

HANOVER JR. WILDCATS FOOTBALL & CHEER
PARENT HANDBOOK

2017

Board of Directors

President-Jim Arvia
hjwpresident@gmail.com
312-286-7696

Vice President-Greg Sheppard
hjwvicepresident@gmail.com
219-741-9558

Secretary-Angel Hoover
hjwsecretary@gmail.com

Treasurer-Allie Larocca
hjwtreasurer@gmail.com

Business Manager-Amanda Robson
hjwbusinessmanager@gmail.com

Football Commissioner-Jim Zerby
hjwfootballcommissioner@gmail.com
219-310-9442

Cheer Coordinator-Jess Payne
hjwcheercoordinator@gmail.com
708-227-9641

Equipment Manager-Sean Hoover
hjwequipmentmanager@gmail.com

Fundraising Coordinator-Tina Switzer
hjwfundraisercoordinator@gmail.com
219-577-6233

Safety Coordinator-Don Scott
hjwplayersafety@gmail.com

Marketing Director-Kristin Zuzich
hjwmarketingdirector@gmail.com
219-671-0475

Concession Manager-Toni Moen
hjwconcessions@gmail.com

Board Member at large-Danielle Howes

info@hjwfootball.com

Welcome Families to the 2017 Hanover Jr Wildcats Football and Cheer Fall Season! We are more excited than ever to be not only entering our 7th Season as a League but also to be entering our first year of our affiliation with the United Youth Football League (UYFL) and the Greater Hoosier Conference! Thanks for being a part of your Hanover Community Youth Sports organization!

MISSION

Hanover Jr. Wildcats Football Inc. was formed in 2011 to provide the parents and children of Hanover Township an opportunity to join a program that will enable young people to benefit from participation in team sports and activities in a safe and structured environment. Through this active participation, our programs teach fundamental values, skills and knowledge that young people will use throughout their lives. Our goal is to continue to fundraise and gain community involvement in order to build a successful program year after year and also be the feeder program for the Middle School and Varsity High School programs for both Football and Cheer.

CONDUCT:

At any Hanover Jr. Wildcats Football event, practice or competition, any person who verbally abuses or attempts to intimidate, is flagrantly rude, cannot control their language or actions with an official, coach, or UYFL volunteer will be immediately removed from the event along with their child(ren) and issued a written warning regarding their behavior. Any person who commits a second similar offense will be banned from all Hanover Jr. Wildcats Football and UYFL events, along with their child(ren) for the remainder of the season. Any person who physically assaults an official, coach, board member or UYFL volunteer will be banned from UYFL for one year. After one year the person may apply for re-instatement of his/her child

(ren). If the person commits a second offense, he/she with their child (ren) will be permanently banned from UYFL.

CONCUSSION RULE:

In continuing efforts to provide the safest playing environment for our young athletes and in light of developing concussion research, the following rules must be adhered to at all practices throughout the season.

No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (Having two linemen in stances immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead in to each other are both permitted.) However, there should be no intentional head-to-head contact!

The amount of contact at each practice will be reduced to a maximum of 1/3 of practice time (either 40 minutes total of each practice or 1/3 of total weekly practice time). In this context, "contact" means any drill or scrimmage in which drills; down line vs. down line full-speed drills; and scrimmages.

Injured Player: Once removed by reason of injury, a player shall not re-enter the game without the approval of a currently certified EMT, paramedic, a person certified in First Aid and Safety or available licensed physician who is not a parent/guardian of the player.

PARENT RESPONSIBILITIES:

- *Provide transportation to and from games.
- *Ensure your child is present at all games and practices.
- *Notify coaching staff if your child will not be at a game or practice.
- *Provide all necessary paperwork at equipment pick-up or before start of first practice, including previous year's report card.
- *Remain in the stands or behind gated areas at Hanover Central during games; parents are not allowed to be on the field during games or practices. Only registered volunteer permitted on field with the children. Team moms will be responsible for water and bathroom breaks
- *If coaching, certification and background check must be completed by 7/31.

