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SALINAS POP WARNER



Goals and Philosophy of the Salinas Pop Warner Program

Pop Warner Football / Cheerleading is a national program operated for the benefit of the children who play the game and lead the cheers. Since its inception, the program philosophy has been: Academics and athletics go hand in hand. Since 1929, Pop Warner Football has sought at every level to develop well rounded young men and women who learn not only the fundamentals of football and cheerleading but also the importance of education in an atmosphere conducive to developing sound mind, body and character while having a good time along the way!

The general objectives of Pop Warner are to inspire youth, regardless of race, creed, or national origin to practice the ideals of sportsmanship, scholarship and physical fitness as reflected in the life of the late Glen Scobey “Pop” Warner.

For both players and cheerleaders, Pop Warner strives to make the game fun.

This is most readily accomplished with coaches constantly keeping in mind the age of the participants. Pop Warner frowns on individual trophies based on athletic achievement. The program stresses learning lessons of value far beyond learning to play the game and learning cheers. The virtues of self-discipline, teamwork and good sportsmanship are what we emphasize in our program.

If promoted and organized properly, a sports program can and will result in better grades for kids. Numerous studies have indicated that student athletes achieve higher grades during the season in which they compete. Organized sports encourage goal setting, dedication, discipline and a myriad of other qualities that are essential for learning.

Pop Warner Scholastic Program

Pop Warner’s corporate title, Pop Warner Little Scholars Inc, reflects the philosophy of our program. Peninsula Pop Warner, our league, is committed to promoting academic excellence and will issue recognition for academic achievement based on the end of the school year grades. Peninsula Pop Warner gives individual awards to those players/cheerleaders with a 3.0 grade average or above.

Each participant is required to submit a report card in July (see page 5) covering the entire year’s school grades, and each participant also must complete a National Scholastics Eligibility form in August. Based on their scholastic performance, players may be eligible to win awards and scholarships from both the Peninsula, Regional and National Pop Warner organizations.



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Registration Policies & Fees

In order for your child to play football or cheer, they must first be registered with our organization. We roster children onto teams in our program on a first-come first served basis. Salinas Pop Warner is committed to providing equal opportunity to all eligible athletes regardless of race, gender, creed, ethnicity or national origin.

Registration Times & Requirements

Children can be registered with our program at several different time windows throughout the year:

Early Registration runs from November 1st to End of year banquet, and is open to returning players, siblings and new families. Registration forms will be posted to SPW website (www.salinaspopwarner.org) and can be downloaded from the website. We do in person registration only. Forms can be handed into the organization at the registration site the day of registration SPW, along with the deposit check and required documents (see page 5).

Regular Open Registration runs from about mid March, (check the SPW website for exact dates), it is also open to returning players who did not participate in early registration, siblings and new families. We do in person registration only. Those wishing to participate must fill out the required forms and submit their payment and required documents (see page 5)

Late Registration runs from May 15 – July 15. After registration officially closes (usually in mid-April), some teams may still have openings, and a child may still be registered for a limited time by downloading the registration form and mailing it to SPW, along with payment of the entire fee and required documents (see page 5). If applying to be placed on a wait list for a team that is already full, the registration form and required documents are all that is needed, no payment is required until the child is actually placed on a team.

Registration & Uniform Fitting Day Registration days are usually held from mid-March through June or until rosters are full, which ever comes first. Cheer uniform fitting day is usually held at the end of May. Outstanding registration paperwork can be turned in at any registration day. These days are also a good time for the players and parents meet their coaches. Check the SPW website for the exact date, time and location. SPW tries to arrange for a local medical provider to offer off-site physicals to fulfill the player's requirement for a modest fee.

Our association's website is: www.salinaspopwarner.org .



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Registration Fees

For 2009, the board of directors has set registration fees as follows:

Football \$250 Cheerleading \$175

All fees must be **paid in full** to be added to roster. We **do not accept partial payment** of fees.

Sibling Discount

SPW does not give any type of discount for siblings.

Financial Policies

Bounced checks are subject to a \$40.00 fee. Also, it is SPW's policy that no child is considered registered until their check clears the bank, and their priority based on the first come policy is determined by that date.

Cash payments must be made in person, and you must request a receipt for proof of payment.

