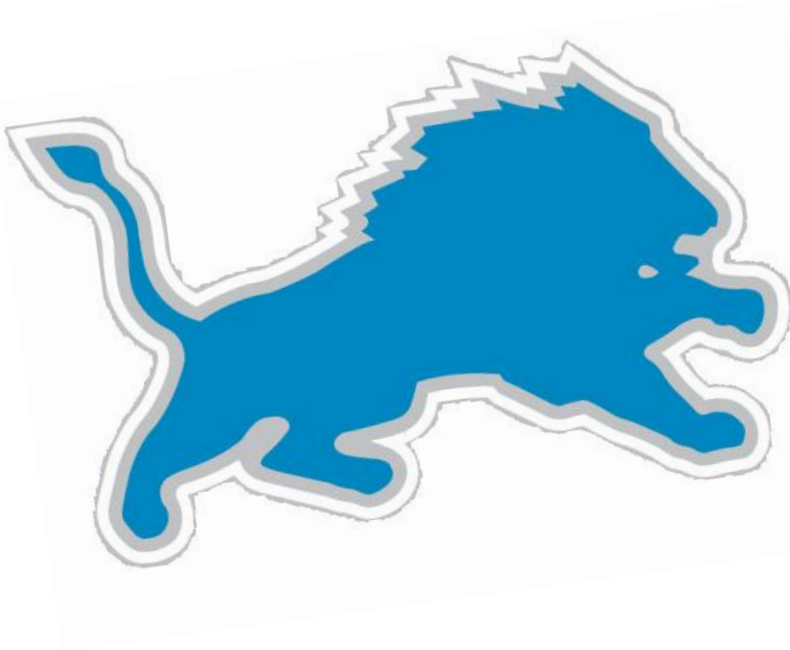


Glen Lea Leaders



Impacting

Our

Neighborhood

Successfully

**2008
Parents'
Handbook**

P.O Box 253
Highland Springs VA 23075

www.glenleamyfl.org

Glen Lea Football Association 2008 Executive Board of Directors

<i>BOARD POSITION</i>	<i>OFFICER</i>	<i>CELL PHONE</i>	<i>E-MAIL ADDRESS</i>
<i>PRESIDENT</i>	RONNIE HENDERSON, SR.	641-0091	rhende5@yahoo.com
<i>VICE PRESIDENT</i>	ALEXANDER MOTLEY, SR.	343-3244	almsfive@yahoo.com
<i>SECRETARY</i>	ANGELA S. THAXTON	852-9107	mzangie71@yahoo.com
<i>TREASURER</i>	CYNTHIA SIMPSON	366-4878	cynthia.simpson@richmondgov.com
<i>FINANCIAL SECRETARY</i>			
<i>ATHLETIC DIRECTOR</i>	DAVID SMITH	937-5302	desmith@water.com
<i>CHEERING DIRECTOR</i>	LORETTA H. DENNIS	239-5124	dennisl@rbha.org
<i>METRO REPRESENTATIVE</i>	HERBERT ANDERSON	477-2189	hhanderson@henrico.k12.va.us
<i>WAYS & MEANS DIRECTOR</i>	CYNTHIA H. TALLEY	402-0496	cdht99@yahoo.com
<i>PUBLIC RELATIONS DIRECTOR</i>	SANDY K. WALLER	301-6331	sandyboo87@aol.com
<i>PARLIAMENTARIAN</i>	KARLOS JOHNSON	647-4649	KarlosJ76@aol.com

Assistants

Cheryl Reid (640-7149) – Ways & Means
Joe Johnson – Ways & Means

2008 COACHES DIRECTORY

Asst Metro Rep

Teri Lowry ■ 519-5961 ■ reese23andher4@yahoo.com

FOOTBALL

Bryant Gunnel – Asst Athletic Director

DIVISION	COACH	PHONE	EMAIL
Flag	Tahj Parker	306-6721	garland.parker@capitalone.com
JV Pee Wee	Jarrell Johnson	484-4924	www.relyperrelly6@yahoo.com
Pee Wee	Willie Kinsler	247-0577	B1GWILL@comcast.net
JV Midgets	Denard “Flip” Smith	909-5083	
Midgets	Robert “Pooka” Scott	349-9209	Sco11@henrico.va.us
Juniors	Jason Sookins	386-8788	swagger5@aol.com

