

# Matteson Youth Athletic Association

**MATTESON YOUTH  
ATHLETIC ASSOCIATION**



## Tackle Football and Cheerleading Parent Handbook - 2019 Season

Matteson Youth Athletic Association  
PO Box 196  
Matteson, IL 60443

Website: [www.MattesonBearsFootball.com](http://www.MattesonBearsFootball.com)

# Welcome to the 2019 Season!

Welcome to all returning families and their children and a big welcome to all new Bears! Parents, keep this handbook handy, as it contains important information about the program. This handbook provides you with information regarding registration requirements, an itemization of what your registration fee covers, the MYAA refund policy, practices, other needs/extra costs related to football/cheerleading, weigh-in requirements, game day information, the MYAA Board and board meetings schedule. There is also information on how you can give a hand!

Again, welcome to the team, welcome to the family! It's going to be a great season!

## **MISSION**

The mission of the Matteson Youth Athletic Program is to provide instruction in the fundamentals of football/cheerleading and to promote and encourage positive characteristics that will be beneficial to participating youth as they grow and develop as young adult members of their community.

## **VOLUNTEERING**

To keep the organization running smoothly, we rely on volunteers. You can lend a hand by participating in any of these volunteer positions:

**Chain Crew:** Volunteers work the sideline of the football field and manage the down markers and chains for home games.

**Clean-up Crew:** Volunteers maintain the up-keep of the area by ensuring that it is free of litter and trash throughout the day, near and around the concession stand area and in the stadium stands. This responsibility is essential to maintaining good relationships with Allemong Park and the Matteson Community Center.

**Fundraising:** Volunteers are needed to sell program merchandise, i.e., sweatshirts, t-shirts and other Bears Gear! Fund raising is essential and assists in paying for line items not covered by registration fees such as: league fees, referee fees, and advertisement costs.

**Team Parent:** Volunteers assist the football/cheer coaches with tasks such as attendance, distributing notices, keeping team documentation and sometimes short-term supervision. Team parents are an important part of our coaching support staff and are needed per team, per division.

## **REGISTRATION FEES & ADDITIONAL NEEDS**

For the 2019 season, fees for football and cheerleading include the registration fee for the season and the summer football and cheerleading camp fee. In addition, MYAA provides a supplemental medical insurance policy. Participants are expected to use their own medical insurance to pay for services and treatments. The supplemental policy is to be used afterward to minimize out-of-pocket expenses.

- **Football** - Cost covers game jersey and game socks, rental of equipment (helmet, shoulder pads, one mouth piece, hip pads, thigh pads, knee pads and pants) and supplemental insurance). **Items needed that are not covered by your registration fee** are protective cup, rubber-molded cleats, under-equipment garments including girdles, and replacement mouth guards. \*Please note that cleats cannot have spikes that are metal or detachable.\*

- **Cheerleading/Poms** - Cost covers shoes, “spankies”, socks, crop top/bodysuit, game bow, rental of uniform (shell, skirt, and use of poms), a warm up (for new participants) and supplemental insurance.

**Items that are not covered by your registration fee** are practice apparel, practice shoes, replacement warm-ups, competition fees, travel expenses, etc.

## **REFUND POLICY**

Football players or cheerleaders who drop from the program are not eligible for a refund.

## **EQUIPMENT/UNIFORM**

Equipment and uniforms are not issued to a player or cheerleader who owes fees to MYAA. This is non-negotiable. Equipment turn-in will be at the conclusion of the season. All uniforms and equipment are the exclusive property of the Matteson Youth Athletic Association (MYAA) and must be returned at or before the scheduled turn-in date. Dates, times and locations will be announced. Uniforms and equipment must be returned clean, on time, and in good condition. Any rented equipment and uniforms for football players and cheerleaders not returned or returned damaged, will be charged to you for the full replacement cost.

### ***Football Equipment/Uniforms***

Each football player will be issued equipment, including all required pads and game socks. The exact date and location of equipment hand out will be announced on the website. Pads will be used for practice and games. Care instructions for the jersey and equipment will be provided at uniform pickup.

- Uniforms must be clean and look presentable in order to participate in activities on game day. **Players must wear game socks for games as provided by the Bears.** A pair will be issued to each player at equipment hand-out.
- Children **MUST** wear MYAA-issued equipment for both practices and games. Any player found to have altered or not have the proper equipment will not be able to participate in practices and games.
- Any problems should be reported to the Equipment Manager or Football Director immediately.
- No stickers shall be placed on the helmet without prior MYAA Approval.
- No alterations to the current year game jersey allowed during the current season.

