

# COVENTRY PANTHERS

## Youth Football and Cheerleading



**2011**

## Parent/Player Handbook

### Our Mission

- To provide a well organized and implemented program that is appreciated and favorably received by the parents of the community.
- To provide a wholesome enjoyable experience of participating in football or cheerleading while teaching the basic fundamentals of the sport, teamwork, good sportsmanship, discipline and response to leadership.
- To encourage players to maintain satisfactory grades in school and to emphasize the importance of keeping a proper relationship and balance between scholastic and athletic endeavors.
- To provide a satisfying, rewarding experience for coaches, sponsors and those persons administering the program through their relationships in teaching and working with youth.

### Affiliation

Coventry Youth Football and Cheerleading Association (CYFCA) is a member of the Northern Connecticut Football League (NCFL) and operates under the NCFL By-Laws. The NCFL consists of 12 member organizations: Colchester (Cougars), Coventry (Panthers), Cromwell (Lions), Ellington (Roadrunners), Enfield (Ramblers), Portland (Panthers), RHAM (Rams), Stafford (Bulldogs), Tolland (Eagles), Tri-Town (Patriots), Windsor Locks (Jets) and WPTP (Hawks).

## 2011 Board of Directors

### Executive Board

President	Shawn Green	942-7182
Vice President	Sheri Cancelliere	478-3444
Treasurer	Ross Pease	202-8867
Secretary	Lisa Pease	989-7845

### Board Members

Registrar	Tim Liptrap	268-7384
NCFL Football Rep/ Football Coach Coordinator	Todd Cancelliere	922-8712
NCFL Cheerleading Rep/ Cheerleading Coordinator	Stacey Wells	713-3456
Equipment Manager	Matt McGonigal	748-0879
Field Manager	Chayne Hawkins	268-2130
Safety Officer	Mike King	982-9957
Concessions	Amanda Hawkins	268-4640
Sponsorship	John LeGrand	982-9508
Recruiting	Dave Pezzino	455-5140
Volunteer Coordinator	Dave Madsen	798-5389
Board Member	Dan Gagliardi	888-5157
Board Member	Chris Morin	716-3238
Board Member	Mark Carilli	617-4045

### Project Chairs

Fundraising	Lisa Pease	989-7845
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## Board Meetings

The Board meets the second Monday of every month. All meetings are held at Patriots Park Community Center in Coventry and begin promptly at 6:30pm. Please contact a Board Member if you are interested in attending. Meeting dates for 2011-2012 are as follows:

<u>Month</u>	<u>Date</u>
August 2011	8th
September 2011	12th
October 2011	10th
November 2011	14th
December 2011	12th
January 2012 (Annual Meeting)	9th
February 2012	13th
March 2012	12th
April 2012	9th
May 2012	14th
June 2012	11th
July 2012	9th

### Special Committee Meetings

Special committee meetings may be called as needed. Check our website at [coventryyouthfootball.com](http://coventryyouthfootball.com) or the announcement board at the Snack Shack for details.

### Football Head Coaching Staff

A Squad	Mike King	982-9957
B Squad	Todd Cancelliere	922-8712
C Squad	Ross Pease	202-8867
D Squad	Mark Carilli	617-4045

## Cheerleading Coaching Staff

A Squad	TBD
B Squad	TBD
C Squad	TBD
D Squad	TBD

## Football Player Age/Weight Requirements

A player's weight is determined by their stripped weight wearing only necessary clothing to permit the player to be in public view. Official weight shall be taken on Weigh-in Day on Saturday, September 10th. See page 11 for more details.

A player's age is determined by their age as of July 1st of the current year. High school students that are 13 years old are permitted to play in the NCFL.

Squad	Ages	Maximum Weight
D	6-7	105 lbs
C	8-9	120 lbs
B	10-11	145 lbs
A	12-13	185 lbs

## Cheerleader Age/Grade Requirements

A cheerleader's league age is determined by their age as of July 1st of the current year.

<u>Squad</u>	<u>Ages</u>
A	12-13
B	10-11
C	8-9
D	6-7

## Attendance

Attendance at all practices and games is expected. Players and cheerleaders should contact their Head Coach if they will be absent for any reason. Excused absences are allowed due to schoolwork, illness and immediate family obligations. Unexcused absences may affect game playtime. In addition, the Head Coach may request a meeting with the parents.

