



AMHERST YOUTH FOOTBALL & CHEERLEADING General Information

Mid State Youth Football & Cheerleading Conference

Amherst is part of the Mid State youth football & cheerleading conference. The other schools in the league are Almond, Berlin, Iola-Scandinavia, Manawa, Montello, Quad Cities, Tri-County, Wautoma, Weyauwega, Wild Rose, Omro, Adams-Friendship & Rosholt. This league also maintains a website: <http://www.mid-stateyouthfootball.org/>

Our league requires 3 days with shells only, then pads. Pre-Labor day 10 hours per week, Post Labor Day 6 hours per week.

Eligibility (*Financial Aid will be available for those who qualify.*)

Open to Youth ages 7-12. 7 year olds must be in 3rd grade. The player's age on September 1 of the current year shall be the player's age for the coming season. Once a player is named on a roster for a team and turned into the conference, they may not be moved to another team in the same division, they may only move up as weight dictates. This rule is without exception.

<u>Division Name</u>	<u>Ages</u>	<u>Weight</u>	
Jr PW	7-8-9	> 100 lbs	Restricted
	9	> 160 lbs	Must move up to PW
	10	> 100 lbs	Must move up to PW
PW	9-10-11-12	>130 lbs	Restricted

Registration

Registration will be held at the Jensen Center on April 26th, 2009 from 3:00 to 4:00 pm.

Items Needed for Registration:

- Official Application to Participate (located on internet, www.amherstfootball.org)
- Registration Fee (Football \$75.00, Cheerleading \$50.00)
 - Make Check Payable to Amherst Youth Football & Cheerleading
- Birth Certificate (New Participants Only)
- Report Card Release (located on internet, www.amherstfootball.org)
- Code of Conduct

Physical Form: Physicals are due by July 31st. The league requires a physical every 2 years. Each player must submit either a new physical or sign the alternate year card. Upon completion please send to P.O. Box 64.

Players will not be allowed to practice without having all the above information completed by the first day of practice! NO EXCEPTIONS

Requirements/Expectations/Commitment to Program

- Attendance at registration
- Attendance at mandatory Meeting on the First Night of Practice - August 3rd @ 7:00 pm
- All documentation requirements completed prior to the start of practice
- Commitment to Steak Feed Fundraiser
- Commitment to timely participation in all practices and games
- Sign code of Conduct and adhere to expectations
- Attend the Annual Youth Football & Cheerleading Meeting in November
- Have fun!

Communication

- **Amherst Youth Football & Cheerleading**
 - - P.O Box 64, Amherst, WI 54406
- **Internet:** www.amherstfootball.org
 - See Youth Football Link
 - Website will be updated throughout the season including the roster, any new updates and pictures
- **Team Moms**
 - Assist Director with communication to players/parents
 - Assist Coaches
 - Be available at practice/games

Fundraisers

Our only fundraiser will be the Steak Feed. Steak Feed Money will be collected on the first night of practice – August 3rd.

Commitment to Steak Feed Fundraiser

- Donate time to work or donate \$30.00 per family
- Donation of food items
- Goal of selling 4 tickets for Steak Feed per family

Steak Feed – August 15th, 2009 - Amherst High School Football Field

Scrimmage starts at 5:30 pm – All levels will be scrimmaging

5:30 pm to 6:30 pm Youth Football & Cheerleading

6:30 pm Junior High/Senior High

This is a family/community event. Please invite all your relatives, neighbors and friends.

Donations – ALL DONATIONS ARE TAX DEDUCTIBLE

Our goal as a league is to keep the cost to the participants to a minimum. Donations of any amount are welcome at any time and are greatly appreciated. Please send your donations to Amherst Youth Football, P.O. Box 64, Amherst, WI 54406

Equipment - Football

The league will be providing the following equipment: helmets, pads, pants, game jersey, practice jersey, garment bag & mouth guard. The players will be receiving a game jersey and a practice jersey. The practice jersey will be given to the player at the end of the season. We ask that the players do not wear the game jersey except to the games, on Varsity Football Game Days and Homecoming Day. Please do not dry the game jersey in the dryer as this causes damage. Helmets should always be placed on any surface right side up to avoid any scratches. Players are recommended to purchase football cleats. Although the league does provide a mouth guard most parents decide to purchase a better mouth guard. For example the shock doctor mouth guard costs approximately \$10.00 and does carry dental insurance. In addition most players wear a shirt (Under Armor) underneath their football pads.

Equipment - Cheerleading

The league will be providing the following equipment: Cheerleading outfit, poms & warm up suit. Cheerleaders will need to purchase tennis shoes. Coaches will let you know where to purchase the shoes and what kind. All squads will have the same shoes and it will be responsibility of the parents to pick up and purchase. Cheerleaders are also required to purchase a white undershirt/tank or sports bra. When the weather gets colder it is highly suggested to have turtle necks or leggings.

Equipment will be handed out on Monday, August 3rd @ 5:00 pm in the wrestling room.

End of year equipment collection

All equipment will be collected at the year end Celebration – Tail Gate Party. Failure to turn in equipment on that day or failure to make arrangements with the equipment coordinator will result in a \$50.00 fine.

Football Players: Please bring the following items washed and cleaned: Helmet, Shoulder Pads, 7 piece pad set (please put in a Ziploc bag), girdle, pants, game jersey, & equipment bag.

Cheerleaders: Please bring the following items washed and cleaned: Cheer top, Cheer Skirt, Bloomers, Poms & Warm up Suit.

We are very fortunate to have quality equipment and we wish to maintain this equipment for years to come. Please treat our equipment with care.

Rosters

The roster will be posted on the internet (www.amherstfootball.org).

Practices

All Practices will be held behind the school. Before school starts, practices will be held from 6-8 pm. All players are to bring bottled water or water bottles to all practices. Once School starts practice will be held from 4-6 pm.

Games

This is a traveling league. Directions to the games can be found on the internet www.amherstfootball.org.

Apparel

The league will be selling apparel sporting the Amherst Falcons Football Logo. We will have a signup at Registration & also the first week of practice.

Team/Individual Pictures

All Players will have their picture taken individually and with their team. If you want individual pictures, you must turn in the envelope with the appropriate money. Please bring your Game Jersey for pictures. Watch the internet site (www.amherstfootball.org) for more information.

Bryce Paup Football Summer Camp

Watch the internet site (www.amherstfootball.org) for more information. All Amherst Youth Football players are welcome to attend this camp.

Contacts – 2009 Board of Directors

Commissioner: John Van Nuys
Vice President: Mike Zblewski
Secretary: John March
Treasurer: Jennie Grawey
Cheerleading Director: Lyn McCain
Equipment Director: Jill Groshek
Communications Director: Julie Wuthrich

The league does need additional volunteers.

**SUPPORT YOUR AMHERST YOUTH
GET INVOLVED!**