



Since 1929, the Pop Warner Football program's philosophy has been: Academics and athletics go hand-in-hand. At every level, Pop Warner Football seeks to develop well-rounded young men and women who learn not only the fundamentals of football or cheerleading, but also the importance of education in an atmosphere conducive to developing sound mind, body and character-and having a good time along the way!

GENERAL RULES:

1. This is a Pop Warner Association. Board Members, Team Moms and Coaches donate many hours to this organization for our children. They attend many meetings and functions before, during and after the season to make this a worthwhile program.
2. Cheerleading is a commitment and a team effort. The Coach needs each parent to cooperate with them at all times. Parents are expected to have their child at practice, games and events on time.
3. Parents must be prompt in picking up their children from practice/games. Your coaches have full time jobs and give us their free time or family time to teach your child. It is unfair for you to expect them to understand your tardiness, unless of course, there is an emergency.
4. The use of bad language, tobacco, alcohol or drugs will not be tolerated. Any of these infractions will lead to suspension and/or dismissal from the team. Each cheerleader should always work toward being a good example for others. Be proud to wear your uniform and make us proud to have you wear it.
5. Rules are for everyone. Each parent and child must follow all the rules in order to make this a successful program for everyone. THERE CANNOT BE EXCEPTIONS. You will be asked to sign an acknowledgement of having received and read these rules. Your child will not be able to participate unless this acknowledgement has been signed by both parent and cheerleader, and received by the association. Coaches will be using a Demerit System. Please familiarize yourself and your child with it. We find the system necessary to ensure that each practice and game are safe, productive and fun.
6. If you have any questions during the season regarding actions that have been taken toward your child, please see the Head Cheer Coach, Cheer Coordinator, or Assistant Cheer Coordinator. We invite any questions or suggestions that you may have. All volunteers involved with this program as well as the Coaches are open to your comments and suggestions; however please remember that we must always look out for the best interest of your child and the TEAM.

PRACTICES:

1. Practice is scheduled to begin August 1, 2008.
2. Players are required to wear their practice uniforms and are responsible for bringing their own water during practice.
3. If your child is going to be absent for a practice or game, it is mandatory that you call the squads Head Coach, Assistant Coach or Team Mom prior to absence.



REQUIRED EQUIPMENT:

Your registration fee covers registration into the program, rental use of the uniform and pompoms for the season. (Uniform consists of Vest, Skirt, and Crop Top) In addition the girls will receive a pride pack (shorts and a T-shirt) as well as 2 additional practice t-shirts.

- Hair Bow, Bloomers, Shoes and Jacket are an additional fee.

SAFETY:

1. Jewelry of any type shall be prohibited.
2. LHPW considers both Football and Cheerleading a sport which requires physical conditioning and stamina. In addition all participants are expected to follow proper nutrition and hydration to prepare for their physical conditioning.
3. All Coaches will have the discretion to require a Doctor's release after a participant has missed practice or a game due to health reasons.

GAMES:

1. Cheerleaders are required to be at the field 1 hour prior to game time. This time will be spent for warm-up, practice and last minute changes due to someone's absence.
2. Parents: Please do not attempt to talk to your child during the game or at half time, the coaches need your full support on this issue.
3. It is the responsibility of each cheerleader to maintain the uniform issued to her and return it when the season is over. Failure not to return uniform will result in your child becoming ineligible to play on any Mid-Florida Pop Warner Team. Post Participation Competition.

COMPETITION:

1. Mitey Mites do not compete, but do perform during intermission at the Mid-Florida Competition.
2. Any cheerleader whose squad progresses to Regional competition or National competition will incur additional expenses.
3. Please be advised that practice schedules will change as competition approaches. Indoor Gym time will be required in order for the girls to be competition ready; the Gym space may not be consistent with every squad's regular practice schedule. Please allow to be flexible.
4. EACH CHEERLEADER UNDERSTANDS THAT THE UNIFORM ISSUED TO HER IS THE PROPERTY OF LAKE HOWELL POP WARNER AND IT IS HER RESPONSIBILITY TO RETURN IT - OR AGREE TO REIMBURSE LAKE HOWELL POP WARNER THE COST OF THE UNIFORM.

LET'S HAVE A GREAT SEASON AND STRIVE TO BE THE BEST OF THE BEST !!!

We want Cheerleading to be a rewarding experience for your daughter. In order to achieve this goal, we must insist on your cooperation, as well as your daughter's. Pop Warner football is a 4 month commitment, requiring exercise, hard work and dedication. Please be prepared & fully committed for all practices and games.



The undersigned player, parent or guardian acknowledges that Lake Howell Pop Warner has adopted a Code of Conduct for players and guardians and that each of the undersigned has individually read, understands and agrees to adhere to such currently issued Code of Conduct.

The undersigned state that they clearly understand that violating the Code of Conduct may cause the player to be suspended for a specified or indefinite period of time based on a review and ruling by the Lake Howell Pop Warner Executive Committee.

Player:

I have read, understand and agree to be held accountable for behavior contrary to the Code of Conduct of Lake Howell Pop Warner.

Printed Name: _____

Player's Signature: _____ Date: _____

Parent or Guardians:

I/we have read, understand and agree to be held accountable for behavior contrary to the Code of Conduct of Lake Howell Pop Warner.

Printed Name (1) _____

Parent /Guardian's
Signature _____ Date: _____

Printed Name (2) _____

Parent /Guardian's
Signature _____ Date: _____