

Valrico Rams Code of Conduct for Parents and Guardians

As a parent of the Valrico Rams, you will be responsible for maintaining a high standard of respect and courtesy throughout the entire season. The success of our program depends on the standards we have set for our parents. Please read the following and sign below.

As a parent or guardian I agree to abide by the following guidelines. I also understand that should I not follow the guidelines as set forth below, I can be asked to leave the field and/or the league.

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators at all times.
- Understand that all coaches and administrators are volunteers who have shown an interest in improving my child's football or cheerleading skills through a fun environment.
- Support the coaches, officials, and administrators in any decision that is made whether I agree with it or not.
- Remember the game is not just about winning, but about learning.
- Treat other players, coaches, game officials, administrators, and fans with respect on and off the field.
- Always be positive and support all players and cheerleaders.
- Always allow the coach to make the final decision.
- Not argue with the opposing team's parents, players, coaches, or officials.
- Not criticize the officials.
- Remain in control of my actions at all times.
- Remember the game is for the children, not the adults.
- Never use abusive or insulting language or gestures at any time.
- Not smoke or use alcohol on the premises at any time (smoking is permitted outside of the gate).
- Participate in all fundraising activities to support the organization.
- My child will have a parent or guardian with them at the field at all times. Dropping off my child is unacceptable for any reason. The authorities will be contacted if necessary.

Financial Information

- No player or cheerleader will be issued a uniform or any associated equipment until ALL registration paperwork and /or fees, of any kind, are satisfied.
- Parents are financially responsible for uniforms and equipment assigned to their child and will be expected to pay replacement costs if lost, stolen, misplaced or not turned in by the designated turn-in day or for any non-game day related damages. A \$30.00 late fee will be charged on a monthly basis until the product is replaced or paid for in full.
- There are additional costs which could be incurred by parents in addition to registration. These include, but are not limited to, credit card processing fees, shoes, gym & competition fees, award banquet ticket(s), yearbooks, dedications and pictures, gate admissions, fundraising projects & Regional/National/Global championship fees.
- Insurance is provided through the conference only as a supplementary policy to your own medical coverage. If it should become necessary, you must file first with your personal insurance company. The Athletic or Cheerleading Director will provide you with a League form if necessary.
- Returned checks will be assessed an additional fee of \$40.00. The check will need to be replaced with cash or cashier's check for that season. After two checks have been returned, only cash or cashier's check will be accepted.
- If legal action is necessary to retrieve Rams property (uniforms or equipment) then all expenses including all legal fees are to be paid by the parent or guardian.

Refund Policy

In order to be added to the roster, a non-refundable deposit of \$150.00 for Football and \$150.00 for Cheerleading is required. A partial refund may be requested up to 3 weeks after the Fall Season has begun (August 1). A Refund Request Form must be completed and returned to the Treasurer, Registration Director and the Athletic or Cheer Director.

Season Schedule Outline

We are proud members of Pop Warner and the Foundation for Youth Development (FYD) program. Which means that we operate by a certain set of rules and regulations that are dictated by the Pop Warner Handbook. The Executive Board Members of FYD are the ones who set the schedule (locations, dates, times and opponents). That is out of the control of the Valrico Rams representatives. On occasion, the Athletic Director may set up a scrimmage outside of the Pop Warner season but it is not intended to count towards the regular season schedule. The practice season will typically start on August 1st with a 9 week game schedule. There is an opportunity for advancement which could prolong the season.

Acts of God

The Valrico Rams Organization is currently located on a County owned park. The County representatives will sometimes make a determination they feel is in the best interest of the community which could include reducing park hours, closing the concession stand or closing the park altogether. For that reason, should the County representatives determine that we are unable to hold any event at this location, the Valrico Rams Organization shall not be held liable.

Volunteer Commitment

All parents or guardians will be required to perform a minimum of 16 total hours per family (6 practice and 10 game day). Teenagers 16 and older may complete volunteer hours, excluding money handling positions (concessions, gate, and fundraising). Volunteer duties for practice and game days include but are not limited to: field maintenance, front gate, fundraising, concession, set-up and tear-down on game days, janitorial services and as needed duties assigned by the Executive Board. Volunteers will be required to find their own replacements should they not be able to fulfill their scheduled time slot for any reason, with their team parent/coach's approval. There is a buyout program for parents who are unable to volunteer. The cost to buyout of the volunteer hours is \$200.00. For more details, please contact the Volunteer Director at volunteer@valcorams.org.

ANY PARENT/GUARDIAN THAT DOES NOT PARTICIPATE IN THE VOLUNTEER PROGRAM WILL BE SUBJECT TO PENALTIES ESTABLISHED BY THE ORGANIZATION AND/OR THE LEAGUE.