### ***Cheer/Poms Uniforms***

Each cheer/poms participant will be issued a uniform, which MYAA provides. The uniforms are to be returned clean and in the same manner in which they were loaned out. Care instructions will be provided at uniform pickup.

- Uniforms must be clean and look presentable in order to participate in activities on game day.
- Any problems should be reported to the Cheer Director immediately.
- No permanent alterations to the uniform are allowed.

## **COMMUNICATIONS**

All information regarding activities, game schedules, fund-raisers, etc., is communicated via email from our Communications Director and updated on our web site, [www.MattesonBearsFootball.com](http://www.MattesonBearsFootball.com).

## **PARTICIPATION AWARDS**

Each football player and cheerleader/poms completing a full season with the Bears is guaranteed to receive a participation award at the end-of-season banquet. **Exception policy: A participation award will not be issued to a player/cheerleader who has not returned equipment/uniform.**

## **CAMP**

MYAA offers a summer conditioning camp prior to the start of season practices. This season camp starts on Monday, July<sup>22nd</sup> and will end on Friday, August<sup>2nd</sup>. Camp is held at Allemong Park in Matteson IL. More information on the camp will be posted on the website.

## **PRACTICES**

Practice is essential in your child's development in their knowledge of the sport of football and cheer, strengthening/conditioning, safety, and team unity. We urge you to be consistent in getting your child to practice on time so that he/she can receive the full benefit of their instruction. Players/Cheerleaders who consistently miss practices may be asked to sit out for a game or a half-time routine in the interest of safety of your child and his/her team members.

- Football practice begins the last week in July, Monday through Friday from 6:00 p.m. until 7:30 p.m. During the week that school starts in late August, practices are reduced to three days a week usually (Tuesday, Wednesday, Thursday) or as otherwise specified by the division head coach. Some teams may call Saturday practices. Your child's coach will provide you with information on their specific practice schedule.
- Cheerleading/Poms practice begins after camp is over (the last week of July). Practices are generally Tuesday, Wednesday & Thursday or as otherwise specified by your child's coach - which could mean a Saturday practice also. You will be provided information regarding their particular team's practice schedule.

### ***Practice Locations***

- Allemong Park 250 Willow Road, Matteson IL
- Matteson Community Center 20462 Matteson Ave. Matteson, IL

### ***Child safety***

- For your child's protection, your child will never be left at the practice/game site alone. We do ask for your cooperation in picking your child up promptly at the end of each practice/game. In cases of inclement weather, please check our website for the status of practice and games.
- Outdoor practices: Please be sure your child is prepared for changes in the temperature. In the event of bad weather, the Athletic Director will make a decision by 5:00pm whether or not to hold practice. All cancellations will be posted on the MYAA Website: [www.mattesonbearsfootball.com](http://www.mattesonbearsfootball.com).
- If threatening weather sets in during practice, please come to pick up your child immediately. We do not practice when it is lightning. LIGHTNING is a severe hazard that must be viewed seriously. Players should STOP PLAY and SEEK SHELTER when lightning threatens them, even if a signal has not been sounded. **PLEASE BE PROMPT IN PICKING UP YOUR CHILD**

### ***Injuries***

- Any child injured during the season that requires medical attention must have a signed doctor's release to participate in subsequent practices or games for the current season. This release must be turned in to the football or cheerleading director.

- Any child who contracts an infectious disease (other than a cold or the flu) during the season must have a signed doctor's release to participate in subsequent practices or games. This release must be turned in to the football or cheerleading director.
- It is the responsibility of the parents to contact the football or cheerleading director to obtain league medical forms in the event that there's an injury during a Bears game, practice, or event. This should be done immediately following the injury and before the end of the season.

**Due to safety concerns, League regulations, and, insurance requirements, no one except the players, coaches, Board members and Board authorized personnel will be allowed on the field at Bears home games. Parents and spectators are not allowed on sidelines with players and coaches at any time during any game or practice.**

## **GAMES/SEASON**

For this season, home games are scheduled to be played at Matteson Community Center located at 20642 Matteson Ave. Matteson, IL. Parents are responsible for the transport of players and cheerleaders to all games. Games can be played on Saturday or Sundays. You will be provided a game schedule far enough in advance for you to plan accordingly. The season generally begins in late August and runs through November with the play-offs, Super Bowl and the cheer competitions taking place in November.

## **FOOTBALL SPECIFIC INFORMATION**

### ***Eligibility***

1. Participants must reside within the boundaries set forth by the Southwest Midget Football League.
2. Players must show proof of age by submitting a **birth certificate copy** to remain on file with the MYAA - Bears. This is a league requirement. If there is not a birth certificate on file, the player will not be able to weigh in.
3. All football players must attend all weigh-ins and pass league mandated weight requirements to be eligible for play.