## Practice Schedules

The first day of practice will be Monday, August 1st, 2011. All practices will be held at Miller Richardson Park in Coventry.

All players and cheerleaders should be dressed appropriately and ready to go at the start of practice. Remember to bring your water bottles.

**Parents are required to remain at practice. If you need to leave, you must make sure the Coach or Team Parent knows you are leaving. It is imperative the Coach has a way to contact you in case of an injury or practice ends early due to inclement weather. In addition, please arrive promptly to pick up your children.**

Practice days and times are as follows:

### August 1st - August 26th

	Mon	Tues	Wed	Thu	Fri
Football	6p - 8p	6p - 8p	6p - 8p	6p - 8p	6p - 8p
Cheerleading	6p - 8p	6p - 8p	6p - 8p	6p - 8p	6p - 8p

### August 29th - October 28th

	Mon	Tues	Wed	Thu	Fri
Football		5:30p - 7:30p		5:30p - 7:30p	5:30p - 7:30p
Cheerleading		5:30p - 7:30p		5:30p - 7:30p	5:30p - 7:30p

Preseason scrimmages for football may be scheduled. These may be either home or away games. Coaches will notify players and parents as appropriate.

## Football and Cheerleading Uniform Rules

Practice end date may vary based upon final standings and playoff schedule.

In case of severe weather or unsafe field conditions, practices may be cancelled. In these instances, notification will be sent to parents via email. Head coaches will contact parents via telephone for those without email addresses on file.

### NCFL Game Times

Games are played on Sundays. Games are approximately 1 hour and 40 minutes long.

Football players and cheerleaders are required to arrive at least one hour prior to the game start time. This is for warm-up and practice with your squad. Cheerleaders arriving more than 15 minutes late to warm-up will not be allowed to participate at halftime.

Games times are as follows:

Squad	Game Start Time	Arrival Time
D	9:00am	8:00am
C	11:00am	10:00am
A	1:00pm	12:00pm
B	3:00pm	2:00pm

Games may be cancelled or game time changed due to weather or field conditions. Per NCFL Bylaws, the cancellation of an earlier games does not mean that all games are cancelled for that day. The decision to cancel a game may be made on site by game officials and/or members of each organization.

For game changes and/or cancellations, please check your email. Head coaches will contact parents via telephone for those without email addresses on file.

### Uniforms/Equipment Distribution

Uniforms and equipment will be distributed at the Parent/Player orientation. Parents and players/cheerleaders will be required to sign for all uniforms and equipment loaned out. **Uniforms/equipment will not be distributed without a parent/guardian signature.**

Football players and cheerleaders are loaned equipment and uniforms. These items are to be used during practices and games.

- Game uniforms are only to be worn during game and picture day.
- Football players are required to wear their game jerseys to Weigh-In Day.
- Game jerseys may be worn to school on Fridays before games, only if the Head Coach gives permission to the entire team.
- Cheerleaders may wear their uniforms to school on Fridays before games, only if their Head Coach gives permission to the entire team.
- If football players or cheerleaders stay late after a scheduled game, they must have a change of clothes as uniforms are not suitable for play outfits.
- Cheerleaders will not be able to visit the Snack Shack during their games (with the exception of a scheduled break).
- Cheerleaders, who are in uniform, must bring a non-staining drink to have while cheering.

### Football Uniforms/Equipment

Football players will be loaned the following equipment each season: helmet with chin strap and two ear pieces, shoulder pads, practice pants with belt, game pants with belt, game jersey, 2 thigh pads, 2 knee pads, 2 hip pads and 1 tail pad.

Football players will be given the following: one pair of game socks and one mouth guard. Additional mouth guards can be purchased for \$1.00. The mouth guard should be molded to fit correctly. If your child has orthodontics, please check with your provider as to the proper mouth guard to wear. Per NCFL rules, mouth guards cannot be clear or white.

Parents must supply football players with the following: athletic supporter, athletic cup, practice jersey, cleats and girdle. The league does have limited supply of girdles available on a first come first serve basis. Football players must be dressed appropriately for practices and games.

Those who fail to wear all of the proper equipment will not be allowed to practice or play in games.

## **Cheerleading Uniforms/Equipment**

Cheerleaders will be loaned the following each season: game skirt, vest and bloomers.

