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## **WELCOME & GO WOLVES!**

Welcome to the Woodland Jr. Wolves Youth Football and Cheer Program. We appreciate your support and participation. Our success depends upon a commitment to excellence from our athletes, coaches and parents. We succeed as a community and organization, when our athletes learn to work together, share successes, learn from disappointment and mature in an environment of support and leadership. Your support in ensuring that we meet our goals is appreciated.

This handbook was developed to assist you in understanding how our program operates. In addition, we have outlined the responsibilities of each Member (athlete and adult) so that you understand what is required in order to support our program's mission and goals.

Please keep in mind that not every situation is outlined in this Handbook. If a situation arises that is not addressed we would be happy to discuss your question or concern with you. Most concerns are easily resolved when each party is willing to have a discussion and utilizes common sense when seeking a resolution.

### **About the Woodland Jr. Wolves (WJW)**

Woodland Jr. Wolves Youth Football and Cheer is a California Public Benefit Corporation and has been approved as a Non-Profit Corporation by the California Secretary of State. We are tax exempt as defined by the California State Franchise Board and Internal Revenue Service and are defined as a 501c (3) organization. The Executive Board of Directors (Board Members) governs the organization based on the established bylaws. Our program is affiliated with the Sierra Valley USA (SVUSA) League and follows the league's rules, which can be downloaded at their website at [www.svusa.us](http://www.svusa.us). SVUSA is the governing body that sets playing rules, standards, and schedules for all the organizations that compete during the football and cheer season. It also establishes the acceptable ages, weights, and team size requirements to provide for the safety of the participants.

### **MISSION STATEMENT**

Our mission is to teach the fundamentals of football and cheerleading provide the opportunity and exposure to compete athletically at the highest level. We encourage and expect our members and athletes to respect themselves, the game and our opponents in victory and defeat. This program is dedicated to the development and support of our student athletes. We promote the qualities of Teamwork, Leadership, Sportsmanship and Discipline. Our primary focus is on a competitive spirit to succeed. Our goal is to give back to our community and to provide an exciting game and a fun experience for our fans. We accomplish our mission by continually striving to become better coaches, parents and fans.

We believe that the Woodland Jr. Wolves program offers a positive and supportive environment for our young athletes to learn about tackle football and cheerleading. Woodland Jr. Wolves Board Members and Coaches are dedicated to providing quality supervision and safety while teaching football and cheerleading. Our goal is for our athletes to have fun while learning their sport and to maintain a positive attitude.

We operate with the support of community volunteers. All Board Members are parent volunteers or persons interested in the furtherance of our program. Board meetings are held at least once per month. We welcome you to attend these meetings and to share your ideas and concerns. Board meeting times and locations are posted on our website at [www.woodlandjrwolves.com](http://www.woodlandjrwolves.com).

If you are interested in assisting our program, or have ideas to improve our program, please contact a WJW Executive Board Member. Your participation and ideas are always welcome!

## **What Makes the WJW Organization Unique?**

We are the youth football and cheer feeder program for Woodland High School. Our program serves youth within the Woodland High School attendance boundaries. Our goal is for athlete's participating in our program to become immersed in the mental attitude, as outlined in our mission statement, which will enable them to grow in their sport and to have the potential of participating in high school athletics. Our goal is to create a community atmosphere between the WJW Organization and Woodland High School programs so that both programs support each other and provide great opportunities for the athletes in our community. We encourage our members to attend Woodland High School Football events in support of these goals. Visit their website at: [www.woodland-wjUSD-ca.schoolloop.com](http://www.woodland-wjUSD-ca.schoolloop.com)

## **Core Values**

Everyone loves to win. However, the final numbers on the scoreboard do not reflect how Woodland Jr. Wolves judges a "WINNING SEASON." We consider our season a success when we've met the following:

- Our athletes had fun.
- Our athletes increased their skill level
- Our athletes developed discipline, teamwork, compassion, persistence, and self-esteem.
- Our parents enjoyed watching their athletes and had a good time actively participating in the Woodland Jr. Wolves program.
- Everyone, both adults and athletes' alike, conducted themselves with sportsmanship like behavior both on and off the field.
- Everyone, both adults and athletes' alike, exhibited grace and humility in victory; and when the scoreboard was not in our favor, took pride in having given our best as a team.