CHEERLEADERS

Asst Cheering Directors

Kimberly Paige ■ 909-2180 ■ kpaige@vapremier.com

Cynthia Green ■ 559-2156

DIVISION	COACH	COACH
Flag	Chanelle Braxton	Tiera Jackson
JV Pee Wee	Kimberly Paige	Jherri Simpson
Pee Wee	Kristy Patterson	Rondra Wells
JV Midgets	Stephanie Easley	Troy Williams
Midgets	LaVonia Kelly	Paula Giles
Juniors	Cheryl Nero	Michelle Jones
Pep	Cynthia Simpson	Toni Patterson

WELCOME ADDRESS

In this, my second season as president of the Glen Lea Football Association I would like to thank each and every individual for their support last season. I hope that you and your child had a positive experience and am excited about making even greater strides in 2008. The executive board members and I will continue to lead the charge with a positive attitude.

Our 2007 season was tremendous and we were successful in securing three Northern division titles and carrying all 6 teams into the championship (*the only association to do so*) and bringing home three Metro championships. These victories were made possible through the teamwork and sportsmanship of our coaches and players along with the support and cooperation of every parent, guardian and supporter of this great association.

As we prepare for another spectacular year of football, let us work together showing the pride of true Lions and do it bigger and better. From the first day of summer practice until the last championship game, 2008 will be season that we show and prove that *"The Legacy Continues"*.

Yours,
Ronnie Henderson, Sr.
President, GLMYFA

MISSION Statement

It is the mission of the Glen Lea Football and Cheerleading Association to ensure every child with the desire to participate in recreational league activities has the opportunity to play or cheer, without regard to prior experience or athletic ability.

Our goal is to teach our youth the challenges of competition, the joy of victory, to endure defeat, the importance of commitment and trust and to understand that individuals need to work together for a common goal.

We will also stress the importance of academic achievement, good citizenship and physical well-being to enable our youth to be productive citizens of any community. These goals will be executed through our dedicated volunteers, caring parents, and community members who wish to partner with our great youth program.

METRO YOUTH FOOTBALL AND CHEERING ASSOCIATION

P.O. Box 8462
Richmond, VA 23226
www.metrofootball.org

MYFL is made up of approximately 5000 boys and girls ages 5-14 and over 1000 volunteers from our 22 member youth football and cheerleading association throughout the Richmond VA metro area.

Mission Statement

The stated purpose of the Metropolitan Youth Football League shall be:

Civic service through an organized effort of the individuals to train and develop, both mentally and physically, today's youth through organized football and cheerleading

To develop high character and moral standards

To develop a sense of competitiveness and fair play

To develop a respect for authority

To help one's fellow man

To develop a love of God and country

Divisions Breakdown

Western

Glen Allen, Goochland, Kanawha, Tuckahoe, Western

Northern

Blue Star (Blue), Chamberlayne, Glen Lea, Highland Springs, Laurel, Virginia Randolph

Eastern

Ashland, Blue Star (Silver), Chesterfield (Giants), Mechanicsville, Varina

Central

Charles City, Chesterfield (Eagles), King William, Sandston, Parham

Metro Rules and Regulations

Zero Tolerance Policy

Any player, coach, assistant coach or parent/guardian who shows the following behavior: Fighting, Abusive Language, Confrontational with an Official or Metro Rep, throwing his/her helmet and any unsportsmanlike conduct—will be promptly removed from the league

With this Zero (0) Tolerance policy there is no appeal.

Uniform Policy:

Full uniforms are required for games, for both the cheerleaders and football players.

Football jersey numbers are registered with Metro and cannot be changed! If your football player arrives at the game with a jersey other than the assigned one, he/she will not be permitted to play in that day's game.

Playing Time:

Per MYFL Article # 13.4.11 in each game, each Football Participant shall play a minimum of four plays in addition to kickoff and punt teams.

Player Age and Weight Requirements

Football

Team	Age	Weight
Flag	5½-7 *	unlimited
Pee Wee	8-9	unlimited
	10	72 pound limit with ½ pound weight gain per week
Midget	10	unlimited
	11	unlimited
	12	115 pound limit with ½ pound weight gain per week
Junior	12	unlimited
	13	unlimited
	14	160 pound limit with ½ pound weight gain per week

Cheerleading

no weight limits

Team	Age
Flag	6-7
Pee Wee	8-9
Midget	10-11
Junior	12-14

GAME TIME ORDER

9:00 am Juniors
 10:00 am Midgets
 11:00 am Pee Wee
 12:00 pm Flag
 1:00 pm JV Midgets
 2:00 pm JV Pee Wee

Game times are estimates please see your coach for field arrival times.

