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2023 PARENTS FOOTBALL AND CHEER INFORMATION PLEASE READ ALL THE INFORMATION ON THESE PAGES

The Youth Recreation League Football is a fall program for children to cheer, play flag, or tackle football. PSA solicits volunteer coaches' and the players will be drafted to teams, according to their age. They are expected to attend and participate in all practices and games of the team they are assigned. Youth football games may be played in inclement weather and any inclement weather postponements will be determined by CCPSA officials.

THE CAMDEN COUNTY PSA ATHLETIC DEPARTMENT HAS INSTITUTED A ZERO TOLERANCE POLICY ON PROFANITY, DRUG, TOBACCO AND/OR ALCOHOL USE, OR PHYSICAL AND VERBAL ALTERCATIONS DURING ANY EVENT SPONSORED BY THE CCPSA ANYONE VIOLATING THAT POLICY WHETHER IT IS A FAN, COACH, OR PLAYER CAN BE SUSPENDED FOR UP TO ONE YEAR FROM PARTICIPATING OR ATTENDING ANY ATHLETIC EVENT SPONSORED BY THE CCPSA. DANGEROUS PLAY MUST NOT BE TAUGHT OR ENCOURAGED. PROPER RESPECT FOR OPPOSING TEAMS AND SPECTATORS MUST BE EXHIBITED AT ALL TIMES BEFORE, DURING, AND AFTER EACH GAME. COACHES, PARENTS, PLAYERS AND SPECTATORS CAN BE REMOVED FROM A GAME IF THERE IS BAD SPORTSMANSHIP OR AN ALTERCATION WHETHER THAT PERSON IS ON SCHOOL OR RECREATION DEPARTMENT PROPERTY.

PARENTAL BEHAVIOR: Please keep in mind that all youth coaches are volunteers. They offer their services and spare time away from their families to coach a youth team that we may otherwise not be able to have if we did not have coaches to coach them. By all means please feel free to report any abusive, violent, or otherwise inappropriate behavior by any coach or official to our staff. But remember youth league officials and coaches are not there for you to verbally abuse. They are human and will make mistakes just as we all will. Please take into consideration the feelings of other parents before you make comments and suggestions about other children. Ask yourself if you would appreciate such a comment aimed at your child. You are encouraged to cheer positively for your child and team. Any negative or inappropriate cheering against another team may result in your being asked to leave the park. Keep youth sports in its proper perspective. Please be aware PARENTS that any unsportsmanlike behavior or the harassment of officials is grounds for removal from the park.

COMPLAINTS: If you have a complaint against a parent or coach, please follow the following procedure: All grievances should be written and directed through the following sequence of authorities: Athletic Coordinator -> Athletic Manager -> Executive Director.

WHAT'S NEXT AFTER REGISTRATION?

TACKLE AND FLAG FOOTBALL INFORMATION

Age Control Dates – Player must be the appropriate age on or before September 1, 2023 for all age divisions. Players will not be allowed to waive up to another division UNLESS APPROVED BY ATHLETIC DIRECTOR. *To play tackle football a player must be turned the age of 6 on or before September 1, 2023.*

Flag football- Age 4-6. A player must be 4 yrs old and can't turned 7 on or before September 1, 2023. Coaches will receive their rosters no later than August 10th (date subject to change). Flag football practices may begin on August 10th (date subject to change). If you have not heard from a coach by August 12th please call the athletic department. **No Skills Evaluation/conditioning for Flag Football.**

Ages 6-12 Skills Evaluation– Location: PSA Soccer Complex 1000 Pro Parkway St. Marys Ga.

Players are expected to attend Skills Evaluations. This will consist of running, and football drills in gym clothes. This is a non-contact and non-equipment practice, and will be held at the following locations from 5:30pm – 7:30pm on Monday **August 7th**:

Soccer Complex	SM 8u on SEC. 1	SM 10u on SEC. 2	SM 12u on SEC. 3
Soccer Complex	KD 8u on SEC. 4	KD 10u on SEC. 5	KD 12u on SEC. 6
Soccer Complex	WB 8u on SEC. 7	WB 10u on SEC. 8	WB 12u on SEC. 9

NOTE: An age group will not have an evaluation unless an area has enough kids registered to make two teams.