We believe we exist to provide every athlete with a chance to gain skills and experience by being a part of a team. Our coaches will strive to treat each athlete with patience and fairness, and that team assignments and placements are determined by the best fit for the team.

## **Scholastics & Academics**

The WJW Organization believes that schoolwork comes first. The Jr. Midget and Midget squads will have a scheduled grade check in September and October of 2011. Parents are encouraged to notify the Head Coach of any scholastic problems their athlete may be experiencing outside of these checks. If a 2.0 grade average is not held and improvement not provided in writing by the player's teacher the Head Coach will address the issue how he/she deems necessary.

## **Leadership Roles**

### **Executive Board of Directors & General Board Members**

These volunteers are selected by the general membership when openings occur. They are responsible for the management of all operations in the program including; oversight of the volunteer network. The Executive Board of Directors includes the following positions; President, Vice President, Treasurer, Secretary, Football Coordinator & Cheer Coordinator. The General Board Member positions are as follows; Assistant Cheer Coordinator, Equipment Manager, Snack Bar Coordinator, Special Events Coordinator, Fundraising Coordinator, Booster Coordinator & Webmaster.

## Executive Directors

**President, Aaron Turner**

Cell: (707) 290-2121

Email: [president@woodlandjr wolves.com](mailto:president@woodlandjr wolves.com)

**Vice President, Tom Price**

Cell: (916) 296-3348

Email: [vicepresident@woodlandjr wolves.com](mailto:vicepresident@woodlandjr wolves.com)

**Treasurer, Deanna Earley**

Cell: 530-304-5648

Email: [treasurer@woodlandjr wolves.com](mailto:treasurer@woodlandjr wolves.com)

**Secretary, Chris Hartsfield**

Cell: (530) 908 1638

Email: [secretary@woodlandjr wolves.com](mailto:secretary@woodlandjr wolves.com)

**Cheer Coordinator, Natalie Dettling**

Cell: (530) 682 9713

Email: [cheer@woodlandjr wolves.com](mailto:cheer@woodlandjr wolves.com)

**Coordinator, David Cain**

Cell: (530) 848 2058

Email: [football@woodlandjr wolves.com](mailto:football@woodlandjr wolves.com)

## General Board Members

### Assistant Cheer Coordinator

### Fundraising Coordinator

Kristen Barron

### Special Events Coordinator

Kristen Barron

### Equipment Manager

Gilbert Mata



**Mailing Address:**

P.O. Box 8519  
Woodland, CA 95695

California Non-Profit  
Corporation (501c (3))

### Booster Coordinator

Kristen Barron

### Volunteer/Snack Bar Coordinator

Latasha Rodriguez

### Webmaster

Tom Price

## Head Coaches & Assistant Coaches

These volunteers manage all practices and games for the program. There is one head coach and at least one assistant coach per football and cheer team. All adult coaches are responsible for supervision, teaching plays/cheers, practice drills, and discipline on the field, as well as management of parent relations and communications. All issues and questions should be directed to the head coach for resolution.

**How Head Coaches Are Selected:** Anyone who is interested in volunteering as a Head Coach may submit their application and qualifications to the Football or Cheer Coordinator prior to the start of the season. The Football or Cheer Coordinator will provide a list of candidates to the Executive Board of Directors for approval. Head Coaching candidates may be interviewed by the WJW Executive Coaching Committee. This committee consists of: WJW President, WJW Vice President, WJW Football/Cheer Coordinator. Head Coaches will be selected by the executive coaching committee. Head Coaches will be allowed to select their own coaching staffs with the approval of the Football/Cheer Coordinator.

