



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, Winneconne, and Wittenberg. 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</u>	<u>Ages</u>	<u>Weight (fully equipped)</u>	
Jr PW	7(and in 3 rd grade)-8-9	> 108.0 lbs	Restricted
	9	> 168.0 lbs	Must move up to PW
	10	> 108.0 lbs	Must move up to PW
PW	9-10-11-12 (6 th grade)	> 138.0 lbs	Restricted

Registration - Registration will be held at the Jensen Center on Sunday, May 1, 2011 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
 - Financial Aid will be available for those who qualify.*
- Code of Conduct

Physical Form: Physicals are due by July 27, 2011. 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!***

Requirements/Expectations/Commitment to Program

- Attendance at registration
- Attendance at mandatory meeting on the first night of practice - August 1, 7:00 pm on the bleachers by the football field
- All documentation requirements completed prior to the start of practice
- Commitment to Concession assistance

- 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

Emergency Procedures:

- In order to ensure safety of all children participating, we wanted to ensure you understand what will be done in the case of bad weather during practice times and needing to end practice early:
 - All children will be taken into the high school commons area.
 - You will be called regarding practice ending early.
 - Please pick your child up as soon as possible in front of the High School Gym at the main entrance "DOOR A".
 - Please make sure that a coach or board member is aware you have picked your child up.

Fundraisers - Our only fundraiser will be the Concession Stand and 50/50 Raffles during Varsity Home Games. Requirements:

- Donate time to work
- Donate food items

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 and at any time throughout the year 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 and on Varsity Football Game Days.** 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.

Cheerleading - The league provides the following equipment: cheer top, cheer skirt, bloomers, poms, warm up pants, warm up jacket 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.

Distribution - Monday, August 1 at 5:00 pm in the high school gym.

End-of-Season Equipment Collection

All equipment will be collected at the end-of-season. Failure to turn in equipment on that day or failure to make arrangements with the equipment coordinator will result in a \$50 fine.

Football: 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, warm up pants, warm up jacket 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 pm. While 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. Parents are responsible for transportation to all games.

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 20, 2011. A last-chance order is due August 12, 2011.

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. Picture Day will be Thurs, August 11 at 5:30. Please watch the website at www.amherstfootball.org for more information on exact times.

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