WHAT COSTS ARE COVERED BY THE FEES PAID:

Football fee includes:

Rental of full game uniform, including 7 piece pad set, home and away jerseys, games pants, certified helmet, shoulder pads, league fees, game & practice field fees, league insurance, Trophies & Awards from Conference.

Not Included in Football Fees:

Molded rubber football cleats, practice pants, girdle, and colored mouthpiece (cannot be white), and game socks.

CHEER FEE INCLUDES:

All field, indoor practice facility, league, and competition fees, and trophies & awards from Conference.

Not included

Cheer uniform, shoes, practice shorts, warm-up outfit. Costs for these items run between \$150.00 and \$200.00 if a new uniform is needed, about \$50 to \$100 if participant already has a uniform. Used uniforms may also be available for trade or purchase from members of previous SPW cheer squads.

REFUNDS:

No refunds will be given for participants that drop after July 15. Once practice starts, no refunds can be given. Refunds are at the discretion of the Salinas Pop Warner Board. Equipment return dates will be scheduled. If equipment (in full) is returned on the scheduled dates, the deposit will be refunded. If these dates are missed, a percentage of the deposit will be withheld accordingly. The longer the equipment is out, the greater percentage of your refund will be kept at a weekly rate of 35%. Maximum 3 weeks. We encourage all families to return equipment as soon as possible. The equipment needs to be reviewed and cleaned for the next year.



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REQUIRED DOCUMENTS:

In addition to the registration form, which is required annually, national and local Pop Warner rules require that each participant furnish several documents, which are described in order according to when they are due:

DUE AT TIME OF REGISTRATION:

Birth Certificate: Each child must present their true and certified birth certificate with the state or county seal. Copy of passport is acceptable also. Baptismal, hospital, records or certificates are not acceptable.

Color Photo: Each child must furnish a wallet size (about 2x3) color photo, it should be a head & shoulders shot or school photo. No hats or sunglasses can be worn in the photo since its purpose is to serve as a photo ID during certification. Also, no Polaroid pictures are allowed.

Player Contract: Each parent & child must sign a player contract, which includes terms & conditions of their participation in Salinas Pop Warner and parental consent for the child to play.

Code of Conduct: Each parent & child must sign a code of conduct, agreeing to abide by the behavioral requirements outlined in Pop Warner rules.

Due by July 15th:

Physical Form: Physicals are required for both football players and cheerleaders. The official Pop Warner physical form must be completed and signed by a doctor, and must be dated after January 1st of the current year.

Report Card: An end-of-year report card, showing grades for all semesters or quarters, must be provided for each athlete. The report card must show a grade point average of over 2.0 and promotion to the next grade. Those who do not meet those requirements will receive a scholastic form that must be completed by the child's school prior to them taking the field, or a progress report.



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TEAM PLACEMENT POLICIES:

The national Pop Warner structure offers various levels of competition so that children can play or cheer on a team whose age, weight, skill and maturity level is similar to their own. Placing children appropriately is important to ensuring their physical safety, as well as allowing each team to be competitive within their division. For this reason, the SPW board of directors has the responsibility for placing each child on the most appropriate team in accordance with these guidelines. Parents are not given the option to sign their child up for a particular team – only for our Pop Warner program. The board or coaches will notify families of which team a child has been placed on after they register for the program.

If a parent has any concerns about the performance of their child, or which team will be considered most appropriate for their child for the current or following season, parents are encouraged to discuss the matter with the child’s coach or the athletic director.

NATIONAL POP WARNER AGE & WEIGHT STRUCTURE:

The following age & weight structure is set by the national Pop Warner association, and is the only one authorized for use by Pop Warner leagues and associations:

Tackle Football Divisions of Play

Age/Weight Division	Age	Certification Weight Range
TINY-MITE (older/lighter)	5-6-7 No older/lighter	35-75 lbs No older/lighter
MITEY-MITE (older/lighter)	7-8-9 N/A	45-90 lbs N/A
JUNIOR PEEWEE (older/lighter)	8-9-10 11*	60-105 lbs 60-85 lbs
PEEWEE (older/lighter)	9-10-11 12*	75-120 lbs 75-100 lbs
JUNIOR MIDGET (older/lighter)	10-11-12 13*	85-135 lbs 85-115 lbs
MIDGET (older/lighter)	11-12-13-14 15*	105-160 lbs 105-140 lbs

Additionally, the minimum number of players required to field a team is 16, and the maximum number allowed on a team is 35 players.

