

All cheerleading and football parents are needed for volunteer participation.

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CONCESSION STAND- For Cheerleading Parents

1. At every home game, it is mandatory that cheerleading squad parents supply parents to work the concessions stand.
2. There are four (4) scheduled home games. Every parent is responsible to donate his or her time during the season to work the concession stand. Typically this will equal (1) game (approx. 2 hours). Your child's team parent will assign time slots for work in the concession stand. If the time/game is inconvenient for you, alert the team parent, they will work with you to find someone to swap with you.
3. Volunteers are also needed to work the concession stand should Salem win and bid to host any State and/or Regional Playoff Games. These Playoff Games are a great source of income for the Rams and help to keep your cost down. The concession stand will be open whether or not a Salem Rams team plays during these games.

ON THE FOOTBALL FIELD- For Football Parents

1. At every **home** game, it is mandatory to have five (5) parents to fill the following positions on the field; two (2) for MPR (mandatory play roster), two (2) for chain crew, one (1) for down marker.
2. At every **away** game it is mandatory to have two (2) parents to fill the MPR (mandatory play roster) position.
3. Typically you will be required to volunteer for at least 1 game per season, filling some capacity on the field. If we do not have coverage for every position that we are responsible for, at every game, that game will not be played or cannot start until said positions are covered. Your child's team parent will assign the game/position. If the time/game is inconvenient for you, alert the team parent, they will work with you to find someone to swap with you.

COMMITMENT

As cheerleading and football are team sports, it is **very** important to attend all practices, scrimmages and competitions and playoff games. Teams perform at their best when team members can rely on their teammates "to hold up their end". Of course, illness and certain major obligations may result in absenteeism. However, casual absenteeism makes it difficult for individuals to learn their specific responsibilities and for the team to form as one unit. TEAMWORK is a major component of cheerleading and football.

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REGISTRATION

1. The Registration Fee for the season is \$150.00 for the 1st child, \$95.00 for each second and third child. There will be a family registration cap of \$340. The full registration fee is due at time of sign-up. No child will be allowed to sign up unless their uniform has been returned from the previous season. Teams fill up quickly so register early, children are accepted on a first come, first serve basis. NO SPOT ON THE ROSTER IS GUARANTEED WITHOUT FULL PAYMENT.

New Policy: All returned checks will be assessed a \$50 fee.

2. The Salem Rams Refund policy is as follows:

Football:

- 100% refund less \$40.00 custom shirt fee and \$20.00 administration fee (total of \$60.00) if dropped anytime after sign-ups prior to the completion of the 2nd week of practice.
- 50% refund less \$40.00 custom shirt fee and \$20.00 administrative fee (total of \$60.00) if dropped prior to the 1st game of the season.
- 0% refund if dropped after the 1st game of the season regardless of reason.

(Note: Any child added to a team/squad after the beginning of the season will have a two-week allowance from the registration date in order to receive a 100% refund less appropriate fees. If he/she decides to drop after the two weeks from their registration date, no refund will be given).

Any exceptions are at the discretion of the President.

Spirit:

- 100% Refund less the \$20 Administration fee if dropped prior to the completion of the 2nd week of practice.
- 50% Refund less the \$20 Administration fee if dropped prior to the start of the 1st game of the season.
- 0% Refund if dropped after the 1st game of the season regardless of the reason.

(Note: Any child added to a team/squad after the beginning of the season will have a two-week allowance from the registration date in order to receive a 100% refund less appropriate fees. If he/she decides to drop after the two weeks from their registration date, no refund will be given).

Any exceptions are at the discretion of the President.

3. PAPERWORK DOCUMENTATION CLINIC –**Tuesday, July 19th from 6:30pm - 8:00pm** at the Salem Derry Elks Club. All of the following paperwork must be received during the Documentation Collection/Uniform Issue. If it is not complete, your child will not be able to participate on first day of practice.

NO EXCEPTIONS!!