- *All coaches responsible for USA Football Certification.
- *All head coaches must take online Concussion Course
- *Anyone rostered as a Head Coach or Assistant Coach must complete the YCADA training through USA Football before 7/31 practices. If not complete, coach unable to participate in practices or games with the team.
- *Team moms must have background check completed.

HOW TO REPORT CONCERNS:

If a parent has a concern pertaining to the league, the proper chain of command is as follows:

1. Notify head coach
2. If head coach is unable to resolve, contact the football or cheer coordinator.
3. If steps 1 and 2 prove unsuccessful, contact President Jim Arvia. If necessary, a board discussion and/or vote will take place regarding the concerns. A decision voted upon by the Board of Directors will be final.
4. Do not go to UYFL directly with any complaints, as they will direct parents to first use the proper chain of command as set forth by the league.

UNIFORM REQUIREMENTS AND RESPONSIBILITIES:

Hanover Jr. Wildcats Football will provide the following uniform items. These items must be returned at the end of the season (or purchased if desired or item is lost/damaged).

- *Helmet
- *Shoulder pads
- *Game jersey
- *Game pants
- *7-piece pad set (2 hip, 2 thigh, 2 knee, butt)
- *Belt
- *Socks (not to be returned, but must be purchased separately if provided pair is lost or damaged mid-season, as they are required at game time)

Parents are required to purchase and provide the remaining required uniform items.

- *Cleats-must be predominantly BLACK. NO EXCEPTIONS!!
- *Mouth piece-must be colored (no clear) and have attached strap
- *Girdle-available for purchase of \$10
- *Practice jerseys
- *Optional eye black stickers (no logos or writing permitted)
- *Optional helmet shield (must be clear)

Hanover Jr. Wildcats Cheer will provide the following uniform items. These items must be returned at the end of the season (or purchased if desired or item is lost/damaged).

- *Shell
- *Skirt
- *Middie top (not to be returned)
- *Spanks (not to be returned)
- *Socks (not to be returned)
- *Shoes (not to be returned)
- *Bows (not to be returned)
- *Poms (not to be returned)
- *Cheer bags (not to be returned)

ALL UNIFORM REQUIREMENTS MUST BE UPHELD OR YOUR PLAYER WILL NOT BE ABLE TO PARTICIPATE IN WEEK'S GAME!!

ATTENDANCE:

Attendance will be taken at each practice during the season. Only excused absences with a doctor's note will be accepted. Exceptions will be made for deaths in the family. All other absences will be unexcused and will result in limited and/or no play time for that week.

- * 1 missed practice for the week=minimum plays required only
- *2 missed practices for the week=player unable to play until doctor provides medical release

Ten (10) hours of conditioning are REQUIRED before a player can dress in full equipment!

All medical releases must be turned in prior to practice beginning on July 31st. ABSOLUTELY NO EXCEPTIONS WILL BE MADE!!

HOME GAMES:

Games will be played at **Hanover Central High School**. In the event the field does not hold up due to weather or wear and tear, they will be moved to Hanover Middle School. This will be determined on a week to week basis. There will be a **\$2 charge** per adult for admission. Kids will be admitted for free.

TEXT NOTIFICATIONS:

We utilize Text Notifications. This will help to get information out to the league quickly in the event of a practice/game cancellation or change.

Enrollment Instructions:

1. Open a new text message.
2. In the phone number field, enter 36000
3. In the body of the message, enter keyword HJW (no spaces)
4. Press send
5. You will receive a message asking you to reply
6. Type the letter Y
7. Press send
8. You will receive two messages confirming your participation

PRACTICE SCHEDULE:

Practices will be held at Hanover Middle School at 10631 W 141st Ave, Cedar Lake, IN 46303.