CHEER & DANCE DIVISIONS

Division Name	Age Range
TINY-MITE	5-6-7
MITEY-MITE	7-8-9
JUNIOR PEEWEE	8-9-10-11*
PEEWEE	9-10-11-12*
JUNIOR MIDGET	10-11-12-13*
MIDGET	11-12-13-14-15*

Cheer teams with 20 or fewer cheerleaders compete as small squads, those with 21-35 cheerleaders are considered large squads, and compete in a separate category.



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VOLUNTEER POLICIES:

All participants in Pop Warner activities do so on a volunteer basis, there is no compensation awarded for any coach, board member or rostered volunteer. Each rostered volunteer is required to submit to an extensive background check, and be authorized and approved by the board of directors to work with your children.

COACHES:

We are very proud of our coaching staff. All of the head coaches are experienced and are here because they have talent and experience to share and are very anxious to teach your child the basics and techniques of the game. Salinas Pop Warner is dedicated to teaching our participants good sportsmanship, fair play and the fundamentals of the game. By providing a safe, well supervised and structured program that stresses physical well-being, self-discipline, self-esteem and athletic skills, we feel that Salinas Pop Warner can achieve its goal. All are volunteers and attend coaching clinics.

Please be aware our program is comprised completely of volunteers and we are all here for the kids. Be cognizant of the fact that we are all doing our best including our coaching staff. It is not always easy to get young children to listen and it is up to the coaching staff to not only teach our children the game but to teach them what they need to know to keep them safe out on the field as well.

If a parent has any concerns about their coach, please follow the proper channels. Please go to your head coach. Please do not interrupt practice or games with your concerns. Please approach members before or after the practice or game. We will not tolerate verbal abuse or the harassment of any volunteer member or team staff at any time. This could be cause to release you and your child from the Peninsula Conference.

PARENTAL INVOLVMENT:

Salinas Pop Warner encourages its parents to participate and support the program. Without your help, there would be no Pop Warner program for your children. We believe that your child will function better knowing you are present; however, parents are not allowed on the field during practices or games. There are many ways to help your team. Field setup, Clean up, and snack bar participation is just a few that you will be called upon to help out with. It is hoped that our parents also support the fundraisers and bring in sponsorships to help cover the season's operating costs. The success of the Salinas Pop Warner program depends on the many parents and dedicated volunteer members and through their donations, support and participation we can be sure to provide a quality program. Also, Salinas Pop Warner has established a guideline for volunteer hours, whereby every parent must complete at least 10 hours of volunteer work.



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CODE OF CONDUCT

Pop Warner Little Scholars has established a code of conduct which must be adhered to by all participants, since our association is also held responsible for the actions of our members, including players, coaches and parents, *everyone* needs to be aware of and abide by these rules:

ADULT CODE OF CONDUCT:

S1: In order to uphold the goals of Pop Warner and ensure that all participants have the benefit of a safe and fun learning environment, all parents, guardians and other adults and attendees of Pop Warner events, including but not limited to practices, competitions, and banquets, must behave accordingly in a respectful, courteous and sportsmanlike manner at all times.

S2: Any adult who is using alcohol, tobacco or non-prescription drugs and/or appears intoxicated at a Pop Warner event, and/or who is flagrantly rude, attempts to intimidate, verbally abuse, heckles, taunts, ridicules, boos, throws objects and/or uses vulgarity or profane language/gestures with an official, coach, volunteer, staff member, participant or other event attendee, must receive a verbal warning and/or be asked to leave a Pop Warner event. The member organization may also provide a written warning to the individual regarding the misbehavior. The adult's children may also be removed from the event. Any adult who commits one of the above stated offenses a second time will be banned from any and all Pop Warner events for a period of one year from the date of the second offense, and their children may also be removed from the program(s) for that time period.