Cheerleaders will be given the following: game hair bow.

Parents must supply the following: a white turtle neck or mock shirt to wear under vest, white sneakers, racer bra (for A and B squads) and purchase the socks that are offered. CYFCA will make available for purchase warm-up outfits sometime during the month of August.

For practices, cheerleaders are required to wear cotton, polyester or nylon shorts (no jeans or jean shorts), t-shirts, sweatshirts (no hoods), sweatpants for cold nights, sneakers, socks and racer back bra (for A and B squads). Jewelry is not to be worn to practices or games.

Those who fail to dress appropriately will not be allowed to participate in practice or in games.

## **Uniforms/Equipment Returns**

Returns will be done at the end of participation or the end of the season, whichever comes first. Parents and players/cheerleaders are responsible for returning all loaned uniforms/equipment in good repair, clean and dry, neatly folded/placed in bags with your child's name and squad.

Any uniforms/equipment not returned, or returned damaged or dirty, will be billed to the parents directly. Outstanding balances will prevent players/cheerleaders from participating in the awards ceremony and registering for the following season.

Uniforms/equipment distribution and return dates will be posted in advance on our website, [www.coventryyouthfootball.com](http://www.coventryyouthfootball.com) as well as the announcement board at the Snack Shack and by the team Head Coach.

## **Early Withdrawals**

If your child no longer wishes to participate in the program, please notify the Head Coach and Registrar as soon as possible. All uniforms/equipment must be returned immediately. Parent will be held financially responsible for any items not returned. Registration refunds will not be given after 10 days of participation.

## **Injuries**

Safety is a top priority. Any football or cheerleading injury is taken seriously and will be treated as such. We encourage football players/cheerleaders to notify coaches immediately of any known injuries. If this occurs during practice, the coaches may advise further evaluation if necessary. If parents are not present, EMTs will be contacted and an adult will accompany the player to the hospital until a parent arrives. EMTs are present at every game. If the injury occurs at a game, the EMTs and coaches will triage the injury and take the necessary next steps if needed.

## **Parent/Guardian Requirements/ Volunteering**

Every parent/guardian is expected to set a good example of appropriate conduct. Parents/guardians are required to sign the Parents Code of Ethics and demonstrate this behavior.

Parents/guardians are required to support the CYFCA with their time. The Board requires each family to volunteer a minimum of five hours per season to help the program be successful. A Volunteerism Deposit of \$50.00 is due at the time of registration. Parents/guardians may sign up using the volunteer forms located at the snack shack or by contacting the Volunteer Coordinator. Volunteerism Deposits will be returned upon successful completion of the five hour requirement.

Parents/guardians must participate in the Take-A-Chance fundraiser. At orientation players/cheerleaders will be given a book of ten tickets for the Take-A-Chance fundraiser. Tickets are \$10 each and all tickets must be sold by the required cutoff date. This fundraiser is not optional. Profits from this event helps to support the program while keeping fees affordable.

## **Fundraising**

The Town of Coventry does not fund the CYFCA. We rely heavily on fundraising, combined with registration fees to support this program. CYFCA is financially responsible for insurance, referees, equipment maintenance, uniforms, awards and numerous fixed expenses. This program would not be possible without the support of our Panther Families.

This year our fundraisers will be the Take-A-Chance drawings. This fundraiser will begin on the first day of the season, August 1st. It will conclude on September 2nd. It is expected that each player/cheerleader will sell a minimum of 10 tickets.

If a player/cheerleader decides not to participate in the fundraiser, they will not be able to participate in games until fulfilling the requirement. We thank you in advance for your dedication, time and efforts.

## Snack Shack

The Snack Shack offers food items, snacks and beverages. It is staffed by parent volunteers. The Snack Shack is open every practice and on home game days. This is another revenue source for our program. All profits go directly back into the program to help cover expenses. The success of our Snack Shack is dependent upon our parent volunteers.

## Spirit Wear

Show your Panther Pride. T-shirts, sweatshirts, hats, magnets and other merchandise are available for purchase. Profits from merchandise sales go directly to the program. We keep prices affordable so that all may show their Panther Pride.

## Miller Richardson Park Rules

Miller Richardson Park is the property of the Town of Coventry. As such, we must abide by the park rules established by the Town.