Practice schedule is as follows:

PRACTICES BEGIN MONDAY, JULY 31ST

Week of July 31st:

Football:

Monday 7/31: 5:30p-8:00p HELMET & SHORTS

Wednesday 8/2: 5:30p-8:00p HELMET & SHORTS

Thursday 8/3: 5:30p-8:00p HELMET & SHORTS

Saturday 8/5: 9:30a-12:00p HELMET & SHORTS

Cheer:

Monday 7/31: 5:30p-7:30p

Saturday 8/5: 9:30a-11:30a

Week of August 7th:

Football: **(FULL PADS FROM TODAY FORWARD IF 10 PRACTICE HRS. MET)**

Monday 8/7: 5:30p-8:00p

Wednesday 8/9: 5:30p-8:00p

Thursday 8/10: 5:30p-8:00p

Saturday 8/12: **MANDATORY WEIGH-INS-LOCATION AND TIMES TBD**

Cheer:

Thursday 8/10: 5:30p-7:30p

Saturday 8/12: **MANDATORY WEIGN-INS/ID's-LOCATION AND TIMES TBD**

Week of August 14th: (REDUCED PRACTICES BEGIN FOR FOOTBALL)

Football:

Monday 8/14: 5:30p-8:00p (Jane Ball Kindergarteners excused for orientation)

Wednesday 8/16: 5:30p- 7:30p

Thursday 8/17: 5:30p-7:30p

Saturday 8/19: **GOLF OUTING-no practices**

Cheer:

Wednesday 8/16: 5:30p-7:30p

Thursday 8/17: 5:30p-7:30p

Saturday 8/19: **GOLF OUTING-no practices**

Week of August 21st:

Football:

Monday 8/21: 5:30p – 7:30p (no practice Saturday)

Tuesday 8/22: 5:30p-7:30p

Thursday 8/24: 5:30p-7:30p

Sunday 8/27: **OPENING DAY! GAME TIMES/LOCATIONS TBD**

Cheer:

Tuesday 8/22: 5:30p-7:30P (No Practice Saturday)

Thursday 8/24: 5:30p-7:30p

Sunday 8/27: **OPENING DAY!** GAME TIMES/LOCATIONS TBD

Week of August 28th:

Football:

Tuesday 8/29: 5:30p-7:30p

Thursday 8/31: 5:30p-7:30p **PICTURE DAY**

Saturday 9/2: 9:30a-11:30a

Sunday 9/3: GAME TIMES/LOCATIONS TBD

Cheer:

Thursday 8/31: 5:30p-7:30p **PICTURE DAY**

Saturday 9/2: 9:30a-11:30a

Sunday 9/3: GAME TIMES/LOCATIONS TBD

Week of September 4th:

Football:

Tuesday 9/5: 5:30p-7:30p

Wednesday 9/6: 5:30-7:30p

Saturday 9/9: 9:30a-11:30a

Sunday 9/10: GAME TIMES/LOCATIONS TBD

Cheer:

Wednesday 9/6: 5:30p-7:30p

Saturday 9/9: 9:30a-11:30a

Sunday 9/10: GAME TIMES/LOCATIONS TBD

Week of September 11th:

Football:

Tuesday 9/12: 5:30p-7:30p

Thursday 9/14: 5:30p-7:30p

Saturday 9/16: 9:30a-11:30a

Sunday 9/17: GAME TIMES/LOCATIONS TBD

Cheer:

Thursday 9/14: 5:30p-7:30p

Saturday 9/16: 9:30a-11:30a

Sunday 9/17: GAME TIMES/LOCATIONS TBD

Week of September 18th:

Football:

Tuesday 9/19: 5:30p-7:30p

Thursday 9/21: 5:30p-7:30p
Saturday 9/23: 9:30a-11:30a
Sunday 9/24: GAME TIMES/LOCATIONS TBD

Cheer:
Thursday 9/21: 5:30p-7:30p
Saturday 9/23: 9:30a-11:30a
Sunday 9/24: GAME TIMES/LOCATIONS TBD

Week of September 25th:

Football:
Tuesday 9/26: 5:30p-7:30p
Thursday 9/28: 5:30p-7:30p
Saturday 9/30: 9:30a-11:30a
Sunday 10/1: GAME TIME/LOCATION TBD