2008 VARSITY GAME SCHEDULE	
Date	Team
9/6	Blue Star Blue* (A)
9/13	Laurel* (H)
9/20	Highland Springs* (A)
9/27	King William (H)
10/4	Parham (A)
10/11	Chamberlayne* (Homecoming) Carter-McFadden Bowl
10/18	New Kent (A)
10/25	Virginia Randolph*

Playoffs & Championship

11/1 1st Round Playoffs
 11/8 2nd Round Playoffs
 11/15, 16 Varsity & JV Championships (weather permitting)

Important Dates

Equipment Pickup	Aug 2 ^{&} 9	Equipment Return	Dec 1 st , 2 nd & 4 th
Cheering Expo	Oct 12 th	Picture Dates	Sept 7 th
Kids Dance	Oct 11 th	Parent's Dance	Dec 6 th
Awards Ceremony	TBD - Dec		

What Registration Covers

There are numerous costs associated with running a successful youth athletic organization that are not directly seen by the parents. These cost increase with each new season. All youth athletic programs are required to carry liability insurance on each player and we must pay charter fees to our governing organization (Metro Youth Football League). The league is also responsible for some of the field maintenance and the cost to have officials at each game. Glen Lea will provide the following:

Shoulder Pads	7 Piece Lower Body Pads	Mouthpiece
Game Jersey	Game Pants	Socks
Skull Caps (Flag Only)		
Cheer Uniform w/Lollies	Shoes/Socks	Sweatshirt/Polo,
Homecoming Tee		
Personalized Cheer Bag		

Parents must purchase the following:

Football Players

Cleats and Helmets (**Note:** Facemasks must be gray. If you opt to buy a hard cup chin strap for added protection, it should be all white)

Cheerleaders

White plain turtleneck

Windsuit (new cheerleaders only) Windsuit accessories (old cheerleader-if items are too small)

Parent Participation

Parents of children participating in the Glen Lea Football Association are a valuable asset to our program. Understanding how the league operates, will give you a stronger knowledge of how to become involved. Be known as a parent who takes an active part in the enhancement of their child's life. Glen Lea Football is strictly a volunteer operation and can not function successfully without your help. It is easy to excuse ourselves from participation, thinking that you need some sort of professional experience to be accommodated as a volunteer for the association. That kind of observation is a myth. Any able bodied person with a love and passion to motivate children in a positive aspect can sign up to give their time. There are numerous areas in which the Glen Lea Lion's parents can lend a hand. The following is a list of opportunities: Concessions, First Aid, Field Maintenance, Publicity, Fundraising, Team Parents, Event Planning, Chain Crew and Coaches.

Concession Help

All parents/guardians of children participating in Glen Lea Football & Cheerleading are required to work at least one turn in the Concession Stand. Concessions are a great way to generate revenue for the league. Having parents work the concession, brings in money by selling food items to make a profit that goes back into the budget to keep the costs down for the following years. The concession stand CAN NOT run without parents dedicating a little of their time to assist. The volunteers that govern the Association can not do it all on their own they need the parents' participation to keep the concession operating successfully.

Every parent/guardian of a child that participates in Glen Lea Football and Cheerleading **must** work concessions. If all parents work their assigned time no one person should have to work more than their fair share to keep the costs down for everyone.

Your time in concession is worked before your child's division plays. For example: If you are a Junior parent you are expected to work the morning shift before the game starts, you will then be relieved by the Midget parents then so on in that order.

If for any reason you are not able to work your allotted time it is YOUR responsibility to find a replacement. Glen Lea reserves the right to not allow your child to participate in the game if you do not report for your scheduled duty.

Practice Schedule

Practices are held each weeknight in the month of August from 7:00 pm to 9:00 pm. Once the school year starts practices are on Tuesday and Thursday from 6:15 to 8:00 pm for Football players and 6:30 to 8:00 pm for cheerleaders unless your coach has made other arrangements and you have been notified.

