



# Conroe Chargers and Dazzlers Handbook 2025

## **WELCOME TO THE Conroe Chargers AND Dazzlers!**

On behalf of the Board, Coaches and Drill Team Instructors, we welcome you to the Conroe Chargers & Dazzlers for the fall season. The Conroe Chargers & Dazzlers Booster Club is committed to building a rich tradition of providing a safe, productive, and competitive learning experience for our players and dancers. Our goal is to safely provide every participant the opportunity to develop self-confidence, good sportsmanship, discipline, and a sense of teamwork. The Conroe Chargers & Dazzlers Booster Club measures success by the emotional and physical growth of the community youth we serve.

### **VOLUNTEER BASED ORGANIZATION**

Our booster club includes five (5) football and three (3) drill teams supporting young athletes. Successful execution of a season requires a monumental amount of personal time and resources from dedicated volunteers. We are incredibly fortunate to have an outstanding core of volunteers who work tirelessly in support of our children. Please make a conscious effort to extend your sincere appreciation to them and reciprocate by volunteering your time and talents when called on. We cannot be successful without every family's support and volunteer efforts!

### **SPONSORSHIPS**

We would like to extend a challenge to each of our club members to not only seek new sponsors, but to support our club with tax deductible gifts. Great effort will be given to find our community business owners and pledges from individuals who have the same desire to strengthen our community through sports and competition. With growing support from our league partners and new sponsors, coupled with an organized campaign to expand their ranks, we will preserve the Conroe Chargers & Dazzlers ability to supply the finest in equipment and facilities. Every Conroe Chargers & Dazzlers family benefit from our sponsors! Please patron their businesses often and let them know how much we appreciate them!

### **TACKLE FOOTBALL**

Football is an intensely physical sport demanding a heightened sense of preparedness and awareness not always associated with other youth sports. The Houston heat compounds the complexity of managing the emotional and physical demands placed on our athletes. Inevitably this environment will present complex challenges; we ask that we all familiarize ourselves with the proper process for communicating concerns or questions. Working together we can assure a safe and enjoyable experience for all our athletes and family members.

Again, welcome to the Conroe Chargers & Dazzlers. We look forward to a terrific season together!

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## GENERAL INFORMATION

### BOARD OF DIRECTORS

Board of Directors are members of the Conroe Chargers & Dazzlers Booster Club with a significant interest in the organization's mission.

The Board is made up of nine (9) members and shall consist of a President, Vice President, Secretary, Treasurer, Athletic Director, Drill Team Director, Fundraising Director, Team Mom Coordinator – Football, and Team Mom Coordinator – Drill Team. The Booster Club may also, at its discretion, have the following positions: Assistant Athletic Director, Assistant Drill Team Director, Assistant Fundraising Director, Social Media Director, Member at Large – Football, Member at Large – Drill Team, and Volunteer Coordinator.

### SCHEDULE OF FEES AND DEPOSITS

Item	Drill Team	Tackle Football	Flag Football
Registration Fee	\$200	\$200	\$200
AAYFDT League Fundraising Buyout (only if fundraiser is not complete)	\$150	\$150	\$150
Equipment Deposit Check	N/A	\$300	N/A
Equipment Rental Fee	N/A	\$100	N/A
Volunteer Deposit Check**	\$300	\$300	\$300
Uniform Fee	\$200	N/A	N/A

*\*\*Volunteer Deposit Check is per family, not per participant.*

Football equipment and Drill Team uniform will not be issued to any participant that has not paid all fees, including deposit checks. If any fees are paid by credit card, a nominal processing fee of 3% will be charged to cover the merchant expense.

Registration fee is due at the time of registration. The fundraiser buyout/fundraiser, equipment fee, and deposits will be due at parent meeting or equipment handout. Please write separate checks for the volunteer, and equipment/uniform deposits, payable to "AAYFDT Chargers", dated December 1 of the current year. The club does not accept temporary or starter checks. The checks will be held by the booster club treasurer and will only be cashed if equipment/uniform is not turned in or minimum volunteer commitments are not met. The checks are returned to the writer at the end of the season when equipment/uniform is returned in good condition.

For multiple registrants, please see discounted chart below: (Discounted pricing does not apply for fundraising requirements.)

<b>DISCOUNTED PRICING</b>	
<b>PARTICIPANTS PER FAMILY</b>	<b>DISCOUNT</b>
1	No discount
2	\$15
3+	\$10 per child

## **REQUIRED REGISTRATION DOCUMENTS**

The following documents are required and will be kept on file. At the end of the season, these documents may be recovered by you at equipment turn in, or will be shredded on site.

- Copy of birth certificate
- Current Utility bill (water bill, electric bill, gas bill)
- Current report card
- Current Participant Photo

No participant is fully registered or eligible for team assignment, practice or any other participation until:

- The official AAYFDT registration form is fully and properly completed and signed by a parent or guardian
- The booster club has received a copy of proof of birth
- A booster club board member has weighed football participants and initialed the registration form and parents have paid the full balance.