The Football or Cheer Coordinator and Executive Coaching Committee will utilize the following criteria when considering Head Coach Candidates:

1. Candidates past performance and coaching objectives are consistent with those of the organization.
2. Years of experience as a head coach for the organization.
3. Years of experience as an assistant coach for the organization.
4. Head coaching experience in youth football or cheer.
5. Past youth sports coaching experience.
6. Service to the organization.



All questions or concerns regarding this policy will be directed to the Football/Cheer Coordinator.

## Coaching Instructors

These volunteers are composed of minor children aged 15 years or older (or 14 years of age if already enrolled in High School) and have experience within the sport of football or cheer. They provide instructional support to the coaching staff. Instructors do not discipline our athletes, but they do mentor and assist our athletes in learning fundamental skills. Parents may not discuss any issues with the instructors; these issues should be directed to the Head Coach.



**How Assistant Coaches & Instructors Are Selected:** The Head Coach typically fills all assistant coaching/instructor positions. All coaches must be 18 years or older and all instructors must be at least 15 years old and enrolled in High School (Instructors may be 14 years old, if enrolled in High School, but it is desirable that they do not instruct Midget level athletes). If you are interested in becoming an Assistant Coach or Instructor, please contact a Head Coach.

Coaches and instructors are subject to decertification, suspension, or expulsion for violations of the following:

1. Badges must be worn during all league activities.
2. Use of vulgar or abusive language.
3. Not ensuring team/individual sportsmanship.
4. Not adhering to the Coach's Code of Conduct or Coaching duties as assigned.
5. Any action which is detrimental to the objectives, programs or ideals of the organization.

## Coach Responsibility

Coaches are considered the front line of our organization and they are important to the success of our program. They should be dependable, attend game and team functions arriving to such events prior to the team staying until each athlete has been picked up.

Our Organization is a non-profit organization run solely by volunteers and your help is needed. A Coach must be willing to pitch in where needed. For example, clean up after games, announcing, running the clock, etc.



Coaching responsibilities are listed below:

1. Supervise instructors and athletes establishing positive and respectful relationships.
2. Liaison with parents and manage parent communications.
3. Address and resolve parent issues with the Executive Board of Directors, as applicable.
4. Maintain all team/squad records (attendance, behavior and injuries).
5. Attend pre-season coaches meetings.
6. Attend pre-season affiliate league coaches meetings, as required.
7. Attend monthly coaches meetings (Head Coach).
8. Attend practice all/most of the time.
9. Attend games and competitions.
10. Work with instructors prior to clinic/camp and during season to ensure that routines are completed on time. (Cheer Only).
11. Actively participate in the coaching team communications across all levels, sharing ideas and solutions with the Football or Cheer Coordinator.

## MEMBERSHIP ROLES & RESPONSIBILITIES

### General Rules

1. Complete required volunteer hours by participating in all scheduled organization and team fundraisers when possible.
2. All forms of conduct must be signed and read before a player will be allowed to participate in the league.
3. Any athlete who has seen a physician for any illness (included non-football related) must bring a written release from the doctor before he/she can participate in practice or games.
4. No parents, non-players or cheerleaders are allowed on the practice area or game fields at all times. (Please stay in the stands unless you are fulfilling your parent volunteer duties).
5. Respect the coaching staff and each other. No name calling, arguing or fighting will be tolerated. The team must work together and support each other.
6. Athletes need to bring a bottle/container of water to each practice to have on hand at break time.
7. Ice chests are not allowed in any stadium.

## Parental Responsibility

Parents are required to sign an Acknowledgement & Acceptance of WJW Policies and Procedures before their child can participate in the program and all applicable SVUSA Forms. They are also responsible to uphold the form during all aspects of the season. Parents are responsible for supervising their athlete before and after practices and games. Athletes are to arrive shortly before practice/games/competitions begin and are to be picked up immediately at the end of practice/games/competitions. Woodland Jr. Wolves Youth Football and Cheer is not held responsible for the health and welfare of unattended children. Siblings of athletes will not be supervised.