- **Medical Clearance** - must be dated after January 1st of the current year. The Dr's name, address and telephone # must be stamped/written on the form.
- **Birth Certificate** – Copy of the Original Birth Certificate must be State or Town issued. The hospital copy is **Not Acceptable**. Should the squad/team advance to Regional level, we must have the original. Mandatory!!!!

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- **Two Copies of Final Report Card** - The name of the school and child's name must appear *clear* on the Report card. This may be a copy, as long as the requirements are met. Progress reports are not acceptable. If a child is home schooled, you must present some form of grading system for the child by first day of practice in lieu of the school report card.

4. If you are signing up two (2) or more children and they are going to be on different squads/teams, be prepared for the following:

- Game Day: Teams may be at different locations
- Practice: Practice schedules may be on different days or possibly different locations.

5. Should a cheerleader squad advance to Regional Competition, they will be competing on Thanksgiving Day weekend. Therefore, please do not plan to be away during this time. If they advance, the entire squad must be present to perform.

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UNIFORM ISSUE

NEW!! You have been given a schedule for document collection/uniform fitting/distribution. We will be collecting the documents necessary for the season, then proceeding to fit/distribute uniforms. Your child will **not** be issued a uniform or be allowed to participate until **ALL** documents have been collected. Please make every possible effort to arrive during your allocated time/day. If you have circumstances that make it impossible to attend your scheduled time/day, please call either the Football equipment manager or Cheerleading Coordinator to re-schedule. Should your child miss this assigned date and time, and have not made other arrangements there is no guarantee that she or he will receive a uniform that best fits them.

MANDATORY FUND-RAISER

Fundraising is one of the most important things that the Rams do during the season and beyond. Every child who belongs to the Salem Rams organization is expected to help raise the money to keep this organization operational. The cost to keep the Salem Rams functional is approximately +\$100,000.00 per year. This cost is incurred with uniforms-purchased and maintenance, yearly cleaning and certification of helmets/shoulder pads, State fees, insurance, Referees for both home and away games, custodians for game day and any other time school property is used, basic administration fees, Bus travel to competition, trophies, banquet expenses, electricity for lights, practice shirts for football players, wind pants for cheerleaders, end of year flowers for cheerleaders, EMT for home games, First Aid supplies for teams i.e. ice packages, bandages, and etc.

EQUIPMENT PURCHASE

FOOTBALL

Football players are required to wear rubber-soled cleats and an athletic supporter with cup. Be advised that **NO METAL CLEATS ARE ALLOWED** at any time during practice or games, per **American Youth Football Official Rules**. You will also be required to purchase practice pants and girdle, these can be purchased at most sporting good stores.

CHEERLEADING

Cheerleaders are required to purchase sneakers, briefs, bodysuits, and socks. A vendor will be chosen to purchase these required items by the Salem Rams. These items will be made available to you upon the start of the season. Do not purchase these items prior to the beginning of the season.

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PARENT MEETING

The parents meeting will be announced via the Salem Rams Web site at Salemrams.com

SPECIAL CONDITIONS

Please bring to the attention of your child's coach any special condition(s) that your child may have, such as asthma, cuts or bruises of significance, any chronic pain, etc. If your child is unable to practice or participate in a game due to an injury, whether sustained before or at any practice or game, you **must** let the coach know as soon as possible so that they may evaluate the situation. As always, if your child is injured, you and/or your child have the final decision to participate or not.

BEHAVIOR AND ATTITUDE

For any team to succeed, it is important that teammates treat each other with courtesy and respect. With this in mind, the Salem Rams has established an acceptable code of conduct that we expect each cheerleader and football player to abide by. These rules are as follows:

1. Any child that attempts to intimidate fellow teammates by word and/or physical deed will be immediately cut from the squad or team. There is no refund given for this action per **NHYFSC Official Rules**.
2. Any child who is an extreme discipline problem (for example, consistently talks back to the coaching staff, does not show respect for coaches and/or teammates) will, with the concurrence of the Organization, be immediately cut from the squad or team. There is no refund given for this action per **NHYFSC Official Rules**.
3. Physical abuse towards teammates and/or coaching staffs will be grounds for immediate dismissal from the squad or team. There is no refund for this action.
4. Any adult who uses profanity or abusiveness aimed towards coaching staffs and/or teammates will be asked to leave the area immediately. If this problem persists, further action may result and is grounds for immediate dismissal from the squad and team. There is no refund for this action.

