



San Francisco PAL Seahawks



Cheer & Dance Handbook 2010

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WELCOME TO SAN FRANCISCO PAL SEAHAWKS!

Thanks for joining the San Francisco PAL Seahawks. For over 50 years, the Seahawks have been practicing every fall at Kimbell Field in the Western Addition. The Seahawks help youth develop skills and teamwork in a positive environment. Practice helps kids stay physically and mentally fit. Win or lose, our youth learn sportsmanship and good manners. And, our kids learn to be part of a team, part of a larger Seahawks family.

The Seahawks are part of the Pop Warner Greater Golden Gate Conference. We play other teams in San Francisco, Vallejo, Richmond, and Berkeley. The Greater Golden Gate Conference is part of the Pacific North West Region, which includes California, Nevada, Washington, Oregon, and Alaska. There are 8 regions across the United States.

VOLUNTEER COACHES

Our 30 volunteer coaches are the backbone of the PAL Seahawks program. Our coaches give many hours of their personal time to our program, and we appreciate their positive influence on our young people. Many of these coaches came up through the Seahawks program themselves, and wanted to give back to the community by coaching. All PAL Seahawks coaches have been fingerprinted and cleared by PAL. In addition, coaches attend coaching clinics and workshops to keep them up on their skills.

PRACTICE

Practice starts on Monday August 2, 2010. During August the Seahawks practice 5 days per week. After Labor Day, practice will continue 3 days per week.

It is important for every athlete to make every practice. Both football and cheerleading are team sports requiring group effort for optimal performance.

GAMES

There are normally 8 regular season games. Depending on team standings, teams may advance to the conference playoffs, regional and national championship games.

SPECIAL EVENTS

Homecoming

The Seahawks Homecoming celebration takes place during the last home game of every season. A Homecoming king and queen are selected, as well as other recognitions and awards.

Awards Ceremony

Every year we celebrate the end of the season by coming together to recognize all our players with participation awards. In addition, Scholar Athletes will be recognized with scholarship awards. Everyone gets to enjoy cake and punch!

RULES AND REGULATIONS

San Francisco PAL and the Pop Warner Jr. Football Conference mandate the following rules and regulations. Parents and/or guardians must read and discuss the contents of these regulations with their child. Failure to adhere to these rules and regulations may result in suspension and/or termination from the program.

Academics

1. All participants will be required to make an effort to maintain a 2.0 (70%) or better grade point average. Participants must make an effort to improve unsatisfactory grades and conduct. These actions will be maintained by progress reports as requested by a coach.
2. Athletes who maintain high grade point average during the season will be recognized at the Awards Banquet.
3. Athletes who maintain a 96% (3.84) grade point average based on the previous year's report card are eligible to apply for the Pop Warner All-American Program.

Behavior Expectations

4. The following behaviors can and will result in possible loss of privileges to attend program related activities, suspension or dismissal from this program.
 - The use or possession of drugs, alcohol or cigarettes during any practice sessions, football games, cheerleading competitions or any SFPAL related outings.
 - The use or possession of guns, knives or any item considered to be a weapon will **NOT** be allowed during any practice session, football games, cheerleading competitions or any SFPAL related outings.
 - Disrespectful behavior towards any Director, Head Coach, Assistant Coach, Student Coach, Team Parent, Team Members, League Official or Parent will **NOT** be tolerated. Examples are talking back to coaches, being uncooperative when being told to do something, etc.
 - The use of profanity and/or vulgar, sexual, racial or offensive language during any SFPAL practice sessions, football games, cheerleading competitions and other program related outings will **NOT** be tolerated.
 - Fighting or initiating a fight or verbal confrontation with team members, cheerleaders from other teams, coaches, student coaches, league officials and parents. Furthermore, any fighting or confrontation related to gang activities or other matters will not be allowed before, during or after practice sessions, football games, cheerleading competitions, or any other program related activity.
 - Displaying a bad attitude, lack of effort to learn and being uncooperative with the coaching staff and teammates will **NOT** be tolerated during any practice session, football games, cheerleading competitions or any SFPAL related outings.
 - Stealing or causing damage to any property and/or equipment will **NOT** be allowed during any practice session, football games, cheerleading competitions or any SFPAL related outings.
 - Causing problems among other team members. Do not bring your relatives or friends to practice sessions, football games, cheerleading competitions or other related SFPAL outing to threaten or fight another SFPAL Seahawks player or players from other teams.

Grooming and Dress Expectations

5. Dress Code

There is a mandatory dress code for all participants. Clothing such as fleece shorts, sweatpants, sweatshirts, tee shirts and dance shoes must be worn during all practice sessions. **NO EXCEPTIONS!**

6. Grooming Standards

The following standards are mandated by the Pop Warner Golden Gate Regional Conference.

- No colored fingernail polish
- No dark colored lipstick
- No make-up
- No beads in hair
- No metal barrettes in hair
- No glitter on uniform, hair or body
- No hickeys
- No long fingernails (cannot be seen from the back of the palm)
- No bandanas
- No wrist accessories
- Good hygiene

7. Jewelry

Due to safety concerns, your child will NOT be allowed to wear jewelry during any practice sessions, football games, cheerleading competition or Pop Warner related functions.

