

USCAA

Youth Football

HANDBOOK



**2010
SEASON**

Upper St. Clair Athletic Association
P.O. Box 12551
Upper St. Clair, Pennsylvania 15241

Dear Parents,

Welcome to USCAA Youth Football. It is important that you, as parents, are aware of certain information so that both you and your child can have an enjoyable season. This handbook has been compiled to relate this information and to foster communication between directors, coaches, parents and players. It is by no means all inclusive of everything that a parent needs to know about our program, but it will be a helpful tool to get you off to a good start.

Please review the information in this booklet with your child and sign the enclosed form. Return the form to your team manager.

Sincerely,

The USCAA Youth Football Commissioners

MISSION **STATEMENT**

The mission of the USCAA Youth Football Program is to provide the children of our community with the opportunity to enjoy the experience of youth football. Football, more than any other sport, stresses the importance of conditioning, practice and teamwork. USCAA Youth Football is committed to teaching the fundamental techniques required to be successful and to insuring that all of the participants experience the enjoyment of playing in game situations. To accomplish our goals, the efforts of the players, coaches and parents must be directed to the success of the team.

The Team's Expectations of its Players

- Each player will be on time for practice and ready to begin at the appointed hour.
- Players will participate fully in all drills and practice activities.
- Absences for medical reasons or vacations etc. will be communicated to the coach when possible.
- Frequent absences from practice or the failure to participate in drills may affect playing time.
- Team members should come to practice in good physical condition to ensure they can handle the demands of summer practice.

The Team's Expectations of Parents

- Arrange to have your child to practice on time and picked up promptly at the end of practice. Parents are encouraged to have a contingency plan in case weather shortens a practice. A list of team members and their telephone numbers will be provided to all parents.
- USCAA Youth Football is a volunteer organization. No member of the organization is paid for their time. Your support on and off the field is expected and appreciated.
- If you have complaints about the team, you are expected to take them to the coach or one of the directors. Constructive criticism, expressed to the right people, makes the team better. Gripping to everyone but those who should hear the complaint demoralizes the team.

The Team's Expectations of its Coaches

- The team expects that coaches will provide instruction and practice so that each player can improve his game and be ready to play. Also, the coaches will correct mistakes in a positive and productive manner.

The League - Greater 19 Youth Football League

- The USCAA Youth Football Program is a member of the Greater 19 Youth Football League. The G19YFL is comprised of teams from the following communities:
Bethel Park, Canon McMillen, Keystone Oaks, North Allegheny, Peters Township, Seneca Valley, South Fayette and Upper St. Clair.
- G19YFL is an instructional league and stresses that safety is of prime importance.

Birth Certificates/Photo ID

- The league requires us to keep a copy of all players' birth certificates and a current photo (small school photo). Any child whose birth certificate/photo is not on file will not be permitted to participate in league games. The head coach will collect these items once teams are announced.

Team Weight Regulations

- Weight and age limits are mandated by the league. Cut-off date for all age groups is 7/31/10. Current age and weight limits are:
 - 6, 7 Year Olds 90#'s max. w/football pants and shoes
 - 8, 9 Year Olds 110#'s max. w/football pants and shoes
 - 10, 11 Year Olds 130#'s max. w/football pants and shoes
 - 12 Year Olds 150#'s max. w/football pants and shoes
(Exception may be made to a player weighing under 115#'s that does not turn 14 prior to December 1, 2010.)
 - 13 Year Olds 160#'s max. w/football pants and shoes
(Exception may be made to a player weighing under 115#'s that does not turn 15 prior to December 1, 2010.)

Registration Eligibility

- The USCAA Youth Football Program is open to all the youth in our community.
- Applications can be obtained at registration or by contacting the USC Recreation Department.
- Late registrations should be mailed to the commissioner by July 3rd. Applications received after this date will be placed on a waiting list. While it is our intention to place all applicants, we cannot guarantee a roster position to late applicants.

Volunteering

- Without *every* parent contributing to the organization, it will not be a success. It is expected that we all help to make this program a great one.
- Parents will be assigned to concession stand duty by the Commissioners. If you cannot keep your commitment, every effort should be made to find your own replacement. If you are unable to do so, you must notify your coach and/or age director.

Program Revenues and Expenses

- The USCAA Youth Football Program is annually budgeted as a break even venture. Approximately two-thirds of our funds are generated through registration fees. The balance of our funds are generated from home game concession stands, 50/50 raffles, gate fees and some limited fundraising.
- A breakdown of our program's expenses show that 50% of our total revenues cover equipment costs and uniforms. Our game day operations (referees, EMT's, Concession Stand) utilize the balance.

Transportation

- Transportation to and from all games is the responsibility of the parents. Carpooling is very popular. A list of players on your team and their phone numbers will be provided by the coach during the first week of practice to assist you in arranging carpools.
- Please be prompt when picking up your child after practice. Our coaches volunteer their time and often come straight from work. Please be considerate so they can get home to their families.

Grievances

- Various problems may surface during the course of the season and should be addressed before small complaints develop into big problems. However, the focus of practice is on the children. If you have a problem, please discuss it with your coach before or after practice as these *discussions during practice are not appropriate*.
- If a problem cannot be resolved by the coach, you may bring it in writing to any of the directors. The problem will then be addressed by the directors and/or the commissioners.

No Insurance Coverage

- Due to increasing cost, we have been forced to eliminate our medical (accidental injury) insurance coverage. Parents assume all financial responsibility for any injuries that may occur during athletic events.

Refund Policy

- If for any reason, Youth Football is not what you or your child expected or you are not willing or able to continue in the program, the complete amount of your registration fee may be refunded *until the end of the first week of practice*.

- If you should decide not to continue after that time, your registration fee will not be returned.

Equipment

USCAA PROVIDES

- mouth guard
- game jersey (players keep)

YOUR RESPONSIBILITY

- cleats and socks
- practice jersey
- game pants (must be black)
- helmet (must be black)
- practice pants
- shoulder pads
- girdle w/ pads
- thigh and knee pads
- elbow pads*
- rib protector*

**these are optional*

Pictures

- Team pictures will be taken for the High School Football Program. Time and location to be announced.
- Team and individual pictures will be taken prior to the start of the season. The time and location will be announced by the head coach.

Football Jackets

- In past years, as a service to the children, an opportunity has been provided for the football players and their families to order jackets and other miscellaneous sports wear. Football jackets and apparel will be available to purchase at sign-ups and skills sessions.

Football Kick Off Party

Parents' Annual USCAA Youth Football Kickoff Party

Saturday, August 21, 2010, St. Louise DeMarillac La Gras Hall
More details and ticket sales to follow

- .

Fields - Practice and Games

- Practice fields include Boyce, and High School.
- Home games will be played at the USC High School Stadium, and Boyce Mayview Fields.

Important Dates to Remember - 2010 Season

<u>EVENT DESCRIPTION</u>	<u>DATES</u>
Registration/Equipment Purchase	June 3-5
Registration Deadline	July 3
1st Order Deadline for Jackets/Player Bags	July 3
Skills Camp (non mandatory)	August 9
First Day of Practice	t/b/a
Scrimmage 1	August 21
Kick off party at St. Louise	August 21
St. Louise La Gras Hall 7:00 p.m.	
Picture Day - USCHS Football Program	August 22
Scrimmage 2	August 28
2nd Order Deadline for Jackets/Player Bags	August 28
Start of Regular Season	September 4
Post Season - Week 3	November 6

USCAA
Youth Football