

NORCHESTER REDKNIGHTS FOOTBALL AND CHEERLEADING INFORMATIONAL PACKET

This packet is designed to give you the parents some brief description and/or information to let you know what to expect this season. Please keep in mind that there will be other activities and events that may not be covered in this packet.

Our main goal and function of the Norchester Red Knights is to provide the best possible football and cheerleading learning environment. We seek to provide the best in coaching and training to allow each child to reach their greatest potential.

PRACTICES

We will be announcing the location of practices prior to the start of the season. Location has yet been determined by the OJR school district. Days and times may be changed based upon field assignments.

Football

Practices are Monday, Tuesday, and Thursday from 6-8 pm and Saturday from 9-11 a.m. **until** September 4th. After September 4th, practices will be Tuesday, Wednesday, and Thursday from 6-8 pm and Saturday from 9-11 am. The schedule will vary for flag football. Please see your particular coach for any variations to the above schedule. **(Schedule is subject to change)**

Cheerleading

Times are Monday, Tuesday, and Thursday from 6-8 p.m. **until** September 4th. After September 4th, practices will be Tuesday, Wednesday, and Thursday from 6-8 pm. The schedule and times will vary based on the coaches' discretion. Please see your particular coach for the schedule for your particular team. **(Schedule is subject to change)**

Weather

We will make every attempt to call off practices as early as possible in the event of inclement weather. Football practices may be held in the rain. Practices will be cancelled/postponed if there is thunder and/or lightning. We will continue to monitor practice once it has begun in case inclement weather is approaching. The nurse or assigned board member keeps on their person a lightening/thunder indicator. Practice is called off once the indicator signals an alarm within 10-12 miles. If bad weather has been predicted, please make sure that either you or someone else is available to pick your child up in case practice is cancelled once it has begun.

UNIFORM

Practice

The equipment manager will assign a date and time to hand out equipment. This is usually done approximately 1 week after practice begins. The equipment will consist of shoulder pads, helmet, hip pads, thigh pads, kneepads, butt pads for football.

Football parents are required to provide cleats, chin strap, mouthpiece (not clear), cup and jock strap, girdle if desired to place pads into, practice pants, practice jersey, tape, socks and t-shirt. (Most items are available at the team store).

Cheerleaders are expected to wear appropriate clothing to practice based on the weather. Please do not wear jeans or other pants with rivets or zippers, no strapless shirts or short-shorts. Clothing should not be baggy. No jewelry, watches, friendship bracelets, etc. are permitted. Cheerleaders will not be permitted to practice or participate in games if they are not wearing appropriate sneakers.

Games

Cheerleading

Cheerleading parents are required to provide bodysuit, sneakers, socks, bloomers, tights, and sweatshirt for 80, 100, 120, and 150 teams. All items should all be purchased through the team store, except for sneakers which we will have a fitting night in early August when all cheerleading sneakers will be ordered from the same vendor. For flag cheerleaders, the bloomers, tights, and socks can be purchased through the team store. Leather bobo's and a white turtleneck can be purchased at whatever store is most convenient (Wal-Mart has the sneakers for under \$15 typically). The cheerleading uniforms will consist of either a jumper or a skirt and vest depending on team, in addition to other pieces listed above.

Football

Game uniforms are handed out approximately 1-2 weeks before the 1st scheduled game or scrimmage. The football uniform will consist of game pants and jersey, as well as additional equipment listed above, for football players. The personalized game jersey will be purchased by the player and kept at the end of the season. Please bring all pieces of the uniform to every game. If a child is missing equipment or uniform pieces they may not be permitted to participate.

All uniforms and equipment are to be returned clean after the last scheduled game. Failure to return equipment will result in a fine of \$350.00. You will be notified of the equipment turn-in date.

NOTE: Your child will **not** be permitted to practice "hitting" drills or cheerleading stunting during practice without a valid physical.

BIRTH CERTIFICATE AND PHOTO ID'S

Norchester is required to keep a copy of each child's birth certificate on file in case there is a question about a child's age.

A photo ID is taken of your child when they play/cheer for the 80, 100, 120 or the 150 teams. The photo is good for 4 full years. At the time the photo is taken, you are **REQUIRED** to provide the **ORIGINAL BIRTH CERTIFICATE**. There will be **NO EXCEPTIONS !!!!!** Your child will be required to have a photo if it is their first year on a weighted team or if their previous photo is older than 4 years. The photo costs approximately \$2-3. You will be notified if your child is in need of a photo. The photos are typically taken at the South Coventry Township field (across from Bravo Pizza). You will be notified when the photos are scheduled. If you know that you will not be available on that particular day for the photo you will be required to travel to another team's field to have it taken.

The photo is used when the team weighs in to make sure that the correct child is playing on the appropriate football team.

The photo is used at check-in for cheering to make sure that the correct cheerleader is there at the game. A cheerleader may not be eligible to go to competition if she misses too many games. Please check with your specific coach for details.

NOTE: Your child will not be able to participate in a regular scheduled game without the photo ID (flag is excluded). The league representative retains all photos.