Parents are required to refrain from interfering with coaches during practice/games/competitions. Any issues are to be addressed outside of practice/games/competitions and in an objective manner (Please review the Code of Conduct form for more details). Parents are not allowed in the prep areas, on the field, or on the sidelines during games (unless they are performing Parent Volunteer duties). Sportsmanlike conduct should be shown towards all athletes, coaches, Board Members and officials.

## Guideline for a Successful Season

One of the most important tasks for coaches and parents is to prepare our athlete's for life. Our athlete learns to overcome fears and failures, to try new things and to deal with failure as well as success. Often, coaches and parents view sports with a life-or-death goal of winning. As parents and coaches, we have the ability to teach our athlete's to play to win, and also teach them appropriate behavior when they lose. Parents and coaches teach appropriate behavior through their own actions and words. Winning is not everything... losing can teach athletes to adapt, modify behavior, enhance skills and to persevere. The challenge of parents and coaches, as role models, is to teach through our own actions, appropriate social skills and behaviors. Above all else, let's work together to teach our athletes good sportsmanship.

Woodland Youth Football and Cheer will not tolerate verbal or physical abuse of Board Members, coaches, instructors, referees, or athletes from any parent, coach, athlete or spectator. Spectators, as well as any member, are expected to abide by the code of conduct described here at all Woodland Jr. Wolf events. While most of the adults and athletes in the program will abide by this code without being instructed, it is being published to protect the athletes, the integrity of our program, and emphasize the values of the Woodland Jr. Wolves Youth Football and Cheerleading Program.

All players and parents are required to read and sign the attached forms to participate in the WJW program. These forms include, but are not limited to; SVUSA Athlete's and Parent's Code of Conduct, SVUSA Waiver Form, and Acknowledgement & Acceptance of WJW Policies and Procedures.

## Complaint Procedure

The following procedure will be the complaint resolution process:

1. Any issue a parent/guardian has with the WJW Organization will be addressed first with the head football/cheerleading coach of the team their son/daughter plays on. ***Under no circumstances should a coach be approached before, during or after a game/event/contest.***
2. If no resolution is agreed to, then the next step will be to address the issue with the Football or Cheer Coordinator.
3. If no resolution is agreed to, then the next step will be to address the issue with the Vice President.

4. The final step will be to address the issue with the Executive Board

The purpose of this process is to resolve the issues as quickly as possible. Since the head coaches are available several times a week at practices, many of the issues can be resolved immediately.

### Required Volunteer Hours

The WJW Organization would not exist without a strong commitment from our participant families. As a parent or guardian there are multiple opportunities to support our program throughout the year. Your efforts will not only ensure that your athlete has a positive experience this year, but will ensure



that the program exists for many years to come. The only positions receiving compensation is game day officials and certain medical personnel. To ensure that our program runs smoothly, we have a volunteer requirement for all parent(s)/guardian(s). **In the event that a parent/guardian does not complete their volunteer assignment or show up for a shift, their athlete will be**

**benched from participating in the next scheduled game, competition or event.**

The program needs approximated volunteers for each set of home games to prepare the field, to staff the snack bar, ticket gate, booster booth, etc. Every family is required to volunteer at least 8 hours per season per athlete. In the event you have more than one athlete in the program, you will be required to volunteer at least 12 hours per season. Documentation of volunteer hours will be kept to assure adherence to this policy. There is a \$50 reimbursable volunteer fee that will be distributed to parents on equipment turn in day if these hours are satisfied. Volunteer hours will not be counted for events such as: transportation, team building parties, fundraising events, cheer hair curling parties, and other events of this sort.

All parents are required to review and acknowledge the Volunteer Agreement included with this Player Handbook in order for your player to participate in the WJW Organization.

### Fundraising

The WJW Organization will be holding fundraisers throughout the 2011 season. In order to keep our registration costs down we promote these fundraisers for all parent's to participate. Information will be posted on our website with all event information throughout the season. Be sure to sign up for the subscriber option on our site to receive all updates.