### ***Team Placement***

The Southwest Midget Football League regulates teams. Age and weight classifications are strictly enforced as follows and subject to change by the League.

Mighty Mites – 5 - 7 year olds	up to 75 pounds/87 pounds striper 6yr old.....80 lbs max 5yr old .....85 lbs max
Widget – 7 and 8 year olds	up to 90 pounds/102 pounds striper 8yr old.....95lbs max 7yr old.....100lbs max
Pee Wee – 9 and 10 year olds	up to 115lbs/no stripers 11 yr Old Slide Down 100 lbs 9 yr Old 120 lbs 8 yr old 125 lbs 7 yr old 130 lbs
Lightweight – 11 and 12 year olds	up to 130 lbs/no stripers 13 yr Old Slide Down 105 lbs 11 yr Old 135 lbs 10 yr Old 140 lbs 9 yr Old 145 lbs
Heavyweight – 13 and 14 year olds	175 lbs Max with Striper up to 200 lbs (Cannot be 15 yrs old Before Dec 1st) 12 yr old 180 lbs 11 yr old 185 lbs

***Note: Age is determined by the child's age as of September 1 of the current year.***

### ***Official Weigh-in Policy for Football (SWMFL)***

There are three (3) official league weigh-ins that the football players **must** attend. The first weigh-in will be before 1<sup>st</sup>, 5th, and first round playoff game, as mandated by the Southwest Midget Football League (SWMFL). Each player **must** wear his/her current year game jersey to the weigh-in.

- It is the parent's responsibility to make sure that the child attends the official weighs. Failure to attend weigh-in may result in game suspensions or being completely dropped from the roster. This is a league rule. No refunds will be issued. Weigh-in is always held before the 1<sup>st</sup>, 5<sup>th</sup>, and first round playoff games. If a player must miss the weigh in and only under an extreme emergency/medical or family situation then the player WILL NOT be able to play in that first game. If the player misses the weigh in without a valid excuse then the player must be weighed at the League Office in Oak Forest and is assessed a two game suspension. **League Policy.**
- No child can be moved to a team that exceeds his/her age and/or weight classification, unless he/she has permission by his/her parents and the Athletic Director. The Athletic Director should then bring this issue to the Board of Directors. A mutual decision as to what is best for the player will be discussed. If the decision is for the child to be moved to a team that exceeds his/her weight, the parents will then be notified and will sign waivers of insurance and responsibility.
- The Matteson Youth Athletic Association does not condone excessive or extremely rapid weight loss.
- Players not making weight (being over the maximum for the team they are rostered on) at the first weigh-in will have the opportunity to play on a heavier weight team (if available), but only with the permission of the parent/guardian and approval of the Athletic Director.
- Players not making weight at the second weigh-in will **forfeit** their playing privileges. **No refunds will be issued.**
- Any Heavyweight (Varsity) player not making weight (187 lbs.) at either weigh-in will be removed from the roster and required to turn in their equipment. No refunds will be issued.

### **CHEERLEADING SPECIFIC INFORMATION**

Matteson Youth Athletic Association (Matteson Bears) cheerleading and poms is sanctioned under the SWCCL (Southwest Cheerleading Coordinators League) and offers the following teams for this season:

<b><i>Teams</i></b>	<b><i>Grade</i></b>
Mascots	Kindergarten
Widget	1 <sup>st</sup> /2 <sup>nd</sup> Grade Fall
Pee Wee	3 <sup>rd</sup> /4 <sup>th</sup> Grade Fall
Junior Varsity	5 <sup>th</sup> /6 <sup>th</sup> Grade Fall
Varsity	7 <sup>th</sup> /8 <sup>th</sup> Grade Fall

### ***Season (Games)***

Cheerleaders cheer every weekend from the middle of August until the beginning of November for both home and away games, Saturday or Sunday depending on the schedule, regardless of the weather. Poms will perform at home games only. Cheerleaders/Poms should always come prepared to cheer/dance in all weather.

### **MYAA Board of Directors and Board Meetings**

The MYAA Board meetings are held monthly at the Matteson Parks and Recreation Center. Meetings start at 7:00pm. Any changes to the schedule including time, date or location will be posted on our website and communicated via email.

President                    Anthony Walker

Vice President            Derrick Stewart

Treasurer (s)            Laverne Barnes  
George Wilson

Secretary                 Tasha Williams

Athletic Director        Darian Garner

Football Director       Anthony Walker

Cheer Director          Liana Alfred

Comm. Director         Tasha Williams

Fundraising Dir.        Minya Coleman

Equipment Mgr.        Ernesto Lindsey

Concessions             Cheryleta "CC" Cooney