MEDICAL CONCERNS

We are very fortunate to have a wonderful medical staff. Jan Tayvinsky (nurse and board member) is very diligent in making sure that all children are provided medical care when needed. Jan and/or the other volunteer assistants will be at every practice and game. Any medical concerns with your child should be addressed with the medical staff. Please discuss with your child that if they ever experience a concern/injury that it is expected that they go to the nurse (if possible, make sure they tell the coach first)

* Make sure that your child brings a water bottle with their name on it.

* Check your child's nails to make sure that they are clipped short (nails do get ripped off during practices/games)

Please make sure that all the medical information including physicals are turned into Jan or Registration ASAP. Your child will not be permitted to practice in pads or play in games without a physical. This also includes cheerleading due to the stunting that is involved.

PRACTICES

All players and cheerleaders are expected to arrive on-time for every game and practice dressed appropriately and ready to begin. Practices begin promptly and start with warm-up and stretching exercises designed to prepare the children for the activities and prevent injury. If you are going to be late or miss a practice please notify your coach.

For cheerleading, if you miss the last practice before a game you may not be permitted to participate in that weekend's half-time. The routine and stunts are practiced that last practice night and the safety of the entire team is considered in making this decision. If too many games and/or practices are missed a cheerleader may not be allowed to participate in the cheerleading competition at the end of the season. More information on the competition will be discussed at the parent's meeting at the beginning of the season.

All children should be picked up promptly at the end of practice. If anyone other than the parents or guardian of a child is to pick up a child, please notify your coach in advance.

WEIGH- IN'S

Each football player (with the exception of flag players) will be weighed in prior to the start of each regular season game. The player must have their game shirt with them. The player may weigh in wearing only their "boxers". The player must either weigh the exact amount or less than the team that they are assigned too. Example: a 100 lb player can weigh a 100 lbs or less in order to participate in the game. The team typically weighs in about 45 minutes before the game begins. However, children that tend to be "heavy" may have the option to weigh in early. See your coach for specifics.

Players are permitted to gain 1 lb every other week.

If a player does not make weight, they are not eligible to play that game.

The older/lighter rule will apply to players that are eligible. Older/lighter players must weigh 20lbs less than the team that they are playing on. Ex: in order for an eligible 120 lb player to play on the 100 lb team, the player must weigh under 80 lbs. Please see league rep (Chris Galloway) or registration staff to discuss older/lighter option.

Please make sure that if your child did not eat anything before weigh-in that they are properly hydrated and eat something before they participate in the game. You should speak with the medical staff with questions and/or concerns.

Team weights do not apply to cheerleading and is only a team designation.

GAMES

You can locate the game schedule on the website at www.norchesterredknights.com.

We also will have a posting of the weekend game schedule on or near the concession trailer. Your child will receive a weekend game schedule including directions typically at Tuesday nights practice for that weekend's game.

You are expected to arrive at the time designated by your coach typically an hour to an hour and fifteen minutes before the game time for warm-ups and practices.

You will be able to see what team we will be playing against throughout the season by viewing the schedule online. However, you will not find game times. Game times are not issued until the week before the game. We are not able to find out game times for several reasons. The main reason is until the team rosters are "frozen" (usually mid September), we are not sure of how many teams there might be. Games can't be scheduled with times until we know whether we have or whether we will be playing against teams that have JV or C teams.

Typically, Flags, 80, 100 lb games are played on Saturday and typically, 120 and 150 games are played on Sunday. **However, all of this is subject to change.**

Home games are typically played at the South Coventry Township field (across from Bravo Pizza). We will sometimes play home games at the OJR stadium.

Directions for games can be found on the web site.

Pay attention to the announcement board for more details.

*******FOR THE SAFETY OF ALL – SMOKING AND PETS ARE NOT PERMITTED AT *****
PRACTICE FIELD OR GAMES**

SPORTSMANLIKE CONDUCT

All players, cheerleaders and parents are expected to conduct themselves in a manner becoming so that they fully represent the spirit of the Norchester league in a positive light. No un-sportsmanlike conduct will be accepted from anyone, this includes but is not limited to, hitting, spitting, name calling, foul or abusive language, talking negatively about another team or refusing to shake the other teams hands at the end of each game.

SAFETY

For everyone's safety no drills, hitting, or stunting should be preformed without your coaches' supervision at any time.

Cheerleading stunts include but are not limited to cartwheels, handstands, lifts and tosses. We believe in safety first with cheerleading stunting and do not take this lightly. We will not allow girls to attempt stunts beyond their skill sets. Anyone caught performing stunts without supervision may be prohibited from participating in a practice or a game. Please contact the Cheerleading Director for more information or any concerns you have.

TEAM INFORMATION

Bert Bell (the organization that we are under) will not allow our football teams to “split” until we have 35 players. Once a team has 35 or more players they may split to a Varsity and a JV Team. In order to “split” to a “C” team, the team must have 52 or more players.

Cheerleaders will also be split based on factors such as number of girls and available coaches. Once the boy’s teams are set the information on splitting will be communicated to the cheerleaders.