Each athlete will be responsible to participate in the mandatory fundraiser. Fundraising packets and directions will be distributed by your player's coach or team mom and must be turned in by a pre-determined date. If you do not sell the minimum quantities and turn your monies in by this date, your player will be benched until the monies have been received by the WJW Organization.

### Registration Information

Registration will be available online with PayPal options and various dates to sign up in person will be held and promoted. **A \$100 deposit will be required to register your player and will be applied to the below fees.**

### Registration Fees

We have fundraised and worked hard to lower our registration fees for all players. The below dates are firm and non negotiable. Along with the lowering of fees we are working on creating more fundraising events throughout the season.

<b>Football</b> (All Squads)	<b>\$250</b> plus \$50 Volunteer Deposit
<b>Cheer</b> (All Squads)	<b>\$425</b> plus \$50 Volunteer Deposit

***Volunteer deposits will be returned to parents after equipment has been turned in at the end of the season and volunteer requirement for each player has to be fulfilled to receive reimbursement.***

## Date Registration Fees Required

<b>Football (All Squads)</b>	<b>Friday, July 1, 2011</b>
<b>Cheer (All Squads)</b>	<b>Wednesday, June 1, 2011</b>

**Football fees are due by the above date. A \$25.00 late fee will be assessed if all registration fees are not paid by the date above.**

**Cheer fees are due by the above date and no later due to uniform requirements. If all fees are not paid by the date above, no uniform will be ordered for your participant.**

### Usage of Registration Fees

Registration Fees were set to enable our program to meet the high costs of operating our football/cheer season which typically runs from July through November. The fees cover expenses for operating expenses, athlete equipment, uniforms, etc. Some of these expenses are offset by generous contributions from our sponsors. Some of the operating expenses have been listed below for informational purposes:

1. Liability & General Insurance.
2. Medical Supplies.
3. Game Water.
4. Program equipment such as field markers, cheer mats, chain markers, chalk, etc. permits.
5. Replacement and repair of equipment and uniforms (determined on occasion).
6. Officials/Judges.
7. Administrative costs such as flyers, postage, P.O. Box, etc.
8. Rental for use of facilities.

### Registration Fee Refund

**Football:** The registration fee (minus the processing fee and deposit of \$100) is refundable through the first week of practice. This fee becomes nonrefundable after the first day of practice of the second week. The WJW Organization recommends that your player participates in our Football Camp to ensure their decision is solid if choosing to not participate.

**Cheer:** The registration fee (minus the processing fee and deposit of \$100) is refundable before June 1, 2011. Because uniforms have to be ordered a financial refund will not be offered after May 31, 2011.

### Return Check Policy

The WJW Organization charges a \$30 fee, in addition to the amount of your check, if it is returned for insufficient funds or any other reason.

### Scholarship Program

All players are required to be registered and paid for. The Scholarship Program will not be available unless extenuating circumstances for a player have been reviewed and voted on by the Executive Board.

### Spirit Packs

We will be offering spirit packs on a preorder basis to players that will include various equipment options! Example: Football under armour, chin guards, girdle, shorts, etc. Cheer practice uniform, socks, water bottle, additional hair bows, etc. (More information and pricing to come).

## TRYOUTS

Because we are limited in the number of football players on each team, tryouts are required if there are more applicants than available positions. Anyone owing a balance from a prior season will not be eligible to participate until the balance is paid in full.