Ages 6-12 Conditioning– Location: PSA Soccer Complex 1000 Pro Parkway St. Marys Ga.

Players are expected to attend Conditioning. This will consist of running, and football drills in gym clothes. This is a non-contact and non-equipment practice, and will be held at the following locations from 5:30pm – 7:30pm on Tuesday and Thursday **August 8th & 10th** :

Soccer Complex	5:30 – 6:30pm	KD 8u on SEC. 1	KD 10u on SEC. 2	KD 12u on SEC. 3
Soccer Complex	6:30- 7:30 pm	SM 8u on SEC. 4	SM 10u on SEC. 5	SM 12u on SEC. 6
Soccer Complex	6:30- 7:30pm	WB 8u on SEC. 1	WB 10u on SEC. 2	WB 12u on SEC. 3

Equipment pickup: August 8th during conditioning.

SM/WB will begin at 5pm.

KD will begin at 6:30 pm.

Make up day will be August 10th.

Team Rosters: Coaches will do a draft on August 9th . All rosters will be final at the conclusion of the draft and no changes will be allowed.

Weight Requirements - The maximum weight limit for any player to receive a hand-off or pass from scrimmage is 150 pounds (11-12), 125 pounds (9-10), and 100 pounds (7-8). Any player ineligible to carry the ball must wear a red stripe (unless a team has red helmets and then the stripe will be white) diagonally on the back of their helmet. Players who exceed the maximum weight are ineligible to run the ball. They must play as a down lineman and line up tackle to tackle on the line of scrimmage in a 3- or 4-point stance. Coaches will be responsible for maintaining the stripes and making sure players are in the correct playing position. If lined up incorrectly, there will be a 5-yard penalty. Players with striped helmets are eligible to punt and kick on kickoffs/field goal attempts.

Equipment Distribution – The PSA will provide a game jersey for each player. PSA will also provide one helmet and one pair of shoulder pads that must be returned at the end of the season. A parent or guardian must sign out the equipment at the time detailed below and is responsible for returning it to the PSA at the end of the season or paying the replacement fee. The check-out form will explain the cost of replacement for not returning equipment. Any player who does not return equipment will not be able to sign up for any future sports until the replacement fee is paid. Distribution will take place at the Recreation Center Community Room for each age group at the times listed below.

Equipment pickup: August 8th during skills conditioning.

SM/WB will begin at 5pm.

KD will begin at 6:30 pm.

Make up day will be August 10th.

COACHES INFORMATION: IF YOU ARE INTERESTED IN COACHING FOOTBALL OR CHEER, PLEASE COMPLETE A COACHES APPLICATION AND SUBMIT A BACKGROUND CHECK.

THE COACHES MEETING WILL BE THURSDAY AUGUST 3RD AT 6PM HELD AT THE ATHLETIC BLDG 1000 PRO 3 PARKWAY ST. MARYS GA 31558

CHEERLEADING COACHES MEETING WILL BE AUGUST 10TH AT 5:30PM HELD AT THE ATHLETIC BLDG 1000 PRO 3 PARKWAY ST. MARYS GA 31558. CHEER ROSTERS WILL BE HANDED OUT AT THIS MEETING.

CHEERLEADING INFORMATION

Age Control Dates – Cheerleader must be the appropriate age on or before September 1, 2023 for all age divisions.

Team Roster – The cheer coaches will receive their rosters no later than **Aug. 10th**. Cheerleading practices and Uniform sizing will begin on **Aug. 14th**. If you have not heard from a coach by **Aug. 18th**, please call the athletic department. Once rosters are complete, they are final and no swapping of teams will be permitted. We will make every effort to have siblings cheering and playing for the same team if they are in the same age division.

Cheer Uniform Try-ons- Last name begins with the following letters

- **A-M – MONDAY AUGUST 14TH 5-7 PM**
- **N-Z – TUESDAY AUGUST 15TH 5-7 PM**

The CPSA will provide one shell top, uniform skort/skirt for each cheerleader. The uniforms will be given to the head coach for distribution to each cheer participant at their convenience.