## **REFUND POLICY**

Refunds for any reason apply to registration fees only; the fundraiser buyout of \$150.00 is non-refundable, and only payable under the following circumstances:

- All requests for refunds must be submitted in writing no later than the First game of the regular season.
- Refund requests must be submitted to the Conroe Chargers & Dazzlers Treasurer.
- All issued items must be returned prior to the issuance of the refund check.
- Refund amounts, based on length of participation, are as follows:
  - Prior to the first practice 90%
  - Prior to the first scrimmage 75%
  - Beginning of the first game No Refund
  - Refunds are based upon funds not used for purchases already incurred by the booster club. First \$150 is applied to Fundraiser fee and is non-refundable.

## CONROE CHARGERS & DAZZLERS GRIEVANCE PROCEDURE

- Our organization is run by volunteers; all sincerely trying to do the best job that they can while balancing their work and family duties. We want each family's experience with our club to be as rewarding as possible. However, we recognize that concerning situations can arise from time to time. Negative comments and public complaining will quickly poison an organization causing acute, even irreparable, damage. It is not acceptable, or appropriate, to discuss concerns with other parents, families, or players; attitude is everything. If you have a problem, we encourage you to bring it to our attention so we may try to address it to your satisfaction; we ask you strictly adhere to the following resolution process. Failure to comply with this grievance procedure will constitute a violation of the A.A.Y.F.D.T. league regulated guidelines and will be subject to the consequences listed in the preceding section.
- Arrange an appropriate time to speak with your Head Coach or Asst. Head Coach. Game day or before/during practice is never an appropriate time to approach a coach with a concern. After practice, e-mail or a phone call are all appropriate strategies for scheduling a discussion. Discuss the problem in a positive and constructive manner. If you wish to further express your concern, the next point of contact is the Conroe Chargers & Dazzlers Athletic Director or Drill Team Director. Coaches will not address concerns brought to them outside this procedure; as soon as reasonably possibly they will notify the Athletic/Drill Team Director of the process violation. The Athletic/Drill Team Director will determine appropriate next steps.
- Address the situation with the Athletic/Drill Team Director in a positive and constructive manner. If you wish to further express your concern your next point of contact is the Booster Club Board of Directors.
- The final level of appeal will be the AAYFDT Board of Directors. Make a written statement outlining your concerns to the President of the League.
- Make a written (email does not constitute written notice) complaint to the AAYFDT Board of Directors at the following address:  
AAYFDT  
P.O. Box 11148  
Spring, Texas 77391

*\*\*An address and phone number must be provided in order to receive a response.*

## SOCIAL MEDIA

**Facebook** – Social media is an important avenue for free public advertising and sharing what we do, who we are and what our vision is. The Conroe Chargers & Dazzlers shall have a single Facebook page dedicated to providing a location for team pictures to be uploaded, important information to be shared, and our way of engaging more community involvement. There shall not be any additional use of the club's name in any derivative on Facebook to promote a personal or private page or group. Representatives from the board will oversee the administration of the club Facebook page and will assign editor roles to the appropriate individuals from each team to post game day images in their teams' respective folder. Comments are welcome on all posts, but the administrators of the page will reserve the right to remove any offensive material that is posted.

**GroupMe/Email** - Each team may choose to utilize additional tools to communicate updates, events or share images. While this is acceptable, we only ask that images be shared equally between Facebook and Shutterfly or any other photo sharing resource.

When necessary, you will receive an email from the President regarding the previous week and any upcoming events. We know that in this day and age we can get caught up with information overload. We will make every attempt to limit the number of emails you receive from the club.

## SEASON SCHEDULE

A season schedule will be available and updated as needed. Dates and locations may change throughout the season. The website will contain the most up to date schedule. Team Moms will also provide this schedule to all families as soon as it becomes available to them.

### Divisions

- Flag Football- Ages 4-7 Grades K-1st
- Freshman Tackle Football- Ages 7-8 Grades 2nd-3rd  
(to play tackle a player must be 7 years old on or before 11/30 of the current season)
- Sophomore Tackle Football- Ages 9-10 Grade 4th
- Junior Tackle Football- Ages 10-11 Grade 5th
- Senior Tackle Football- Ages 11-12 Grade 6th
- Mascot Drill Team- Ages 3-5 Grade through Kinder  
(age 3 must be potty trained and turn 4 by December 31st of the current season)
- Junior Drill Team- Ages 6-9 Grades 1st-3rd
- Senior Drill Team- Ages 10-12 Grades 4th-6th

## VOLUNTEER REQUIREMENTS

The A.A.Y.F.D.T. and the Conroe Chargers & Dazzlers Club require practice, and game day volunteer support. Every family should expect to have either practice or game day responsibilities at some point throughout the season. Your Team Mom will be sending out explanations of the different support positions. You are encouraged to request assignment preferences and proactively communicate special situations. However, final assignments will be based on the needs of the players and coaches. A volunteer schedule by game will be created and distributed by the Team Moms. Special events will provide additional volunteer hour opportunities.

Volunteers are needed for every game. Each game will require several positions to be filled. Home games will require more volunteers than the Away games and all key slots must be filled before the game begins or the game will be automatically forfeited.