*Football* – Tryouts run for one week, Monday through Friday. Players should wear shorts and tee shirt with last name written boldly on the back of the shirt, either directly on the shirt or written on tape on the back of the shirt. Players may wear cleats (baseball, football). Players may NOT wear jerseys from a previous year during tryouts. The coaching staff evaluates players during this one week period. **This week is mandatory for ALL players.** Any player that does not complete the week of tryouts and has one or more unexcused absences can be dropped and not eligible for selection by a coach. A player will only be allowed one excused absences during the tryout period. Excused absences are 1) medical/injury [with a doctor's note]; 2) Academic [with proof of a field trip or other school-required activity]; 3) religious [worship or education]; 4) family emergency; and 5) activity in which he/she has been involved for several weeks [playoff/championship, such as All-Stars baseball]. **Family vacations are NOT excused absences.** Any player that has more than two excused absences may be dropped and not eligible for selection by a coach. If a player has the excused absences described above, that player will not be allowed to participate in contact drills until their 5 hours of conditioning are completed. Absences will affect a coach's ability to evaluate that player and make-up try-outs are not offered. In the event that a child is not selected to make the team all registration fees will be refunded.

## Eligibility Requirements

All players must be registered with the WJW Organization & SVUSA. If your player does not have all the required forms completed and submitted they will not be accepted into the league.

Football: All Players must meet the Age / Weight limits in order to certify with the SVUSA. The player's age as of August 1st of the current year shall determine team level of participation. Player weight will determine position eligibility, i.e. skilled player, X-Man. Any player weighing heavier than the skilled player weight will then be certified to participate as an X-Man only. **Please see page 12 for SVUSA 2011 Age & Weight Chart.**

## Equipment Handout

All registration forms and all fees are required before a player can pick up their equipment on equipment day. At least one parent needs to be present at equipment day and will be responsible to ensure that your child has received all the necessary gear. The Equipment Manager, Coaches and volunteers will be present to ensure that your child receives the necessary equipment.

## Attendance

Attendance is important for our organization to succeed. If your player is going to be late or absent from practice, **YOUR PLAYER MUST CALL YOUR HEAD COACH BEFORE THE START OF PRACTICE.**

**Missing one unexcused practice during a one week period:** Football: Limits the player's participation time in that week's game. Cheer: Benches your player for one quarter of that week's game.

**Missing two unexcused practices during a one week period:** Football: Disqualifies your player from that week's game. Player will be benched and will not dress for game. Cheer: Benches your player for two quarter's and half time performances of that week's game.

**Chronic Absences:** Football: Chronically being late or missing practices may result in termination from the squad. Cheer: Because of the importance of stunting and teamwork, any absence can have a negative impact on the squad, particularly in the event of competitions. For this reason, excessive unexcused tardiness and/or early dismissals are not acceptable. Any cheerleader with excessive unexcused tardiness and/or early dismissal may be dropped from the squad.

## Practice & Game Attire

The below is required at all times to ensure your player's safety.

**Practice Attire:** Football: Helmet, chinstrap, mouthpiece, shoulder pads, hip pads, thigh pads, knee pads, butt pad and practice jersey are **REQUIRED**. Cheer: Comfortable athletic shoes, sweats, shorts and t-shirts/tops. Proper workout attire that ensures freedom and movement are **REQUIRED**.

**Game Attire:** Football: Full uniform, no exceptions. Cheer: Full uniform, no exceptions. Hair is to be in a pony tail at all times unless specified differently by a coach. No jewelry is to be worn at games or practice and nails are to be kept short and clean without polish. Acrylic nails are not allowed at any time of the season. No glitter or makeup is to be worn, lip gloss only.

## Minimum Play Rule

Throughout the SVUSA there is a "minimum play or PAR" rule for football. The WJW Organization supports a minimum amount of plays per game as defined below. We support coaching up our younger players to give them the opportunity to learn, but also maintain the integrity of safety in all aspects.

SQUAD SIZE	MIN PLAY REQUIREMENTS
26 and above	8 Plays
25 and below	10 plays

## Photos & Release

Professional portraits will be taken and available for purchase on the day chosen by The WJW Organization. There is also a professional action shot person that has been chosen as the only one allowed on the field to take action photos at home games that will be available for sale. You are allowed to take pictures from the stands at any time with your own camera. Yearbooks will be available for presale and more information to follow during the season.

