



*Youth Football and Cheer*

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**ATHLETIC HANDBOOK  
&  
POLICIES**

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## **CODE OF ETHICS**

The Whitney Jr. Wildcats program has a history of being the best in providing a positive sportsmanship environment for our players by providing a specific set of guidelines. I hereby pledge to provide positive support, care, and encouragement for my child and agree to the following:

1. I will encourage members of both teams.
2. I will keep all comments positive.
3. I understand only players, coaches, and necessary staff members are allowed on the field.
4. I will leave the coaching to the coaches. I understand spectators need to refrain from coaching their child or other players during games and practices unless they are an official coach.
5. I understand that criticizing the officials, coaches, opponents, players or fans will not be tolerated at all. The same goes for abusive language or cursing.
6. I agree to be supportive, and understand that creating unnecessary drama or stirring controversy is grounds for dismissal from the program.
7. I will refrain from making comments to the referees.
8. I understand that I am responsible for all family members and friends attending the games to watch your child.
9. I understand that no alcoholic beverages are allowed on the fields or in the parking areas.
10. I agree to help make this a positive and fun experience for all. I understand that spectators, both parents and their guests, will be positive role models for the participants and encourage sportsmanship by showing respect and courtesy and not using offensive behavior or language and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or other sporting event.
11. I will report any violations to a board member and respect organization policies, procedures, and decisions. I will restrict any display of disagreement to the proper forum (e.g. address the Board at a monthly meeting, private discussion with coach, email staff member, etc) and will refrain from any negative posting on social media.

### **Enforcement Policy**

1. Individuals will be given one warning for inappropriate activity.
2. Individuals that continue will be asked to leave the fields and the player will be removed from the game/practice until the spectator has left.
3. Individuals will be asked to leave the program.



## **SCHOLASTIC STANDARDS**

***Participants must maintain a 2.0 GPA (grade point average) in order to participate in game day activities.***

Participants must:

- Submit a copy of their end of the year report card at the time of registration for residency purposes
- A grade check will be conducted on the fourth Friday of the following school year.
- If the participant has achieved a 2.0 GPA, they will be allowed to fully participate, with continued weekly grade checks.
- If the participant has a GPA below 2.0, they may be suspended as noted below or released from WJW.
- Have achieved a 2.0 GPA. When a GPA is not available, the WJW Board of Directors or designee will evaluate the report card to determine whether the participant is in good academic standing.

Participants must maintain the 2.0 GPA throughout the season. A grade check will take place in September of each year. Additional grade checks may be conducted by order of the WJW Board of Directors at any time.

- Participants failing to meet the scholastic standard during the season will be suspended from taking part in game day activities.
- Suspended participants will be required to submit weekly grade checks for the remainder of the season.
- Participants are eligible for reinstatement upon achieving the scholastic standard.
- Suspended participants may continue to take part in practice with approval of the participants parents, head coach, and WJW Board of Directors or designee.

This policy corresponds to the standards for student athletes at Whitney High School and are in accordance with RUSD.

All decisions regarding the application of the WJW Scholastic Standards policy are at the discretion of the Board of Directors.

Participants suspended or released are not eligible for a refund of fees paid to WJW.



## **MANDATORY VOLUNTEER HOURS**

The Whitney Jr Wildcats (WJW) is a volunteer based organization. All staff members are unpaid volunteers, providing hundreds of hours of support towards the organization. In addition to staff members, a successful season requires volunteer support from every participant's family.

**Each family is required to work a minimum of 10 approved volunteer hours per participant in the program.** A volunteer deposit in the amount of \$300 will be held by the WJW Treasurer for each participant. This deposit is due at registration.

Volunteer sign ups are conducted online. Fireworks booth hours are posted in June, all other volunteer opportunities will be posted after football tryouts are complete. The WJW Volunteer Coordinator will keep track of hours. At the end of the year, deposit checks will be shredded upon completion of hours. If volunteer hours are not met, you will receive notification that your check will be deposited.

Participant's whose family fails to sign up for the minimum number of volunteer hours or pay the deposit may be subject to suspension from WJW activities at the discretion of the WJW Board of Directors.



## LIABILITY RELEASE

WHITNEY JUNIOR WILDCATS FOOTBALL ASSOCIATION INC.d/b/a, Whitney Junior Wildcats or WJW FOOTBALL AND CHEER, RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT (AGREEMENT)

IN CONSIDERATION of being permitted to participate in any way in TACKLE FOOTBALL OR CHEERLEADING ACTIVITIES (Activity) through WHITNEY JUNIOR WILDCATS FOOTBALL ASSOCIATION, INC., d/b/a, WHITNEY JUNIOR WILDCATS FOOTBALL AND CHEER (collectively known as WJW), I, as parent, custodial parent and/or guardian with legal responsibility for the minor child/children identified below:

1) UNDERSTAND the nature of football and cheerleading activities. My child/children are in good health, in proper physical condition to participate in football/cheerleading activities, and have been cleared by their primary care physicians for such participation;

2) FULLY UNDERSTAND that: (a) TACKLE FOOTBALL AND CHEERLEADING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (RISKS); (b) these Risks and dangers may be caused by my child/childrens actions, or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE RELEASEES NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur, or my child/children incur, as a result of participation in the Activity;

3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE WJW, their respective administrators, directors, agents, officers, coaches, members, volunteers, and employees, other participants, any sponsors, advertisers, and owners and lessors of premises on which the Activity takes place, (each considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT OR MY CHILD/CHILDRENS ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE, that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf or on behalf of my child/children make(s) a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.



