



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. All of our 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. Football is a commitment and a team effort. Coaches and Team moms need 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.
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 player 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 player, and received by our Association.
6. If you have any questions during the season regarding actions that have been taken toward your child, please see your Head Coach, VP of Athletics, Football Coordinator, Commissioner or Association President. (This contact information is located on our website at www.lakehowellhawks.com)
7. 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 your child's Head Coach, Assistant Coach or Team Mom prior to absence.



REQUIRED EQUIPMENT:

The following items shall be worn by players in all divisions beginning with physical contact in practice sessions:

1. Helmet, Shoulder Pads, Hip/Tail/Knee Pads, thigh guards, pride packs, jersey (all furnished by LHPW)
2. Mouth guard (keeper strap required)
3. Athletic Supporter
4. Shoes
5. Practice Pants
6. Eyeglasses: When worn, shall be of athletically approved construction with non-shattering glass (safety glass) or contact lenses. (Items #3,4,5,6 are not provided by LHPW)

SAFETY:

1. Jewelry of any type shall be prohibited.
2. Long hair must be pulled back out of players eyes.
3. LHPW considers Football 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.
4. 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. Players are required to be at the field 1 hour prior to game time. This time will be spent for warm-up, practice, and weigh in.
2. We respectfully ask that parents not attempt to talk to your child during the game or at half time; the coaches need each player's full attention and your full support on this issue.
3. Please do not approach the coaches during or after games. Parents that interfere with any coach during a game will be asked to leave the football field. **Any parent cursing at a coach, board member or league official will be removed from the field for the SEASON.** This applies to all LHPW Games, Practices and Fundraising Events.
4. Access to the playing field is limited. Only those adults with a current Mid-Florida issued badge will be allowed on the playing field. Exceptions to this rule are volunteer positions of MPR/Shadow or Chain Gang.
5. I understand that the uniform & equipment issued to me by LHPW is the property of LHPW. It is my responsibility to maintain the uniform & equipment and to return same at time season is over. Failure not to comply will result in ineligibility to play any Mid-Florida Pop Warner Post Participation Competitions/tournaments and you will be required to reimbursement LHPW the replacement cost of such items not returned.



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

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 any of these Codes 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: _____

**** Please do not sign unless you have read & understand the full contents of agreement ****