These rules apply to ALL jewelry. Your child will not be allowed to practice, cheer at football games or participate in any cheerleading competition while she/he is wearing jewelry. Wearing jewelry WILL result in DISQUALIFICATION from cheerleading competitions and football games. DISQUALIFICATION will penalize the whole squad and not just the participant. There will **NOT** be **ANY** exceptions to this rule.

Please make sure that your child leaves her/his valuable jewelry at home. In the event that she/he decides to bring the jewelry to practice, she/he must be responsible for storing the items in a safe place. The coaching staff will **NOT** be responsible for lost, stolen or unclaimed jewelry.

8. Hair Accessories

For safety reasons, metal and plastic hairpins, barrettes, knockers and hair beads will not be allowed in hair during practice, football games, cheerleading competitions or Pop Warner activities.

9. Pierced Ears, Noses, Tongues, Belly Buttons, etc.

If your child has recently had new piercing, the post, piece of straw or string will have to be removed during all practice sessions, football games and cheerleading competitions. This rule is mandated by the national Pop Warner Regulations.

10. Medical Alert Bracelets

If your child is required to wear a Medical Alert Bracelet, it must be taped to his/her body during practices and performances.

11. Pagers and Cell Phones

Your child will **NOT** be allowed to wear his or her pager or cell phone on their clothing during practice, football games or competitions. Please make sure that your child has a safe location to store these items during these times. The coaching staff will **NOT** be responsible for lost or stolen cell phones or pagers.

Uniforms

12. All shell tops, skirts and sweaters for Seahawk uniforms are purchased by SFPAL. These items are issued to participants at the beginning of the season. They must be returned to coaches at the end of each season, or in the event the player is terminated or removed from the program. Parents/guardians and participants will be required to make sure that the uniform is clean for every football game. Parents/guardians are financially responsible for uniforms that are damaged or not returned at the end of the season.
13. Parent/Guardian is required to sign a uniform/equipment agreement. A uniform will NOT be issued to your child without a signed agreement. Uniforms will NOT be issued to your child until registration fees are paid.

Registration Fees

14. Each participant is required to pay registration fees to cover a portion of the program costs. If you are experiencing financial hardship, please submit the SFPAL Financial Hardship Waiver that is included in the registration packet. No refunds after August 15, 2010.

Practice and Game Attendance

15. Practice Times and Attendance

All parents/guardians and participants will be informed of the teams practice times and locations. After practice has ended, players should leave to go home as soon as possible. Parents/guardians must inform the coach in writing of how their child will get home.

If your child is not picked up at a reasonable time and another parent or relative cannot be located then your child will be brought to the Northern Police Station, 1125 Fillmore Street.

16. Absences and Tardiness at Practice

Three (3) unexcused absences could result in suspension or dismissal from the program.

If a coach is notified in advance by the parent/guardian of a missed practice session, then it is considered an excused absence. However, participants will still be responsible to learning the material that they miss. Frequent excused absences can result in loss of opportunity to play at games and competitions.

17. Missing Games

The Pop Warner Jr. Football Conference has implemented a rule making it mandatory for ALL participants to be certified and attend ALL football games. If your child becomes ill or if a family emergency occurs, please notify the Head Coach as soon as possible. Missing more than one game may result in suspension or dismissal from the program. It will be considered a missed game if your child is late, or is not certified.

18. Spectators at Practice

While we encourage parents and guardians to support their children by watching practice, for everyone's safety, parents and guardians must not be close enough to distract players. Cheerleaders are not allowed to bring friends, siblings, cousins or other relatives who are not participants in the program to practice. Having additional people at practice is very distracting for both participants and coaches. Participants cannot practice efficiently if they have to be babysitting or watching another child.

Child Safety

19. Geary Boulevard Overpass

Due to the location of our practice sites (Geary Boulevard and Steiner Streets), all participants MUST use the overpass at ALL times. ANY participant seen running across the street instead of using the overpass will experience suspension and/or dismissal from the program. The coaching staff requests the support of ALL parents/guardians regarding this rule.

20. Injury

Report any injury to your child's coach, even if it is a minor one.

21. In the Event of Emergency

Citywide emergencies or disasters can occur at anytime. As an organization, the PAL Seahawks are prepared to provide adequate supervision and actions during unexpected emergencies to ensure the safety of staff and youth participants. In the event that an emergency during practice, participants will remain at Kimbell Field until they are picked up by a parent or guardian. In the event that we are unable to stay at Kimbell Field, we will proceed as a group to the Northern Police Station, 1125 Fillmore Street.

22. Pregnancy

Due to safety concerns, pregnancy may result in termination from participation in the program.

Food and Beverages

23. Water is Critical

Please make sure your player brings a bottle of water to every practice and game.

24. Meals, Snack, and Drinks at Games

Water breaks will be given at all practice sessions and football games.

