

Junior Colonials 2009 Family Information Packet

www.jrcolonials.org

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1. Mission Statement:

The Junior Colonials Athletic Association is an independent non-profit organization whose purpose is to galvanize, support and promote football and cheerleading at all levels of amateur football and cheerleading. The Association is responsible for the safety and welfare of your children. We will endeavor to get all players in each weekly football game; however, time of play will be determined on the player's ability to absorb appropriate contact for the level the child is playing and the child's participation and attendance at practice held during the season. There is no guaranty of equal playing time for any participants due to the need to protect a child against physical injury and provide discipline to those children who fail to conduct themselves appropriately during practice or do fail to attend practice.

2. Coaching Ethics and Conduct:

The primary goal of coaches should be the development of boys and girls to be better citizens. The players and Cheerleaders must be taught sportsmanship and fair play, and these teachings should always govern their behavior while at practice and at games. Coaches shall be responsible for the conduct of all players, members of the coaching staff and spectators. This includes the time periods before, during, and after league games and other events. Improper conduct, in the judgment of the game officials, on the part of the players, coaches or spectators may result in penalties, expulsion, and suspension or forfeiture of the game.

The Junior Colonials Athletic Association recommends the following coaching ethics:

- The coach will not criticize players in front of spectators
- The coach will accept the decisions of officials
- The coach will not criticize the officials, the opposing team, the coaches, fans or parents, through language or gesture.
- The coach will emphasize that good athletes are good students, and both are physically and mentally alert.
- The coach will strive to make every football activity serve as a training ground for life, and as a basis for good mental and physical health.

- The coach will emphasize that winning a game is the result of teamwork.
- The coach shall not use abusive or profane language before anyone connected with the game.
- The coach will refrain from "running-up" the score against an opponent. This includes keeping in the first defense at all times.
- The coach shall not be under the influence of alcohol or dangerous drugs
- The coach will set an example in personal conduct at all times.
- The coach will treat each player, opposing coach, parent and administrator with respect and dignity.
- The coach will learn the strengths and weakness of his/her players so they s/he might place them into situations where they have a maximum opportunity to achieve success.
- The coach will protect the health and safety of his/her players by insisting that all of the activities under his/her control be conducted for their psychological and physiological welfare, rather than interests of adults.

Player/ Cheerleader Code of Conduct

The Junior Colonials Football Club plays a vital role in encouraging physical, social and emotional growth of children. It is therefore essential for parents, coaches and officials to encourage their youth football players and cheerleaders to embrace the values of good sportsmanship, discipline and character development.

The Junior Colonials Athletic Association recommends the following Player/ Cheerleader Code of Conduct:

- Have fun!
- Be a good sports (win or lose), be honest, fair and always show good sportsmanship to all coaches, players, officials and fans.
- Learn the value of commitment to the team.
- Put personal goals aside for the betterment of the team.
- Show courtesy and respect to teammates, opponents, coaches
- Realize that athletic contests, including practice sessions are educational experiences and opportunities
- Players/ cheerleaders will not engage in unsportsmanlike conduct
- Players/ cheerleaders will not engage in rude behavior
- Players/ Cheerleaders will treat everyone, including coaches, parents, players, officials, with respect regardless of race, creed, color, nationality, or sex

Parent Conduct

Parents are vital to the development of young athletes. Whether sitting in the stands or helping out as a volunteer, parents must set a positive example. Parents, and adults involved in youth sports, should be models of good sportsmanship and lead by example on and off the playing field.

The Junior Colonials Athletic Association recommends the following Parent Code of Conduct:

- Give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.
- Support your coach, and refrain from excessive "sideline coaching" from the stands.
- Refrain from using profanity.

- Abide by doctor's decision in all matters of players health and injuries, and physical ability to play.
- Accept the decisions of officials on the field as being fair and called to the best ability of the officials. Parents must stay off the field and remain under control in order to set a good example for players and other spectators.
- Do not criticize an opposing team, its players, fans, coaches or team, by words or gestures.
- Support the coaches, players and officials and help teach the value of commitment to the teams, sportsmanship, ethical conduct, and fair play.
- Inappropriate behavior is cause for immediate ejection from the stands. Repeat offenses will result in being barred from future games and league sponsored activities.
- Parents will not encourage their child, or any other person, to engage in unsportsmanship conduct with any coach, parent, player, participants, officials or any other attendee.