S3: Any adult who physically assaults an official, coach, volunteer, staff member or participant or threatens grave bodily harm may be banned from any and all Pop Warner events for one year from the date of the offense, and their children may also be removed from any and all Pop Warner programs for that same period of time. After the ban has expired, if the individual commits another offense of the adult code of conduct, the individual will be permanently banned from any and all Pop Warner events and the individual's children may also be permanently removed from any and all Pop Warner programs.

MEMBERS CODE OF CONDUCT

All volunteers, football and spirit participants will abide by a Code of Conduct which includes the following provisions. If any of these rules are broken, the League shall have the authority to impose a penalty. Members shall:

S1: Not smoke and/or use smokeless tobacco on the field.

S2: Not criticize players/spirit participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team/squad members if others might benefit.

S3: Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.

S4: Not criticize an opposing team, its players, spirit participants, coaches, or fans by word of mouth or by gesture.

S5: Emphasize that good athletes strive to be good students and that both are physically and mentally alert.

S6: Strive to make every football and spirit activity serve as a training ground for life, and a basis for good mental and physical health.

S7: Emphasize that winning is the result of good "teamwork."



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S8: Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sidelines.

S9: Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave.

S10: Not use abusive or profane language at any time.

S11: Not “pile it on;” not encourage their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.

S12: Not receive any payment, in cash or kind, for services as a coach in Pop Warner Football/Spirit. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.

S13: Not permit or encourage “sweating down” tactics in order for a player to make the team weight.

S14: Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant’s physician.

S15: Not permit an ineligible player or spirit participant to participate in a game.

S16: Not deliberately incite unsportsmanlike conduct.

S17: Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.

S18: Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.

S19: Control their fans. Remember, as a team coach, you’re responsible for your team, and fan reaction will usually be in step with your reaction.

S20: Uphold all rules and regulations, National, Regional & Local, regarding Pop Warner Football, Cheerleading and Dance.

S21: Refrain from engaging in any action which reflects negatively, or causes embarrassment to, the PW program.

It is important to note that both our league and Salinas Pop Warner take this code of conduct very seriously. For your child to complete the certification process each parent/guardian will need to sign an agreement to abide by this code of conduct. There has been much discussion and concern among the board of directors at the national level, over the number and severity of incidents of parental violence and misbehavior in youth sports. The National Board of Directors of Pop Warner has endorsed parent meetings at least once per year to discuss, among other things, the definitions of unacceptable behavior. The consequences for violating this code of conduct may result in suspension or expulsion of parent and child from the Pop Warner program. To see the complete bylaw amendment, please go to www.popwarner.com. It is unfortunate that bad behavior has reached this level. Let us all make our best efforts to allow the children in Pop Warner to have fun without rude or intimidating interruptions from parents and adults.



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Practices

The Pop Warner practice season begins on August 1st by national rule. Occasionally, the national board of directors may approve a start date that is a few days earlier, depending on the calendar. Pop Warner rules require ten hours of conditioning before contact or stunting can begin, and another ten hours of contact with full pads for each football team before an inter-squad scrimmage can be played. For that reason, it is very important that all players attend every practice during the month of August. It is strongly recommended that any family with Pop Warner participants complete their summer travels by the end of July, if a player takes more than a couple days off during August, they are almost always behind their teammates, and it will likely affect their playing time during the season, plus it can be a safety issue as well.

Practice Hours

Per national rules, Pop Warner teams practice ten hours per week from August 1st thru Labor Day, no more than 2 ½ hours per day. Traditionally, SPW holds its August practices on Monday thru Friday evenings, from 5:30 pm to 7:30 pm with some Saturday practices, dates and times are subject to change as needed.

After Labor Day, teams are allowed to practice no more than six hours per week, and two hours per day. Most of these practices are held on weekday evenings, with some Saturday practices, dates and times are subject to change as needed to accommodate use of practice facilities or game schedules.