Parent Name _____

Parent Signature _____

Player(s) Name(s) _____

Date _____

INFORMED CONSENT AND GENERAL RELEASE

I hereby acknowledge and give permission to the Valrico Rams Youth Sports, Inc. ("Valrico Rams") and any of their designees, to take still photographs, video and audio recordings of my child(ren) and/or myself in the course of games, competitions, practices and other activities, and therefore grant the Valrico Rams the right to use our names, likenesses or sounds in connection with the exhibition, advertising, fundraising, selling or publicizing of any pictures, video/ and or audio sound. I agree that I will not assert or maintain any claim, action, suit or demand of any kind against the Valrico Rams or their designees including but not limited to those based upon invasion of privacy, rights of publicity or other civil rights, or for any other reason in connection with the Valrico Rams' use of our names, likenesses and/or sounds.

I further agree to indemnify and hold harmless the Valrico Rams or any of their designees, for any loss, liability, damage, cost or expense which may incur as a result of any injury or property damage I or my child may sustain while participating in any activity.

I agree to comply with the Valrico Rams' customary terms and conditions for participation according to the Valrico Rams.

I agree

I do not agree

I have read this INFORMED CONSENT AND GENERAL RELEASE, and fully understand its terms, that I give up substantial rights by signing it, and sign it voluntarily.

First athlete's name

Second athlete's name

Third athlete's name

Parent/Guardian Name

Parent/Guardian Signature

Date: _____

HEADS UP CONCUSSION

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

OBSERVATIONS BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can't recall events prior to or after a hit or fall.

SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or "pressure" in the head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

WHAT ARE SOME MORE SERIOUS DANGER SIGNS TO LOOK OUT FOR?

In rare cases, a danger is blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil is larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away. Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

WHAT SHOULD I DO IF MY CHILD OR TEEN HAS A CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child or teen's health care provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.
4. Ensure that they follow their coach's rules for safety and the rules of the sport.
5. Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.
6. The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
- Work with their coach to teach ways to lower the chances of getting a concussion.
- Tell your children or teens that you expect them to practice good sportsmanship at all times

When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

Student/Athlete Signature

Student/Athlete Name (printed)

Date

Parent/Guardian Signature

Parent/Guardian Name (printed)

Date

To learn more go to... JOIN THE CONVERSATION @ www.facebook.com/cdheadsups



2023 Sizing Sheet

Throughout the season, many clothing items are ordered for the cheerleaders. The size sheet is what we will use to order clothing items, uniforms, competition shoes, etc.

Please make sure these sizes are accurate. If a size changes mid-season, please ask to update your cheerleader's sizing sheet. **You are responsible for sizing updates; we will not ask for them.**

Cheerleader's Name: _____

*Circle one size for each item below:

YXS (4/5) YS (6x) YM (7/8) YL (10/12)

T-Shirt/Tank Size: YS YM YL S M L XL 2X

Leggings Size: YS YM YL S M L XL 2X

Shorts Size: YS YM YL S M L XL 2X

Jacket Size: YS YM YL S M L XL 2X

Shoe Size: _____

*NOTE: Cheer shoes have unique sizing. We will use this size to match to the sizing chart for cheer shoes so those are the correct size. Please provide the shoe size of a regular pair of shoes that fit well.

Sizes provided by (Print Name): _____

Signature: _____ Date: _____



2023 Attendance Agreement

Practice:

- * Practice days for the Fall season are Monday, Tuesday and Thursday starting August 1st
- * Tiny Mites practice 6:30-8:00pm and all other teams practice 6:30-8:30pm * Any changes to the normal practice schedule will be posted on the calendar in GroupMe
- * 80% practice attendance is mandatory per Pop Warner for eligibility to cheer at games
- * Cheer is very much a team sport. The absence of even one girl throws off an entire practice
- * 90% practice attendance is mandatory during competition season for eligibility to compete
- * Girls are expected to be ready to enter the field at 6:30pm
- * Every cheerleader MUST bring a refillable water to all practices, clinics and events

Games:

- * Report times will be strictly adhered to. Please arrive on time!
- * Only girls with 80% practice attendance will be eligible to cheer in games
- * Cheering at football games is mandatory and does determine eligibility for competition
- * All game dates, locations and report times will be posted in the GroupMe calendar

Competition:

- * All competition dates, locations and report times will be posted in the GroupMe calendar
- * A parent/guardian must be on site for each cheerleader for the duration of competitions
- * Hair/makeup requirements will be posted in team GroupMe groups
- * Only cheerleaders with 90% practice and 80% game attendance will be eligible to compete

By signing below, I acknowledge that:

- I have read and understand the expectations and commitments listed above and agree to adhere to those at all times.
- Excused absences are sickness or injury with a doctor's note
- I understand that the failure of compliance with this agreement could result in my cheerleader's ineligibility to participate and/or removal from the team.
- I understand that there is a strict 80% minimum attendance rule
- I understand that attendance is tracked and recorded

Signature _____ Date _____