PRACTICE

ABSENTEEISM AND TARDINESS

It is very important that your football player and cheerleader attend ALL practices and games.

1. All football players and cheerleaders must report to their head coach by the designated start time.
2. Unless prior arrangements have been made **with the head coach only**, any child arriving late (10 minutes past the designated start time) for practice three (3) times during a two (2) week time frame, will result in an unexcused absence. An unexcused absence is defined as a parent/guardian who does not call their child's head coach within an hour of practice to indicate the reason for absenteeism or tardiness. **Only a parent or guardian is allowed to call for a child.**

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3. Any player or cheerleader, who misses two (2) practices in the same week without calling their Head Coach prior to the beginning of practice with a legitimate excuse or Doctor's note, will **NOT** be allowed to participate in the next upcoming game. The Coordinator addressing the absence and the action will place a telephone call to the parents.
 4. Three (3) unexcused absences during the season may result in dismissal from the squad or team. It is very important that your child be at all practices and games on time to allow for proper warm up to prevent injury. It is our responsibility as a parent to make ensure that timeliness is adhered to.
 5. As important as it is to bring your child to practice and games on time, it is just as important to pick your child up on time. You must pick your child up at the designated time set by their head coach. Picking up your child late creates an unfair burden on the Coaching staff; they have their own families and children to attend to. For the safety of the children, no child will be left unattended after practice is completed. Picking your child more than 10 minutes past the designated pick up time without getting permission from the Head Coach in advance, three (3) times, will result in an unexcused absence. No child will be released at the end of practice to anyone but his or her parent/guardian without prior written permission.
- A. During August, cheerleading squads will start to practice for competition and football teams will start practice for games. **It is imperative that every child be at every practice.**

PRACTICE TIMES

1. Please be advised that your child will have practice five (5) days a week in August, which may include Saturday practice.
2. Practice times during the week will be held from 6:00 pm to approximately 8:00 pm (depending on water breaks). It is possible for practice to "run late"; Coaches will do their best to keep this to a minimum. Head Coaches, who run Saturday practices, will set practice times.
3. Once school starts, practices will be held three (3) times a week with games on Sunday. Cheerleading squads will practice at Salem High School, in the large gym; football players will participate at the field at Woodbury School, and fields behind the High School. It is imperative that parents ensure that their child arrives at practice on time and at the right location. Should you have more than one (1) child participating in the Organization, they could have practice on different days/locations.
4. According to **New Hampshire Youth Football and Spirit Rules**, only Board Members, Coaches and Players are allowed on the field, or if inside, in the designated practice area, during practices or games. Indoor practices are closed to parents due to safety issues.

PRACTICE RULES

1. **Clothing for Cheerleaders** - Your child should wear shorts and/or sweatpants. **No jean, silky shorts or wind pants allowed.** Socks are required and supportive sneakers should be worn at all time i.e. New Balance, Saucony, etc. NOT Adidas, Pumas!! Parents must supply water bottle with your cheerleaders name on it.
2. **Clothing for Football Players - According to National AYF Rules** Preseason- the first 10 hours of team practices will be devoted entirely and exclusively to conditioning, not wearing pads, however helmets may be worn. During this time your child should wear shorts and/or sweatpants, and T-shirt. A practice shirt with you child's name on it will be supplied to you. After that time and for the remainder of the season, your player will be required to wear practice pants and girdle, which you will need to supply for you child. Under no circumstances will your football player be allowed to wear game pants or game jersey for practice. Parents must supply water bottle with your players name on it. **No jeans are allowed.** Socks and **rubber-soled football cleats** are required to be worn at all

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times. **NO METAL CLEATS ARE ALLOWED** at any time during practice or games, per **AYF Official Rules**.