Cheer:
Thursday 9/28: 5:30p-7:30p
Saturday 9/30: 9:30a-11:30a

Week of October 2nd:

Football:
Tuesday 10/3: 5:30p-7:30p
Thursday 10/5: 5:30p-7:30p
Saturday 10/7: 9:30a-11:30a

Cheer:
Thursday 10/5: 5:30p-7:30p
Saturday 10/7: 9:30a-11:30a

Week of October 9th:

Football:
Tuesday 10/10: 5:30p-7:30p
Thursday 10/12: 5:30p-7:30p
Saturday 10/14: 9:30a-11:30a
Sunday 10/15: GAME TIMES/LOCATIONS TBD-**END OF REGULAR SEASON**

Cheer:
Thursday 10/12: 5:30p-7:30p
Saturday 10/14: 9:30a-11:30a
Sunday 10/15: GAMES TIMES/LOCATIONS TBD-**END OF REGULAR SEASON**

Week of October 16th:

Football:

Tuesday 10/17: 5:30p-7:30p

Thursday 10/19: 5:30p-7:30p

Saturday 10/21: 9:30a-11:30a

Sunday 10/22: GAME TIMES/LOCATIONS TBD-**PLAYOFFS BEGIN**

Cheer:

Thursday 10/19: 5:30p-7:30p

Saturday 10/21: 9:30a-11:30a

Sunday 10/22: GAME TIMES/LOCATION TBD-**PLAYOFFS BEGIN**

Week of October 23rd (if teams advance):

Football (if teams advance):

Tuesday 10/24: 5:30p-7:30p

Thursday 10/26: 5:30p-7:30p

Saturday 10/28: 9:30a-11:30a

Sunday 10/29: GAME TIMES/LOCATIONS TBD-**2ND WEEK OF PLAYOFFS**

Cheer (**practices remain through end of competition**):

Tuesday 10/24: 5:30p-7:30p

Thursday 10/26: 5:30p-7:30p

Saturday 10/28: COMPETITION

Sunday 10/29: GAME TIMES/LOCATIONS TBD-**2ND WEEK OF PLAYOFFS**

Week of October 30th:

Football (**if teams advance**):

Monday 10/30: 5:30p-7:30p

Thursday 11/2: 5:30p-7:30p

Saturday 11/4: 9:30a-11:30a

Sunday 11/5: GAME TIMES/LOCATIONS TBD-**STATE CHAMPIONSHIP**

Cheer (**practices remain through end of competition**):

Monday 10/30: 5:30p-7:30p

Thursday 11/2: 5:30p-7:30p

Saturday 11/4: COMPETITION

Sunday 10/29: GAME TIMES/LOCATIONS TBD-**STATE CHAMPIONSHIP**

IMPORTANT DATES

Monday, July 31: PRACTICES BEGIN. ALL MANDATORY PAPERWORK MUST BE TURNED IN FOR PLAYER TO BEGIN PRACTICES!!! NO EXCEPTIONS!! ALL COACHING CERTIFICATIONS MUST ALSO BE SUBMITTED!

Saturday, August 12: Mandatory weigh-ins and ID Day! Location and time TBD, but keep this date saved as it is very important that all players/cheerleaders and coaches are in attendance!

Saturday, August 19: 6th Annual HJW Golf Outing!

Saturday, August 26: Parade day! Time and route TBD. We will also be hosting our HJW board/coaches versus police and fire flag game at the middle school after the parade! Stay tuned form more information!

Sunday, August 27: OPENING DAY!!

Thursday, August 31: Picture Day! Please have your player uniform ready at practice. Order forms to be handed out at upcoming practice.

October 15th: Last week of Regular Season Football

October 22nd: First Week of Playoffs - TBD

October 29th: Second Week of Playoffs - TBD

November 4th: State Championships - TBD

Regional Championships - TBD

October 28th: Cheer Competition—location and times TBD

November 4th: Cheer Competition—location and times TBD