Photos for registration will be taken by The WJW Organization. This will ensure your player's photo is uniform and current. There will not be an additional charge for this service.

**We look forward to the 2011 Season! Go Wolves!**

The WJW Executive Board

## 2011 Age & Weight Chart

*This Age & Weight Chart was approved on March 8, 2011 by the Association Presidents.*

### Ages and Weights

1. All players must meet the age/weight limits in order to certify. Any player not certifying before September 15, 2011 of season will be game ineligible for the remainder of the season.
2. It is at each association's discretion to allow six (6) year old to participate at the Mitey Mite Level, all weight limitations for that division will apply.
3. Weight limits are listed below to determine all eligible player weights according to age. There is no weight limit for X-Man. X-Man may play offensive and defensive line only from a 3 or 4 point stance (see X-Man ages and weights for restrictions and more information). A 3 lb scale variance is allowed at all weight-ins, this includes Jamboree's, regular season games, and playoffs.

AGE	MITEY MITES	JUNIOR PEEWEE	PEE WEE	JUNIOR MIDGET	MIDGET
6-7	Up to 95				
8	Up to 95	Up to 105			
9	None**	Up to 105	Up to 125		
10		Up to 105	Up to 125	Up to 145	
11		None**	Up to 125	Up to 145	Up to 180
12			<b>**Up to 70</b>	Up to 145	Up to 180
13				<b>**Up to 90</b>	Up to 180
14					Up to 180

**\*Weight limit for male and female players are listed above. The players playing age is their age as of August 1 of the current year.**

**\*\*Classified as Flyweight Players. Junior Midget level is limited to a maximum of three (3) at 90 lbs. and Peewees is limited to a maximum of three (3) at 70 lbs. There are no flyweights at the Mitey Mites, Junior Pee wee and Midget in 2011.**

1. Mitey Mites are allowed a maximum of twenty (20) eight (8) year olds per squad.
2. There is no required minimum weight for any player.
3. A maximum of no more than eight (8) high school players are allowed at the **Midget** level only. High School players are ineligible at all other levels.

**NOTE: All Associations at all levels must strictly adhere to the above age-weight schematic.**

### X-Man Ages & Weights

The weight shown is the maximum weight allowed.

AGE →	6	7	8	9	10	11	12	13	14	X-Man Weight
Mitey Mite	Yes	Yes	Yes							No Limit
Jr. Pee Wee			Yes	Yes	Yes					No Limit
Pee Wee				Yes	Yes	Yes				No Limit
Jr. Midget					Yes	Yes	Yes			No Limit
Midget						Yes	Yes	Yes	Yes	No Limit

**Cells with "YES" in them are eligible X-Man participants. All others are NOT eligible.**

1. There is no limit to the number of X-Man a team may have on its roster, however par rules must be adhered to for all players' game eligible and participating in a game (see par rules for restrictions and more information).
2. X-Man players are limited to the Line of Scrimmage and defensive line only. On offense player may be Tackle, Guard or Center, not eligible to play Tight-End. On defense X-Man must be head-up over the tight-end, if no tight end X-man player may play outside shade of offensive tackle.
3. X-Man players must play from a 3-point or 4-point stance.
4. X-Man players may not advance the ball, except during a fumble recovery or interception.
5. X-Man players may be on Kick-off or Kick-off return teams, ball is blown dead at the spot of an X-man fielding the ball on Kick-off or Kick-off returns, this includes fielding an on-side kick.
6. X-Man players have an "X" at least 5" x 5" placed on the back of their helmet in a highly visible contrasting color.



The WJW Organization would not exist without a strong commitment from our participant families. As a parent or guardian there are multiple opportunities to support our program throughout the year. Your efforts will not only ensure that your athlete has a positive experience this year, but will ensure that the program exists for many years to come.