Practice Rules

- 1) For the children's safety, only board-approved volunteers who have passed the background check and have been rostered to the team are allowed to be on the practice fields working with children.
- 2) Parents and friends are not allowed to be on the field with the players, but may watch from the perimeter area of the field.
- 3) 3) All players & cheerleaders are required to attend every practice unless they are ill or excused for some other urgent reason. Players who miss any practice unexcused, or two or more practices in a given week for any reason will be ineligible to play in that weekend's game.
- 4) Any football player / cheerleader who has seen a physician for any sickness or injury, including those not related to football or cheerleading, must bring a written release form from the doctor before he or she can participate in practice or play in a game
- 5) During break times, players are to remain with their team in the practice area.
- 6) Players are to notify their head coach before leaving practice.
- 7) Parents must be on time to pick up their children when practice ends – coaches already give a lot of their time to our organization, so please be respectful of their time!
- 8) Please make sure that your child has a bottle of water marked with their name when they come to practice!



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Required Equipment:

All players must have all required safety equipment before stepping out onto the practice field. All of the equipment we issue to players each year has been approved and is either re-certified or replaced. Players are provided this equipment on a loan-basis-only: Helmet, shoulder pads, hip pads, knee pads, thigh pads, game pants, belt, practice jersey, and two game jerseys red and white. We also give each player a t-shirt, shorts, and a pair of game socks, they do not need to return the t-shirt, shorts, or socks. Players must purchase their cleats with molded rubber soles. Only colored mouth pieces are allowed, no white or clear, check with your coach if your player needs a special mouthpiece per the dentist. Only certain auxiliary equipment is allowed, by conference rules, check with your head coach before purchasing.

Parents and /or guardians can be held financially responsible for the loss of or malicious damage to any of the association's equipment and uniforms issued to their child. Your child will not receive their end-of-season award, or be allowed to register for next year until their uniform, equipment and any outstanding fees or monies owed are turned in. Each parent is responsible for the equipment and uniforms while they are on loan to the players.

Games & Competitions

Each football team plays at least nine games per year, including a Jamboree and eight regular season games. Mighty Mite teams usually play one extra post-season game after the season ends. Teams at competitive levels (Jr Pee Wee and up), may compete in league playoffs if they qualify based on their win-loss record. All of those games are played on weekends, either Saturday or Sunday. Half of our games are played here in Salinas and the other half are played away at various locations throughout the league. Our league, Peninsula Pop Warner, encompasses the following territory: Monterey, San Benito, Santa Cruz, Merced, San Joaquin, Santa Clara, Alameda, Contra Costa & San Mateo Counties. Those winning league championships may compete at the regional, beginning the first week in November thru the end of the month. Those games almost always require travel, and may be played on any day of the week.

There are also three league cheer competitions, also held on weekends, either Saturday or Sunday, and at various locations throughout Peninsula Pop Warner territory. When cheer competitions conflict with a football game, cheerleaders will be excused from the football game in order to attend their cheer competition.

As with football, those cheer squads who win or place second in their competitions are eligible to compete at the regional level. The regional cheerleading competition is almost always held the Friday after Thanksgiving.



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Mandatory Attendance

All football players and cheerleaders are required to attend their team’s games. Pop Warner rules require that any player who misses three games or competitions in a season be removed from the team.

Players and cheerleaders are required to be at the playing site 90 minutes (1 ½ hours) before game time, as check-in is required, and also weigh-ins are required for football players.

Mandatory Play Rule:

All Pop Warner teams are governed by a mandatory play rule, whereby each football player must play a minimum number of plays during the game. The actual number of plays required varies based on the number of players actually playing in a game:

# of players available	Competitive teams	Mighty Mites
16-25	10	12
26-30	8	10
31-35	6	8

Coaches are responsible for adhering to the minimum play rule, and each player’s plays are tracked on the field by a group of volunteers, two from each team. Failure to adhere to the mandatory play rule will result in penalties for the coach and team.

Tiny Mite players are all required to play about half of the game on offense or on defense.

Fundraising Policies

It costs SPW about \$600 per football player and about \$400 per cheerleader to participate in these sports, including all league fees, field fees, and equipment fees as well as administrative costs. To keep these activities affordable for families, SPW charges far less than it costs to participate, as do most other youth sports organizations. Substantial fundraising is required to make up the difference.

Fundraising is everyone’s responsibility who is a member of our organization, not just the board of directors. If everyone puts their maximum efforts into the fundraising opportunities that SPW provides, it will limit the cost of participation for players and their families and give us more money to help teams that have to travel. All fundraisers must have prior approval by the Salinas Pop Warner board of directors. The board has the right to deny any request.