3. **Absolutely no jewelry is allowed. This applies to both Cheerleaders and Football players** – All jewelry must be removed at every practice and game (this includes earrings, nose rings, belly rings, etc.); therefore we strongly suggest that you do not allow your child to have piercing after June 1st. Your child will not be allowed to tape jewelry. There are no exceptions to the above rule concerning piercing.
4. **Cheerleaders- absolutely no glitter, artificial nails or nail polish is allowed. This includes clear polish.**
5. **This applies to both Cheerleaders and Football Players - Absolutely no gum chewing is allowed.**
6. **Parents are not allowed to be on the field or in the practice gym at any time** during practice or play, with the exceptions of an injury situation, and then only after the Head Coach requests the parent/guardian to come onto the field or practice area, per **National AYF Official Rules**, Coaches are encouraged to invite parents onto the field only after practices are complete.
7. A brief team/squad meeting is usually held after practice. At these meetings, the cheerleaders and football players will receive handouts regarding stunts/plays, practice schedules and any other pertinent material that your child might need. Parents may join these meetings, should they choose. Coaches will dismiss your child.

GAME DAY

1. On game day, squads are to meet ½ hour before game time to warm- up and teams are to meet one hour before game time to warm- up. Your child must be present to properly warm- up before games. Any cheerleader arriving more than 10 minutes late will not be allowed to participate in that game's halftime routine.
2. Please be certain that your child has the proper uniform and all equipment. Should your child come to a game without the proper uniform and all equipment, she or he will **NOT BE ALLOWED** to play in the game, per **AYF Official Rules**.
3. There is to be no eating (except half-time snacks) **or drinking of anything other than water or sports drinks (no tonic or soda)**, during games. At the discretion of a Coach and/or Coordinator, any item, other than water, may be confiscated. If your child must eat, please advise his or her Coach prior to the game.
4. **No jewelry, glitter, artificial nails or nail polish may be worn.**
5. **No gum chewing.**
6. **Parents are not allowed to be on the field or in the practice area at any time** during practice or play, with the exception of an injury situation, and then only after the Head Coach requests the parent / guardian to come onto the field or practice area, per **AYF Official Rules**.

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UNIFORM RETURNS:

Football / Spirit:

Football / Spirit parents / guardians will be asked to sign an Equipment Issuance form. The Equipment Issuance Form contains the cost of replacing Rams football and cheerleading gear that is not returned in serviceable condition at the end of the season. Here is the replacement cost schedule for Rams football and cheerleading equipment for the 2011 Season.

Item	Manufacturer	Replacement Cost	Return to Rams
Helmet	Riddell	\$202	Yes
Game Shirt	ASA	\$60	No
Shoulder Pads	Riddle	\$52	Yes
Practice Shirt	ASA	\$35	No
Game Pants	Rawlings	\$32	Yes
Chin Strap	Riddle	\$12	No
Seven Pad Set	ASA	\$9	Yes
Belt	ASA	\$1	Yes
Mouth Guard	ASA	\$1	No
Total Replacement Cost per Football Player		\$404	
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Spirit Vest		\$50	Yes
Spirit Squirt		\$75	Yes
Total Replacement Cost per Cheerleader		\$125	

THINGS TO KEEP IN MIND

- Cheerleading squads that place in the Top 2 levels at the State Competition will be performing at the Regional Competition on Thanksgiving weekend. Therefore, practices will continue and the location may change. Football teams that advance to the Playoffs must be accompanied by the cheerleaders and will have practice at least once a week. This is regardless of their placement at the State Competition.
- Football teams that advance to the State Playoffs will continue to practice. Practice location may change. These playoff games are held during the week at night and could be anywhere within the State. Should a team advance to the Regional Playoffs, these games could be held out of State.
- If your child's team or squad wins at a Regional Competition or Playoffs, they could be going to the National Competition or Super Bowl. This event is usually held within the first or second week in December.
- Remember; Smoking and Alcohol is prohibited on school property along with bring pet to the fields.