## CONCUSSION POLICY

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms of a concussion - headaches, pressure in head, nausea, vomiting, neck pain, balance problems, fuzzy vision, sensitivity to light or noise, feeling sluggish or slowed down, feeling foggy or groggy, drowsiness, amnesia, fatigue or low energy, sadness, nervousness, irritability, more emotional, confusion, and concentration or memory problems.

### **What can happen if my child keeps on playing with a concussion or returns to soon? -**

Athletes with the signs and symptoms of concussion will be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries and concussions are no different. As a result, all our coaches are certified in player safety and have had concussion training.

An athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

- An athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.
- An athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider.
- You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.



## **SOCIAL NETWORKING AGREEMENT**

In an effort to foster good sportsmanship and develop young men and women of character, Whitney Jr. Wildcats (WJW) recommends the following guidelines as best practices for the use of social media by WJW athletes. For the purposes of these guidelines, social media means any form of electronic communication through which users create on-line communities to share information, ideas, personal messages, and other content through such social networking sites as Twitter, Facebook, Instagram, Tumblr, and YouTube. WJW respects the right of its athletes to use social media. However, it is important for the athletes to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, without knowledge or consent.

These guidelines are intended to provide a framework for WJW athletes to conduct themselves safely and responsibly in an online environment. As a WJW athlete it is expected that **you will avoid:**

- **Posting confidential information.** Be aware of the kind of information you are posting such as your address, phone number, class schedule, social security number, etc.
- **Creating unprofessional public profiles.** Any information you put on social media sites is considered public information and may be viewed by members of the public. Be mindful of the image you create for yourself online. Future employers, college admissions recruiters, and more may access the information you put on social media sites.
- **Posting illegal activities or other incriminating photos.**
- **Bullying and/or threats of violence.** While WJW athletes have a right to free speech, that right is not unlimited.
- **Inappropriate and/or demeaning language.**

The following online actions are considered to be substantially or foreseeably disruptive to the school environment; lewd, vulgar or offensive; and/or advocating violence or illegal activity and therefore subject to appropriate discipline.

- General inappropriate language
- Profane or inappropriate language or remarks directed toward teammates, coaches, staff, athletes from other programs, etc.
- Demeaning statements about or threats to any third party
- Incriminating photos, statements, or language in reference to violence, bullying, or any other inappropriate behaviors
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person
- Engaging in or indicating knowledge of cyber-bullying and/or harassing another teammate or staff member
- "Liking" any of the above comments or photos on any social networking site indicates your approval of such comments and thereby holds you to the same standard.
- "Retweeting" or "Favoriting" on Twitter also indicates your approval of inappropriate comments and thereby holds you to the same standard.

It is the expectation of the WJW that as an athlete you will represent our organization in the best possible manner. Furthermore, you will continue to uphold the high standards and character that is expected of all our athletes



## **PICTURE & NAME RELEASE**

In registering for Whitney Junior Wildcats, I understand that my child's picture and/or name may be used in a program, newspaper, website, or any WJW publication. A picture of my child will be taken by WJW staff to use in league registration documents.





## **FOOTBALL EQUIPMENT DEPOSIT**

I understand that the Whitney Jr. Wildcats football program will provide equipment on loan which includes: a helmet, shoulder pads, practice pants with associated pads, game pants with associated pads, 2 game jerseys and an equipment bag. By receiving this equipment, I agree to provide payment for replacement of any altered, damaged, lost, or unreturned items.

I understand that all equipment is due at the time my child drops or within a week after tryouts are complete should my child be cut. All other equipment will need to be returned at the end of the season at the specified equipment return date.

Furthermore, I understand that an equipment deposit in the amount of \$300 will be due at the time and registration and held by the WJW Treasurer for each participant. This will be shredded upon the return of the equipment.



## **REFUND POLICY**

It is the intention of the Whitney Jr. Wildcats to provide an opportunity for every child to participate in the program. Based on the SAC rules, each football squad is limited to a total of 35 players and a tryout policy has been adopted to meet these limitations. All children will be placed in the appropriate division based on age and weight.

Every child registering will be allowed to participate during the first five days of practice. If the roster for that squad remains higher than 45 after the first five days of practice, the roster will be cut to no more than 45 players. During subsequent practice days, players will be evaluated to reduce the roster size to the final 35 players. Up until this time, you can receive a total refund minus \$50 which is non-refundable to cover WJW costs.