All participants should eat breakfast and bring lunch to football games, cheerleading competitions and other program related outings. The coaching staff is NOT responsible for providing meals, drinks or snacks, etc. There is absolutely NO eating or chewing gum in uniform, period. Water is the only drink allowed.

25. Eating, Drinking and Gum Chewing at Practice

For safety reasons, gum chewing and eating food is NOT allowed at practice sessions. If your child is caught chewing gum or eating at practice, the item will be thrown away. Repeated violations can result in loss of privileges to attend program-related outings, loss of opportunity to perform at half-time and cheer at football games or possible suspension or dismissal from program.

POST SEASON GAMES, COMPETITIONS AND EVENTS

Pop Warner has a series of post season games, competitions, and events. Each team within the Jr. Pee Wee through Midget Division has an opportunity to advance on to post season play. The opportunities are determined by win and loss records and rankings.

Charts of the possible opportunities for post season events are listed below:

Cheerleading & Dance Jr. Pee Wee Through Midget Division

EVENT	RANKING	ADVANCEMENT
GGGC Conference Cheer and Dance Competition	1 ST and 2 ND place winners will advance to Pop Warner Regional Cheerleading and Dance Competition. This may be modified depending on the number of teams participating in each division. On occasion 3 rd place team may be invited to compete or give an exhibition performance.	Pop Warner Regional Cheerleading and Dance Competition
Pop Warner Regional Cheerleading and Dance Competition	1 ST and 2 ND Place Winners will advance to Nationals.	Pop Warner National Cheer and Dance Competition
Pop Warner National Cheerleading and Dance Championships		

Mitey Mite and Mascot Division

Participants in the Mitey Mite and Mascots Division have their own separate events. They are not judged nor have their game scores tracked. The Mitey Mite Football team and cheerleading and dance team will automatically participate in the GGGC Mitey Mite Bowl. On occasion the Mitey Mite and Mascot Cheerleaders are invited to give a special performance at the Pop Warner Regional Competition. Please be advised that neither Mitey Mite Football Players nor cheerleaders will advance to regional or National levels of competition.

Mitey Mite and Mascot Cheerleaders and Dancers

Event	Performance Opportunity
GGGC Conference Cheer and Dance Competition	Local Conference Competition
Pop Warner Regional Cheer and Dance Championships	Possible invite to give a special performance at Pop Warner Regional Cheer and Dance competition.

POST SEASON TRAVEL & PROJECTED COSTS

Pop Warner has postseason championship events. These events may require travel outside of the San Francisco Bay Area. During regional and national events representatives of SFPAL Seahawks will represent the GGC in the Pacific North West Region, one of eight regions across the United States. The Pacific North West Region consists of teams from the states of California, Nevada, Washington, Oregon, and Alaska.

Pop Warner Regional Championships

The Pop Warner Regional Championships are usually held in Santa Clara and/or Redwood City, California. The entry fee into the Regional championships ranges between \$300 to \$350 per team. This fee is covered by SFPAL. However, the other anticipated cost for hotel and transportation must be paid by the parents of SFPAL participants. This cost usually ranges from \$50 to \$60 per person. The final cost will depend on the cost to charter a bus as well as the cost of the hotel. The winner of each Regional Championship Football game and the first and second place winners in the cheerleading/dance team competition will advance to the Pop Warner National Championships. Please be aware that all post-season games and competitions charge admission fees for spectators, including parents (usually between \$5 and \$18 depending on the competition level.)

Pop Warner National Championships

The Pop Warner National Championships is held in Orlando, Florida. The cost to attend this event is expensive. SFPAL Seahawks will offer various fundraising activities. However, the responsibility for the cost of this trip is on the parents. Please be advised that Pop Warner mandates that all youth participants and coaches to reside at the same resort on Walt Disney World property. They must stay at the same hotel as a team. This mandate is non-negotiable. However, parents and other spectators may stay at any hotel they choose.

Projected Cost Per Participant
Cheerleaders range from \$850 to \$1,100
Football Players range from \$1,250 to \$1,500

These prices do not include food or spending money. It only covers the estimated cost for airfare, hotel, lodging, Hopper Passes, and ground transportation to and from the airport. The actual amount will depend on the final cost for airline tickets and hotel package. Hopper passes provides open admission to several Amusement Parks at Disney World. The use of the hopper passes saves a significant amount of money in lieu of paying separate admission fees at each entry gate. The cost for football players is more expensive because football players are required to stay for a longer period of time than cheerleaders. Members of Mitey Mite football teams and cheer/dance squads are not eligible to participate in Pop Warner national events.

Travel Arrangements

All travel arrangement for SFPAL Seahawks Youth participants and coaches will be handled by SFPAL. Parents who choose to attend this event may make their own travel arrangements or have their arrangements coordinated along with the team. Please be advised that parents will not be able to make separate travel arrangements for any youth that will be playing football or competing in a cheerleading or dance team competition in Orlando, Florida. All youth participants and coaches will travel together as a team.

Additional Information

Itemized cost and additional information will be distributed during the month of October. Please be advised that the projected cost is subject to change on short notice.