ROSTER

Once the roster “freezes” (typically 2nd week in September), a player may not be switched to any other team even if it is with in their weight class.

Game rosters for cheerleading will be based on age. Competition team rosters for cheerleading will be established based on ages and skill. More information on competition will be communicated by the coaches.

INFORMATION

We try our best to post any new information on a board located outside of the concession stand area. We also try to have our website up to date. Please let Larry Challenger know what you would like to see on the web to keep you informed.

CONCESSION/COMMODITIES

Norchester purchased a trailer that is used for food and clothing/team equipment sales. The trailer is run solely by Norchester volunteers. Please stop by and see what we have. We try to offer a large variety of items.

ALL PROCEEDS GO DIRECTLY TO NORCHESTER!!!!

FUND RAISING/VOLUNTEERING

- There are many different ways to volunteer your assistance. We are in constant need of people to help in the concession stand, help pick up trash after practices/games, assist with equipment, chain operation during games, security, first aid, team parent, computer work etc.
- Cakes and 50/50- We offer raffle tickets at each home game for a chance to win either a baked product or cash through a 50/50. Tickets are announced usually during half time. If you like to bake, this is a great way to complete your 2 hours of volunteering!!

We will be having several fund raising opportunities this year. Christine Deery will keep us informed in regards to fund raising activities.

- Please make sure that we are aware that you volunteered your services so that you can receive your \$75.00 check back.
- Christine Deery is the board member that takes care of all aspects of ways and means (for sale items, fund raisers, volunteers, concession, team photos). She has volunteers helping but could always use more (HINT... HINT)

SPONSORS

As with everything, the cost of equipment etc. continues to rise. By sponsoring, you continue to help the club purchase the best equipment for our players. See Louise Capaldo or Larry Challenger for more details.

HOMECOMING

Homecoming will take place at one of our home games. During homecoming, parents are invited to walk their child onto the field prior to the game when their name is announced. We also have the child participate in a balloon release to see whose balloon will travel the furthest. A homecoming queen/king is announced for each team (voted for by their team-mates). Other activities occur on this day to make it special for you and your child. Pay attention to the announcement board for more details.

PUMPKIN BOWL

The rival game of the year is the Pumpkin Bowl held at the end of October. We typically play against Lower Perk. The children usually play their hardest in order to win so that they can run the field with the trophy. Pay attention to the announcement board for more details.

TEAM PICTURES

We have a professional photographer come and take individual and team photos for purchase. We are trying to have this done on the same nights as practice. Pay attention to the announcement board for more details.

ANNUAL BANQUET

We have an annual banquet that takes place after the season is over. There is a minimal charge for players/cheerleaders. Trophies are given at the banquet. Pay attention to the announcement board for more details.

CAFFREY/SPIRIT AWARD

There are 2 awards given during the banquet. One is the Caffrey Award. This is given to a football player that shows a great love for the game by displaying sportsmanship and desire to achieve, even if he may not demonstrate the most superior football skills.

The Spirit Award is given to a cheerleader who demonstrates “true spirit” even if she may not demonstrate the most superior cheerleading skills.

JULY FOOTBALL AND CHEERLEADING CLINICS

We have had held football clinics for the past couple of years. Since we are not allowed in accordance to Bert Bell By-laws to officially begin practice until August 1st, we use conditioning clinics to help our players/cheerleaders prepare for the upcoming season. These clinics must be open to the public. Therefore, we allow any child interested in football and/or cheerleading to participate. The clinics typically take place in the beginning of July. Please visit our website at www.norchesterredknights.com to receive information.

If at anytime you are unsure of anything concerning football and/or cheerleading, please do not hesitate to contact and board member. We are here to help you and your child.

BOARD MEETINGS

Board meetings are held the 2nd Sunday of every month. The meetings begin promptly at 7:00 pm at the South Coventry Field House (across from Bravo Pizza) ALL PARENTS are encouraged to attend. This is a great way to know what is going on behind the scenes and what changes are being proposed. If you have any questions/concerns this is a great opportunity for your issues to be discussed.

Following is this year's board members. Please feel free to approach any of us to discuss any questions or concerns that you may have. We continue to strive to make this the best football/cheerleading organization. We are all parents of players and/or cheerleaders who volunteer our services. Like so many of you that volunteer, our payment is in the success of the program.

PLEASE JOIN US IN MAKING THIS OUR BEST SEASON YET!

IT WILL TAKE ALL OF US TO MAKE IT SUCCESSFUL!!!!

Larry Challenger – President

Louise Capaldo – Vice President

Carrie Worrell – Registration

Debbie Bissland – Secretary

Dave Hofmann – Treasurer

Christine Deery – Ways and Means

Chris Galloway – Athletic Director

Rob Devine – Facilities

Jan Tayvinsky – First Aid

Jim Deery – League Rep

Please accept our invitation to not only join in the volunteer work but also join in the fun.

Without all the volunteers including the coaches, the board and the parents who continue to give their time and support, there would not be a ...

NORCHESTER RED KNIGHTS ORGANIZATION