Game or Practice Cancellations

If there is inclement weather please call the Henrico County Sports line after 3:00 pm. No games or practices will be held if Henrico County closes the fields. If there are no updates on the Hotline, then report to the field at your scheduled time.

If practices or games are cancelled for reasons other than weather your child's coach or Team Parent will notify you. Parents should always check their home answering machines, cell phones or email.

If you have children playing in different divisions you should expect to hear from those individual coaches or Team Parent and NOT assume if practice is cancelled for one then it is for the other.

<p style="text-align: center;">HENRICO COUNTY SPORTS HOTLINE 501-5132 (After 3 p.m.)</p>

Glen Lea Football would like to ensure the safety of all children visiting our field; however this is not possible without your cooperation and support. If your child is not participating in a practice session or game, we ask that you supervise him/her while at the field.

It is okay if you drop your participating child off with his/her coach, please do not do so before the 6:15pm official time. All children must be picked up promptly at the conclusion of their practice time or game. The lights are turned out at the field each weeknight at exactly 8:00pm. If you are dropping your child off for a practice or game, we ask that you do so in the bottom parking lot. Traffic across the bridge can be a little congested.

If you are crossing the bridge into the field area, please be mindful of the play yard as you enter. Watch for children who may be crossing the road.

Uniform & Equipment Policy

Use of uniforms and equipment is done so with the understanding that parent's/guardians take full responsibility for the cleaning and maintenance of them as well as for the replacement cost of any lost stolen or damaged items.

Replacement Costs

Game Jersey = \$35

Game Pants = \$30

Shoulder Pads = \$35

7 Piece Pads = \$10.00

Cheerleader Uniform = \$80

All uniforms are to be cleaned prior to return and returned upon request. Trophies or other Awards may be withheld until uniform and equipment are returned. Parents/guardians will be responsible for the replacement cost of any uniform that are stolen or damaged by discoloration, knocked out of shape, torn or permanently stained. Failure to return equipment or uniform at the conclusion of the season will result in your inability to register for next season. You will also be issued a bill for any non-returned or damaged goods and we will exhaust all possibilities to collect any debts.

Uniform Washing and Care Instructions

Wash Uniforms in Cold Water.

Do NOT use bleach or any bleach products when washing any part of the Uniforms

For Tough stains rub area with REGULAR dish detergent

Uniforms should be hung up to dry and NOT placed in the Dryer. Do NOT Iron

PARENTS' CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parents' Code of Ethics pledge.

I will get my child to every practice and game that I can, and will notify my coach if I cannot.

I will treat all coaches, other players, officials and fans with respect and I will expect to be treated the same.

I will encourage good sportsmanship from fellow players, coaches, and parents at all times by demonstrating good sportsmanship myself.

I will do my very best to support, listen to and learn from the coaches working with my child.

I will place the emotional and physical well-being of my child ahead of personal desire to win.

I will demand an environment that is free of drugs, tobacco and alcohol and refrain from their use at all youth sports events.

I will promote and encourage academic achievement from my child at all times.

PARTICIPANTS' CODE OF ETHICS

(Parent/Guardian: Please review this list with your child to ensure they understand what is expected of them)

I hereby pledge to have a positive attitude about my youth sports experience and accept responsibility for my participation by following this Players' Code of Ethics pledge.

I will arrive at every practice and game ready for the game called FOOTBALL!

I will attend every practice and game that I can, and will notify my coach if I cannot.

I will treat my coaches, other players, officials and fans with respect and I will expect to be treated the same.

I will encourage good sportsmanship from fellow players, coaches, and parents at all times by demonstrating good sportsmanship myself.

I will do my very best to listen and learn from my coaches.

I deserve to have fun during my sports experience and will let my parents and coaches know if it stops being fun.

I deserve to play in an environment this is free of drugs, tobacco and alcohol and I will expect adult to refrain from their use at all youth sports events.

I will strive for academic achievement in school at all times.

GAME WEAR

Homecoming T-Shirts will be available through Pre-Sales only.

Sign up with your Team Mom to place your orders



Price List:

Youth Small – Youth XL	\$10
Adult Small – Adult XL	\$10
Adult 2X	\$12
Adult 3X	\$13
Adult 4X	\$14
Adult 5X	\$15

All Orders must be submitted to Team Moms by September 2nd.

No extras will be available.