3. Junior Colonials Athletic Association Policies:

- **All Kids will Play**

The Association guarantees that each team will play a full schedule and that players who are not discipline problems, attend practice on a regular basis and do not present a health risk to themselves on the field, will receive play time each week in the game.

- **Flag Program**

Under the Board's leadership and in conjunction with the coaching staff we are making significant changes to the Flag program. We recognize the importance of this team, as it serves as the feeder to the rest of the program. As such, a greater emphasis will be placed on instruction and each player will be guaranteed playing time in each game.

- **No Nepotism**

The Varsity, JV, Pee-Wee, Super Pee-Wee, and Clinic head coaches will not coach their own children. The majority of the head coaches do not have children in the program. This ensures that no favoritism will be shown and that players will receive game time based on merit and ability. All coaching positions are subject to board review, at the board's discretion, at any time during the season.

- **Cheerleading is back**

by popular demand we are committed to our new cheerleading program.

- **New Club Role Created - Parent Liaison to the Board**

Although the Association believes that every parent should feel comfortable approaching their child's coach, a Parent Liaison has been appointed to provide an alternative avenue for parents to raise concerns, and address issues, that may arise during the season. The Parent Liaison will be reached directly online via our web site. We need one parent from each team to volunteer to be the parent liaison.

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Mandatory Parent Meeting

The Association will require a mandatory Parent Meeting prior to the first game each season. Each team will hold a mandatory parents meeting on the Cornine Field home bleachers (under the press box) according to the following schedule:

- Varsity & Junior Varsity Teams Tuesday, August 7 at 6:00 PM
- Pee Wee & Super Pee Wee Teams Thursday, August 9 at 6:00 PM
- Clinic, Pre Clinic & Flag Teams Friday, August 10 at 6:00 PM

The Board members will be there to explain the Association's polices and procedures and will address any questions from the parents.

Regular Board of Directors Meetings

The Board of Directors will meet no less than once a month from August through November and at least quarterly during the remainder of the year. In addition to normal Association business, the Association will also review and address any parental concerns. Special meetings via telephone conference will also be called if circumstances should warrant such meeting. Parental concerns will be addressed in a timely and professional manner. Meeting dates, times, and locations will be posted on the Junior Colonials web site: www.jrcolonials.org

4. Team Information: age, weights:

Flag Football available for 6 & 7 year olds

Full pad tackle football available for kids ages 8 to 14

- **2009 Age and Maximum Weight Limits**

Varsity

Age: 13-14 years old; can't turn 15 prior to August 1st

Weight limits 158 Lbs without equipment; 1 pound added week 4, week 7 and week 10

Equipment weight allowance =10lbs. (less helmet)

- **J.V.**

Age: 12 years old; can't turn 13 prior to August 1st or be less than 9 years old

Weight limits:135 Lbs without equipment; 1 pound added week 4, week 7 and week 10

Equipment Weight Allowance: 9lbs. (less helmet)

* Special play down rule for varsity age players that weigh less than 107 lbs.

- **Pee Wee**

Age: 11 years old; can't turn 12 prior to August 1st or be less than 9 years old

Weight Limits: 118 Lbs without equipment; 1 pound added week 4, week 7

and week 10
Equipment Weight Allowance: 8lbs. (less helmet)

- **Super Pee Wee**
Age: 10 years old; can't turn 11 prior to August 1st
Weight limits 105 Lbs without equipment; 1 pound added week 4, week 7 and week 10
Equipment weight allowance = 7lbs (less helmet)
- **Clinic**
Age: 9 years old; can't turn 10 prior to August 1st
Weight limit: 92 Lbs without equipment; 1 pound added week 4, week 7 and week 10
Equipment weight allowance = 7lbs (less helmet)
- **Pre Clinic**
Age: 8 years old; can't turn 9 prior to August 1st
Weight limit 82 Lbs without equipment; 1 pound added week 4, week 7 and week 10
Equipment weight allowance = 7lbs (less helmet)
- **Flag Football**
Age: 6 years old and entering the first grade by August 1st
Can't turn 8 prior to August 1st of the current year
No weight limit