After final cuts are made, no refunds will be issued.

The safety of each child is the number one priority of WJW and will not be compromised under any circumstances.



## **RETURNED CHECK POLICY**

By presenting a check as payment for any transaction(s), you are entering into a contractual agreement that obligates you and holds you responsible for all penalties, costs, and returned incidental damages allowed under law, but not limited to: return charges, interest, collection costs, legal expenses, attorney fees, and expenses incidental to the face value of any check that is returned as non-payable.



## **SIERRA ATHLETIC CONFERENCE RELEASE OF LIABILITY**

IN CONSIDERATION OF my child/ward, being allowed to participate in any way with the Whitney Jr Wildcats that is a member of the 2013 season with the Sierra Athletic Conference related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury to my child/ward from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I FOR MYSELF, SPOUSE, AND CHILD/WARD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child/wards participation; and,
3. I willingly agree to comply with the programs stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child/wards readiness for participation and/or in the program itself, I will remove my child/ward from the participation and bring such attention of the nearest official immediately; and,
4. I for myself, the legal guardian of the said child, my spouse, my child/ward, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Whitney Jr Wildcats, and any member organization of the Sierra Football and Cheer league that is a member of this said year, its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (Releasees), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child/wards involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, the legal guardian of the said child, for myself, my spouse, my child/ward, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my child/ward involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.



## **SIERRA ATHLETIC CONFERENCE PARENT/PLAYER CONTRACT**

1. Sierra Athletic Conference (SAC) is a group of member associations that has agreed to play together only.
2. Membership within the Whitney Jr Wildcats (WJW) starts when you register and are paid in full. Membership expires on December 31, 2015.
3. I/We have read, understand and agree, as parent/guardian of the below named child to abide by the role of the parent and players code of conduct and assume the absolute financial obligation for my/our child to participate in this youth program.
4. The child named below has read, understands and agrees to abide by the player code of conduct.
5. The parent/guardian of the below named child, do hereby give my/our approval for participation in the Whitney Jr Wildcats/Sierra Football & Cheer (SAC) activities for the current season. I/We assume all risks and hazards to this participation for any claims arising out of injury to the above named child, including, but not limited to, transportation to and from such activities. I/We hereby waive, release, absolve, indemnify and agree to hold harmless, WJW/SAC, the league, local team, organizers, managers, coaches, supervisors, participants, person providing transportation and any organization this youth football program may be affiliated with.
6. In executing the foregoing release. I/We acknowledge that I/We understand that our personal medical/dental insurance will remain the primary carrier, and that insurance offered through this program is secondary in nature and is subject to an annual deductible by the carrier. It is understood that any claim for injury arising out of my/our child's participation must be reported to the designated association official within 30 days of the date of injury. It is also understood that the proof of loss must be completed in full and filed within 60 days of receipt by WJW/SAC. All monies I/We have paid to the team do not constitute payment of insurance coverage. I/We do indemnify WJW/SAC, the association and the insurance carrier should there be statement(s) by anyone that is in contradiction. I/We attest I/We has read and understand the terms of this contract and any disclosure information required.
7. I/WE understand that if player/cheerleader has not had their physical examination they will not be allowed to participant in any WJW/SAC activities. I/We hereby grant authority to a qualified physician to administer such medical treatment, as said physician deems necessary under emergency circumstances.
8. WJW/SAC players and cheerleaders can participate in other organized sports as long as it does not interfere with any of the WJW/SAC practices and games. Attendance is necessary to continue involvement. School sports are encouraged along with any type of program that would help your child excel in the sport of Football and Cheerleading.
9. I understand that all football/cheer equipment given to my child will be turned when the association requests or has an equipment turn-in. If there are any questions please contact your local association.
10. I/We have read and understand fully the provisions of this consent/release authorization, and I/We have voluntarily signed it.

I have received and read the Whitney Jr. Wildcats Athletic Handbook and Policies which include:

- Code of Ethics
- Scholastic Standards
- Mandatory Volunteer Hours
- WJW Liability Release
- Concussion Policy
- Social Networking Agreement
- Picture and Name Release
- Football Equipment Deposit
- Refund Policy
- Returned Check Policy
- Sierra Athletic Conference Release of Liability
- Sierra Athletic Conference Player/Parent Contract

In addition, I have gone over the following with my child:

- Code of Ethics
- Scholastic Standards
- Social Networking Agreement

**With the electronic signature below I hereby acknowledge that I have read and understand the policies and expectations that have been set by the Sierra Athletic Conference and the Whitney Jr. Wildcats Board of Directors. This consent shall remain in effect for the entire season in which this form is submitted. Furthermore, I acknowledge the electronic signature confirms I have read and reviewed the information above and agree to the said terms. I also acknowledge this electronic signature has the same legal effect, validity, and enforceability as a signature in a non-electronic form.**