- Smoking is prohibited in the park.
- Alcohol and drugs are prohibited.
- Dogs are not allowed at Miller Richardson Park.
- All trash must be removed or placed in the appropriate trash receptacles on the field.
- Please be sure to monitor children at all times. The parking lot is not a playground for children.

Anyone breaking the rules will be asked to leave the premises immediately. The Coventry Police Department will enforce the park rules.

Please help us in our responsibility to maintain the field and facilities that we use.

## Weigh-In Day—Football Players Only

Weigh-in day is a **mandatory** event for all football players. Each player is weighed to make sure they are in compliance for their squads weigh requirements. **Players must**

**wear their game jersey to weigh in.** The NCFL will oversee the weigh-in process. Failure to attend will result in a one game suspension. **Weigh-in day is Saturday, September 10th, 2011 at 8:00am.** Each team weighs in by squad at different locations. The locations for the 2011 weigh ins are as follows:

<b>A Squad</b>	<b>RHAM</b>
<b>B Squad</b>	<b>Ellington</b>
<b>C Squad</b>	<b>Colchester</b>
<b>D Squad</b>	<b>Windsor Locks</b>

## Picture Day

Picture day will be announced to parents and participants after the season starts. Football players and cheerleaders will report to Miller Richardson Park promptly at 9:00am. **Football players and cheerleaders must be in full uniform for photographs.** Parents will have the opportunity to Purchase individual as well as team pictures.

## Punt, Pass & Kick

The annual Punt, Pass & Kick competition will be held on Picture Day immediately following pictures. Recognition awards are given to the top placing players for each squad at the year end awards ceremony.

## Cheerleading Competition

A & B squads from all towns in the NCFL are eligible to compete. C & D squads will perform exhibitions. The host town will be announced during the season. This event is mandatory. Additional practices will be required. Dates and locations are still to be determined at this time.

## Football Jamboree - D Squad Only

A fun event for our D squad players. A daylong opportunity to scrimmage other towns in the NCFL. This is in place of “playoffs” for this age group. This is a mandatory event. This seasons host town is Windsor Locks. This event will take place on **Saturday, November 5th, 2011.**

## Playoffs and NCFL Championship

The NCFL is split into a Northern and Southern Conference. The top 4 ranked towns in each conference, as determined by regular season play, will qualify for the playoffs.

Playoff format is as follows:

**Round 1** - 1st vs. 4th and 2nd vs. 3rd Northern Conference  
1st vs. 4th and 2nd vs. 3rd Southern Conference

The hosting first place team will host all A, B & C 1st vs. 4th games. The second place team will host all A, B & C 2nd vs. 3rd games.

**Round 2** - Conference Championship will be held between the 2 remaining winning teams from Round 1 for each conference. The higher ranked team will be considered the home team. This game will be hosted by the highest remaining ranked team based on the rotating schedule in F-3-b of the NCFL Bylaws. This town would host the A, B & C Conference Championship games.

**Round 3** - NCFL Championship will be held between the 2 remaining winning teams from each conference. The higher ranked team will be the home team. The game will be hosted per vote at the September NCFL meeting.

Football and cheerleading squads which qualify for the playoffs will continue to practice for post-season play. Your Head Coach will communicate specific details to you.

## Awards Ceremony

CYFCA hosts an end of the year awards ceremony for all football players and cheerleaders who finish the season. As the season progresses the date of the awards ceremony and location will be announced. All players/cheerleaders and their families are welcome to attend. It is a great day of recognition, food and fun. Look for updates on our website.

## Directions to Playing Fields

**COVENTRY** - Miller Richardson Park, Rt. 31 Coventry, CT

From Hartford: Route 84 East to Route 384 East. Take 384 East until it ends bear left onto Route 44 East. At fourth traffic light (by Highland Park Market) take right onto Route 31. Stay on route 31 for approximately 5 miles. Miller Richardson Park is on the right.

**COLCHESTER** - Old Hartford Road, Colchester, CT

From Coventry - Route 44 W to Route 85 South. Take Route 85 South through Amston into Colchester. At light, turn right. Bear left at fork (near police station) onto Old Hartford Road. Football field is on right.

**CROMWELL** - Pierson Park, Rt 372 Cromwell, CT

From Coventry- Take Route 91 South to Exit 22S, Rt-9 South, (Left Hand Exit). On Rt.9 South take Exit 19, Rt 372 West Street. At the light take a left onto Rt 372 heading East. Follow approx 1.5 miles. Pierson Park is on the right, just before police station.