WAIVER FOR PHOTO USE

This season, the Salem Rams Youth Football and Spirit intend to take photographs of the football and spirit participants during practices and games. It is our intention to have the ability to place specific photos on our website for all to view and enjoy. These photos may also be used to format a video of our 2011 season.

In order to comply with the rules and regulations of taking such photos of your child, as a parent or legal guardian, your permission must be given for said photos to be taken of your child.

Please sign below authorizing your child to be photographed during the upcoming season for use on our website or video as deemed necessary. You are not obligated to do so. Please circle one of the options below.

Yes, my child may be photographed during practices/games.

No, my child may not be photographed during practices/games.

Parent/Legal Guardian's Signature

Date

HAND BOOK ADDENDUM

Please Note: Any participant must be cut from the league that refuses or cannot furnish the four required items below per the NHYFSC State Board. The required forms are:

- Acceptable Copy of Birth Certificate
- Medical Release Form signed by Physician dated in 2011
- Two Acceptable copies of Report Card (all Four Quarters 2010 – 2011)
- Signed Parental Permission Form

Competition Advancement Rules & Conditions

Every football and spirit parent must sign this page addressing the Competition Advancement Rules and Conditions in order for His/her child to participate. Effective 2008, the following has been adopted into the Salem Rams By Laws for all Football Players and Cheerleaders regarding the advancement to Regional & National Competitions.

Please Read Carefully upon Registering Your Child!

State Competition:

A football team place 1st and/or cheerleading squad either places 1st or 2nd, they advance to the Regional events. At this time, we will begin to prepare ourselves for the possibility of advancing to the Nationals. There will be an emergency Board Meeting following the results of the State Competition to discuss travel arrangements and costs involved in advancing to the Nationals prior to the Regional Competition so everyone is prepared in the event any squad places 1st at the Regional Competition.

Regional Competition:

As in the past, those squads placing 1st or 2nd at the State Competition will advance to the Regional Competition. The Board will continue to fund the cost of the buses for transportation in order to get all the girls to the competition together. Hotel rooms will be reserved and paid for at the discretion of the Board as deemed necessary based upon the location of the Regional Competition and times of performance.

National Competition:

Effective 2009 1st and 2nd place teams will have the opportunity to attend the National Competition. This applies to football and cheerleading. In the event a squad places 1st or 2nd at the Regional Competition, advancing to Nationals, an emergency Board meeting will be scheduled to discuss and determine the total cost for the trip to Nationals. The Board will then determine what monies and funding are available in the budget to be used towards the National trip, followed by a Mandatory Parents Meeting to discuss advancement details to Nationals.

Parents will required to pre-pay a portion of the trip in a non-refundable amount of up to 100% of the total cost of airfare, hotel and ground transportation following the Regional Competition to aid in defraying the costs involved in advancing to the Nationals. The Executive Board reserves the right to alter or modify these terms as deemed necessary each year depending upon the location of the National Competition and its total costs per squad advancing on.

I have read and agree to the above rules and conditions of the Salem Rams and hereby register my son/daughter _____ for the 2011 Season.

Player – Parent Agreement Form

Thank you for your cooperation and participation in adhering to the above rules and regulations. Your help and support makes the Salem Rams season enjoyable for all!

Please feel free to contact any member of the Salem Rams Board, your child's Head Coach, Cheerleading Coordinator or Football Coach Coordinator should you have any concerns or questions.

Kindly sign, date, and return this page with other paperwork due prior to the beginning of the season.

We have read and understand this CHEERLEADER/FOOTBALL PLAYER & PARENT HANDBOOK

Child's Name: _____

Child's Signature: _____

Parent/Legal Guardian Signature: _____

Date: _____