Purpose – The purpose of recreational level cheer program is to provide a wholesome recreational activity for girls between the ages of **4 – 12** that will help them to learn some very basic fundamentals of cheerleading. The goals of this program are: **A.** To aid participants in learning the elementary skills of cheerleading. **B.** To aid the participants in learning self-discipline and build positive intangibles such as teamwork, respect for authority and good sportsmanship. **C.** To teach the benefits of a positive attitude and building the spirits of others.

Coaching Requirements – A cheer coach should be a person of high moral character and a respected member of the community. All potential cheer coaches must successfully complete a criminal background check. Cheer coaches should have a basic knowledge of the sport and should portray a positive personality. Cheer coaches should be available for practices and games on Monday, Tuesday and Thursday and available for games on Saturdays. A cheer coach should conduct themselves at all times in a manner that is exemplary and should never use profane or abusive language. A cheer coach should never incite participants or parents by criticizing game officials, the opposing team, department officials or judges. A cheer coach should attempt to keep all of the cheerleaders interested in the program by establishing fun, organized, informative practices. Any coach discovered to have a participant that is not officially registered will be suspended for the remainder of the season. Any coach whose behavior is deemed inappropriate and/or does not reflect good morals will be disciplined by the CPSA.

Cheers - All cheers must be of a positive nature. No profane or crude language or lewd gestures are permitted. Dance moves should be in good taste and reflect positive moral values.

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REFUNDS: There will be **NO** refunds. **NO EXCEPTIONS**

GAMES: The teams usually have two games per week. Game days are Monday, Tuesday, Thursday, and Saturday. The games are played in Woodbine at the Woodbine Hwy 110 Community Park Football Field, in St. Mary's at the St. Mary's Rec Authority Park Football Field and in Kingsland at Chris Gilman Stadium. Flag game can also be played on the CCRC track field.

PICTURES: PSA Athletics will schedule a day/date for pictures for all teams. **No exceptions**

TROPHIES: The team should elect to purchase end of season awards for their players. This is optional and the cost is the responsibility of the parents.

The health and safety of our athletes, volunteers, and staff remain our highest priority. Below, you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our athletes to play. We are:

- All participants should be aware of the risk and take the necessary precautions to avoid exposure to germs.
- Participants, coaches, and umpires will need to furnish their own water bottles and hydration supplies (please label with participants name).
- Refraining from entering team areas unless checking on injured player or signaled by coach/staff.
- Promoting healthy hygiene practices with the assistance of parents and coaches encouraging and having at game facilities hand sanitizer before and after practices and games, encouraging children to cover coughs, sneezes with a tissue or to use the inside of their elbow, and reminding them not to spit.
- Limiting the share of equipment [helmets, shoulder pads, mouthpieces, protective gear]: participant to assist in cleaning their gear at home with disinfectant, liquid sprayed hand sanitizer or other approved methods.
- Staying home when appropriate: Anyone who is sick or has been in contact with someone who has COVID-19- including players, family members, coaches, staff, and spectators – should not attend practices or games. Be on the lookout for symptoms of COVID-19, which include fever, cough, or shortness of breath. Call your doctor if you think you or a family member is sick.

If someone does get sick during a practice or at a game, please call 911 if EMTs are not present. If immediate transport is not required, you can self-transport to the nearest healthcare clinic or go home and self-monitor. If you have a specific question about this plan of COVID-19, please contact recreation staff coordinating your activity- Kitt B, Dennis H, Zan B. Roger F. Marlon L. or Linda A. for more information.

I understand and agree that I must do my part in ensuring that CPSA and my child can have a safe and positive experience by:

- I and all other participants and/or persons in my family involved in any way in the Program will fully comply with all federal, state, county and local ordinances, codes, rules, regulations, executive and/or emergency orders.
- Following the protocols/guidelines as directed by the CDC, Georgia Department of Public Health, and CPSA, arising from, addressing, or related to COVID-19 and/ or any other threats to public health.
- Recognizing that effective physical distancing and proper hygiene can only be accomplished through personal responsibility and it is each person's individual duty to protect themselves, their families, and their community.

Doing so is the sole responsibility of the individual family members, participant, and all other parties involved in the Program, and is not the sole responsibility of CPSA.

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