



AMHERST YOUTH FOOTBALL & CHEERLEADING

website: www.amherstfootball.org

Mid State Youth Football & Cheerleading Conference

Amherst is part of the Mid State Youth Football & Cheerleading Conference. Other schools in the league are Almond, Berlin, Iola-Scandinavia, Manawa, Quad Cities, Tri-County, Wautoma, Weyauwega, Wild Rose, Omro, Adams-Friendship, Rosholt and Winneconne. This league also maintains a website: <http://www.mid-stateyouthfootball.org/>

Our league requires three days of practice with shells (shirt, shorts and helmets) only, then practices with full pads. The maximum hours for practice are 10 hours per week during pre-Labor Day practices and 6 hours per week during post-Labor Day practices.

Eligibility

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 (fully equipped)</u>	
Jr PW	7-8-9	> 108.1 lbs	Restricted
	9	> 168.1 lbs	Must move up to PW
	10	> 108.1 lbs	Must move up to PW
PW	9-10-11-12	> 138.1 lbs	Restricted

Financial Aid will be available for those who qualify.

Registration

Registration will be held at the Jensen Center on April 18, 2010 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 \$75.00 – includes shoes)
 - Make Check Payable to Amherst Youth Football & Cheerleading
- Code of Conduct

Physical Form: Physicals are due by July 30, 2010. The league requires a physical every two years. Each player must submit either a new physical or sign the alternate year card. Upon completion please send to P.O. Box 64, Amherst WI 54406. ***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 2, 7:00 pm on the bleachers by the football field

- 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 and will include rosters
- **Team Moms**
 - Assist Director and coaches with communication to players and parents
 - Available at all practices and games

Fundraisers

Our only fundraiser will be the Steak Feed Dinner on **August 14, 2010**. Requirements:

- Sell 4 tickets for Steak Feed Dinner per family, to be paid for at equipment pick up on August 2.
- Donate time to work
- Donate food items

Steak Feed 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 and community event. Please invite 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, PO Box 64, Amherst, WI 54406

Equipment - Football

The league provides the following equipment: helmets, pads, pants, game jersey, practice jersey, garment bag and mouth guard. The practice jersey will be given to the player at the end of the season. **We ask that 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 unnecessary 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 and includes dental insurance. In addition, most players wear a shirt (Under Armor) underneath their football pads.

Equipment - Cheerleading

The league provides the following equipment: cheer top, cheer skirt, bloomers, poms and shoes. Coaches will select the shoe and gather size information to purchase the correct sizes for each

participant. Cheerleaders are also required to purchase a white undershirt, tank or sports bra. When the weather gets colder, it is highly recommended to have white turtlenecks and leggings.

Equipment Distribution

Equipment will be distributed on Monday, August 2 at 5:00 pm in the high school gym.

End-of-Season Equipment Collection

All equipment will be collected at the end-of-season 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 fine.

Football Players: Please bring the following items, washed and cleaned (Clorox wipes work great for helmets and shoulder pads): helmet, shoulder pads, 7-piece pad set, girdle, pants, game jersey and equipment bag.

Cheerleaders: Please bring the following items, washed and cleaned: cheer top, cheer skirt, bloomers and poms.

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 rosters will be posted on our website at www.amherstfootball.org.

Practices

All practices will be held on the fields behind the school. Before school is in session, practices will begin at 6:00 pm and end at 8:00 or 8:30 pm. White school is in session, practices will begin at 4:00 pm and end at 6:00 pm. All players must bring bottled water or water bottles to all practices.

Games

This is a traveling league. Directions to the games will be posted at our website at www.amherstfootball.org.

Apparel

Our team sells apparel sporting Amherst Falcons Football designs. Order forms are available on the website at www.amherstfootball.org, from Team Moms, or from Jill Villnow. Orders are due July 23, 2010. A last-chance order is due August 14, 2010 at the Steak Feed Dinner.

Team/Individual Pictures

All players will have their picture professionally taken individually and with their team. If you want individual pictures, you must turn in the envelope with the appropriate payment. Please bring your game jersey for pictures. Watch the website at www.amherstfootball.org for more information.

**SUPPORT YOUR AMHERST YOUTH.
GET INVOLVED!**