**ELLINGTON** - Brookside Park, Route 140, Ellington, CT

From Coventry - Route 44W to Route 31. Left onto Route 74 West to Route 83 North to Ellington (Route 83 turns to the left in Vernon/Rockville). Take left onto Route 140 West. Brookside Park is approximately 2 miles on right.

**ENFIELD** - Enfield High School, 1264 Enfield Street, Enfield, CT

From Coventry - Take Route 91 North. Take Exit 46, King Street. Top of ramp take right on Rt. 5 North. Follow for 2 miles passing 5 lights. At 5th light the Enfield Congregational Church will be on your right. Enfield HS driveway will be two houses up on the left. Take first right down the driveway and follow around school down to fields,

**PORTLAND** - 7 Middlesex Ave, Portland, CT

From Coventry - Take route 66 West to end. Take a right onto Route 17A (Main St.) go three lights and turn left (behind Brown Stone School). Agogliati Field is on the right after the fire station.

**RHAM** - East Street Sports (Burnt) Complex, Hebron, CT

From Coventry - Take Route 66 to Hebron Center. Turn right onto Route 85. Stay on Rt 85 approx 1 mile. Take slight right onto East Street. Facility is approx. .7 miles on your right. There is a blue house just after the driveway. Follow the driveway into the back area of the complex.

**STAFFORD SPRINGS** - Olympic Ave, Stafford Springs, CT

From Coventry - Take Route 32 into Stafford Springs. Once in center of town (rotary with statue) travel approximately 1 mile then take a right onto Olympic Avenue (across from Getty station). The field is at the end of this road.

**TOLLAND** - Tolland High School, Old Cathole Rd, Tolland, CT

From Coventry - Follow Route 195 into Tolland. Go to stop light at Tolland Green, take a right onto Old Post Road. Go to end of road and take a right onto Route 74. Road curves to the left, take first right onto Old Cathole Road. Go approximately 1/4 mile. Turn right into Tolland Middle School and take 1st driveway leading into school and go straight back towards fields.

**TRI-TOWN** - Warrenville Rd, Route 89, Mansfield, CT

From Coventry -Take Route 195 into Storrs. Go through UCONN campus several miles. Take a left at traffic light onto Route 89. Go about 1 mile and field is on the right.

From East Brook Mall direction on 195 take a right onto Route 89, field is about one mile on right.

For GPS navigation use address: 134 Warrenville Rd.(Route 89) Mansfield, CT 06250

**WINDSOR LOCKS** –Suffield High School, 1060 Shelton Street, West Suffield, CT

From Coventry - Take 384 West to 291 West to 91 North. Take Exit 47W off 91 North. Turn left on East St. N/CT-159. Turn right onto Bridge St. Go 2 miles and turn right onto South Main St. CT-75. Turn quick left onto CT-168 Mountain Rd. Go 1.5 miles and turn left onto Sheldon St. CT-187. Field is on the right,

**WPTP (Putnam)** - St. Marie Greenhalgh Complex 33 Wicker Street, Putnam, CT

From Coventry-Take Rt 44 toward Mansfield/Eastford. Take left onto Rt. 198. Take right onto Rt. 244. Follow 6.5 miles and Rt. 244 turns back into Rt. 44. Follow Rt. 44 for 3.5 miles and take a right onto Sabin St. (Sabin is the first left after Day Kimball Hospital). Take your first right onto Recreation Drive. Take first left onto Keech St. Field is on the left.

## 2011 Game Schedule

Game Date	Home	Visitor
September 3rd	Ellington	COVENTRY
September 11th	COVENTRY	WPTP
September 18th	Stafford	COVENTRY
September 25th	COVENTRY	Windor Locks
October 2nd	RHAM	COVENTRY
October 9th	Colchester	COVENTRY
October 16th	Cromwell	COVENTRY
October 23rd	COVENTRY	Portland
October 30th	COVENTRY	Tri-Town

**THANK YOU TO ALL PARENTS AND PLAYERS  
FOR YOUR CONTINUED COOPERATION AND  
SUPPORT**

Stay up to date on CYFCA events via our website:

[www.coventryyouthfootball.com](http://www.coventryyouthfootball.com)

**Go Panthers!!!!**