5. Coaching roster and contact information

2009 Junior Colonials Coaching Staff

Varsity

Varsity Head coach: Dave Flynn (973-214-5632)
Assistant Coaches: Mike Flynn; Pat Gallagan; Dave Flynn III; Matt Flynn

Junior Varsity

JV Head Coach: Jack Shivas (201-919-5889)
Assistant Coaches: Buck Sarano ; Steve Bergh; Tom Buchner

Pee Wee

Pee Wee Head Coach: Joe Doherty (973-214-8934)
Assistant Coaches: Faran Bradby; Ryan Young; Danny Wendel

Super Pee Wee

Super Pee Wee Head coach: Jeff Ruffin (973-296-3845)
Assistant Coaches: Ed Murphy

Clinic

Clinic Head Coach: Myka Jones (973-876-6878)
Assistant Coaches: Chris Reidda; Rich Schneider

Pre Clinic

Pre Clinic Head Coach: Steve Keller
Assistant Coaches: Pat Minter

Flag

Flag Maroon Head Coach: Lance Davis (908-400-0748)

Flag White Head Coach: Brian Clark (973-722-4316)

6. Junior Colonials Athletic Association President, and Board of Directors listing and contact information

Junior Colonials Athletic Association President: Dave Flynn (973-214-5632)

Junior Colonials Athletic Association Board of Directors:

Dave Flynn agnesfly@aol.com

Mike Flynn peatfour@optonline.net

Bill Michel gmichel@att.net

Paul Ferdenzi, Esq. pferdenzi@curtisswright.com

Gerard Begley, MD rivabegley@earthlink.com

Rev. Jerry Carter cbc10mlk@aol.com

Mike Drake mdrake@accelrys.com

Mike Colvin, Esq. michael.v.colvin@morganstanley.com

Joe Adamsky jpa3rd@aol.com

7. Summer Practice Schedule:

Beginning August 3rd, practice will be held every Monday, Tuesday, Thursday and Friday 6PM- 7:30 PM at Cornine Field (located at the corner of Sussex Ave and Kahdena Rd in the Township of Morris—across from the Streeter Pool Complex) Please check with the Junior Colonials web site www.jrcolonials.org for practice cancellations due to weather; future practice schedule changes; scrimmage schedules; the regular season game schedules, and for directions to away games.

8. Junior Colonials Equipment Policy:

The Junior Colonials provide the following equipment included in our registration fee: helmets, shoulder pads, rib guards, girdles, thigh pads, knee pads, chin straps, practice jerseys, practice pants, game jerseys and game pants. Players are responsible for taking proper care of the equipment and to return them at the end of the season in good condition. Each player/parent will be required to sign for and pay for any lost or damaged equipment (due to non playing unnecessary negligence). An equipment list with itemized pricing will be distributed with equipment at a practice to be announced later—(coaches will inform players and announcements will be made via the website: www.jrcolonials.org).

The following are items are the parent's responsibility!

Mouthpieces

Sold at the field house for \$1 each. Purchase a few - kids always lose them. It is a good idea to keep one in the glove box of your car. No player can participate without a mouthpiece. This is strictly enforced.

Hard Cup

A must. No exceptions!

Cleats

Football cleats are recommended... soccer cleats will also work. Cleats must be all rubber.

Water Bottle

Please send water in a reusable non disposable water bottle (clearly marked with your child's name) with your child to practice and games. The Junior Colonials Coaching Staff does not allow disposable water/sport drink bottles due to the clean up problem with players leaving bottles on the practice field. Please no soda or sugar based drinks.

Optional Equipment

Forearm and/or Wrist Pads: These are great protection items. They can be purchased at any sporting good store.

9. Family and Friends Volunteer Requirements:

The Junior Colonials need your help! We need at least one parent to volunteer as a parent liaison for each team. We need parents from each team to volunteer to hold the chains during each home game (the chain gangs have the best view of the games!). We need parents from each team to volunteer to help with the snack bar during home games.

The Junior Colonials are looking forward to another successful season in which all participants, learn, compete and have fun!

"Individuals play the game, but Teams win them!" –US Navy Seals