To ensure that the program runs smoothly I hereby pledge to the following:

- I understand a minimum of 8 hours of volunteer time is to be documented with the Volunteer Coordinator per the athlete I am registering. In the event that I have more than one athlete in the program, I am required to volunteer at least 12 hours per season.
- I agree that the \$50 Volunteer Deposit paid at registration is only refundable if I complete the required hours per season.
- I agree that my volunteer hours will be signed up for and documented with the Volunteer Coordinator and that they have overall approval, when needed, of the WJW Executive Board of Directors.
- I agree that I will participate in as many fundraising events as possible to encourage the success of the WJW Organization!
- I understand that some of the areas of volunteerism that is needed but not limited to are: chain gang, field set-up, snack bar assistance, booster booth, announcing and various WJW Organization approved fundraising events for the season, i.e. Annual Golf Tournament, etc.
- I agree that if I have concerns about the volunteer time I have signed up for I will bring my concerns to the attention of the Volunteer Coordinator. If resolution cannot be obtained I will follow the complaint process outlined in the Player Manual.
- I agree that if I cannot fulfill the volunteer assignment that I have signed up for I will give more than 48 hours notice to the Volunteer Coordinator.
- I understand that if I do not give more than 48 hours notice to replace myself for the volunteer assignment that I have signed up for, my player may be benched for the following week's game.
- I understand that volunteerism can be a fun and rewarding piece of the WJW Organization and will do my best to provide my time!

**Please sign and return the attached acknowledgment and acceptance.**




## ACKNOWLEDGEMENT & ACCEPTANCE OF WJW POLICIES & PROCEDURES


WJW 2011  
Season


All Athlete's, Parent's and/or Guardians prior to participation with Woodland Jr. Wolves shall receive, read, understand and agree to abide by the policies and procedures explained in the forms and documents listed below and set forth in the Player Handbook. The documents listed below should be retained by each Athlete, Parent, and/or Guardian during your association with the Woodland Jr. Wolves.

 Woodland Jr. Wolves Player Handbook

 Player Registration Form

 Volunteer Agreement: I will comply with the Volunteer Agreement as set forth in the Player Handbook which is a requirement for all players' parent and/or guardian.

 Sierra Valley USA Amateur Athletic Waiver and Release of Liability (Athlete, Parent and/or Guardian must sign)

 Sierra Valley USA Code of Conduct (Athlete, Parent and/or Guardian must sign)

"I have received, read, understand, acknowledge and agree to abide by all policies and procedures of the Woodland Jr. Wolves as explained in the above listed documents. If I have concerns, I will talk to the coach or a member of the Board of Directors at the appropriate time and place I understand athletes are responsible for notifying their coach if they will be absent from a practice or game. I understand missing a practice or game will hurt both the athlete and their squad and will be the primary reason for being benched. I understand that if my athlete has too many absences, they may be dismissed from the WJW Organization. I understand that athletes are responsible for the maintenance of their equipment and uniforms. I understand that if my Athlete loses his/her uniform or equipment, I am financially responsible to replace it. I understand that if I, or my family members, cannot follow the policies and procedures set forth we can be asked to leave the WJW grounds and Organization. I understand failure to comply can also lead to my athlete being dismissed from his/her squad. I have asked questions to clarify my understanding for all policies and procedures. I understand that adherence to policies and procedures are necessary as a condition of our continued participation with the Woodland Jr. Wolves."

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

Athlete, Parent/Guardian Copy




## ACKNOWLEDGEMENT & ACCEPTANCE OF WJW POLICIES & PROCEDURES


WJW 2011  
Season


All Athlete's, Parent's and/or Guardians prior to participation with Woodland Jr. Wolves shall receive, read, understand and agree to abide by the policies and procedures explained in the forms and documents listed below and set forth in the Player Handbook. The documents listed below should be retained by each Athlete, Parent, and/or Guardian during your association with the Woodland Jr. Wolves.

 Woodland Jr. Wolves Player Handbook

 Player Registration Form

 Volunteer Agreement: I will comply with the Volunteer Agreement as set forth in the Player Handbook which is a requirement for all players' parent and/or guardian.

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\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

**Woodland Jr. Wolves Copy**