Some positions require volunteers to work before or after their squad game (depending on the squad level) but will not be required to work during their child's game. Your Team Mom will update and distribute a Game Volunteer Sign Up Sheet to every family before game day.

During each game, all volunteers are required to wear a badge to access the field, NO EXCEPTIONS. Every volunteer must sign the Game Volunteer Sign Up Sheet before leaving the field that day, or you will not be given credit for that day.

**Each family is required to complete 15 volunteer hours. Families with multiple children will be required to complete 23 hours. If you have one in football and one in drill, your credits will need to be evenly distributed between football and Drill.**

Each family can donate concessions for credit towards their volunteer requirements. A total of five (5) credits can be concession items donations (Eight (8) for families with multiple participants). Concession items will be logged as noted below and can include the following:

- 24 Pack (or more) of Water - one (1) credit
- 24 Pack (or more) of 20oz. Gatorade/Powerade/Body Armor – (2) credits
- 24 Pack (or more) of Name Brand Soda (Coke, Dr. Pepper, Sprite, Etc.) – (2) credits

The Team Mom will keep track of the credits in order for each family to get credit at the end of the season and have their Volunteer Deposit Check returned.



## VOLUNTEER POSITIONS

Each Team has different required positions and these are a short description of each required position:

### Flag Football Team

Positions will be determined by the coach before the season begins and the Team Mom will inform the team of such positions.

### Tackle Football Team

#### **Monitor (All Games) - 2 Credit**

MUST BE 18+. Each participant must get a minimum number of plays in each game. The Monitor stands on the opposing sideline and marks each participant of the opposing team that is on the field for each play. He/she cannot relay information back to his/her sideline concerning play calling, nor number of plays remaining. It is the sole responsibility of the Head Coaches of each team to check with Monitor at half time.

#### **Observer (All Games) - 1 Credit**

MUST BE 18+. The Observer stands on the sideline and calls out players on the field for each play to the Monitor and ensures that the Monitor is recording information correctly. Observer may update the Head Coach when needed.

#### **Water Person (All Games, 3 people) - 1 Credit**

Help keep the participants hydrated. Handle water bottles for the kids and coaches. He/she should only be on the field when instructed by the Referee. No Water Person will be allowed to take pictures, coach and/or critique, or perform any other role outside of hydration, violation of this will result in dismissal and banned from volunteering as a Water Person for the remainder of the season.

#### **Gatorade and Water Coolers (All Games) - 1 Credit**

One person to prepare two coolers with a 5-gal Gatorade mixture and two coolers with ice water for the participants.

#### **Field Photographer (All Games) - 1 Credit**

Takes action pictures of participants, coaches, families, volunteers and spectators throughout the game. Then uploads pictures to team and squad media pages. The volunteer must remain between the 20-yard line and goal line or behind the track, no exceptions, and he/she must not volunteer on another position while on the field.

#### **Field Videographer (All Games) - 1 Credit**

Takes individual video clips of each play throughout the game from the stands. Then provides Head Coach with files to be uploaded to HUDL (or another website that the club provides).

**Loading (Home Games, 2 people - Away Games, 1 person) - 1 Credit (FRESHMEN & SOPHOMORES ONLY)**

Help load Booster Club trailer with all necessary equipment for the game, from the storage locker, on the night before each game.

**Unloading (Home Games, 2 people - Away Games, 1 person) - 1 Credit (JUNIORS & SENIORS ONLY)**

Help unload Booster Club trailer and place all equipment properly back in the storage locker, after the last game or the day after the game.

**Set Up (Home Games, 6 people - Away Games, 4 people) - 2 Credits (FRESHMEN & SOPHOMORES ONLY)**

Helps set up field with all necessary equipment, such as yard and end zone markers, goal post covers, tents, sound system, inflatable tunnel and generator, sponsors' banners, and any other duties requested by the Athletic Director.

For Away Games, only tents, flags, water tables, and inflatable tunnel will be set up.

**Tear Down (Home Games, 6 people - Away Games, 4 people) - 2 Credits (JUNIORS & SENIORS ONLY)**

Helps clean up field of all game day items and loads them into the trailer, and any other duties requested by the Athletic Director.

**Announcer (Home Games) - 2 Credit**

Sits in a designated area on the stands to announce plays and participants over a microphone. There cannot be any favoritism for either side.

**Chain Gang (Home Games, 2 people) - 1 Credit**

The chain gang is responsible for manning the 10-yard markers on the sideline. Must follow referee's instructions and may not coach from the sidelines.

**Yard Marker (Home Games) - 1 Credit**

One person will stand on the sidelines with the chain gang and mark the line of scrimmage and downs. Must follow referee's instructions and may not coach from the sidelines.

**Concession Stand (Home games, 3 people) - 2 Credit**

Two people to help sell concessions and one adult to manage the cash box. Volunteers for these positions will work at one of the other division games, so they can watch their child play. All volunteers must be at least 14 years old. Two volunteers must be from the football team and one from drill team.

**Gate Keeper (Home Games, 2 people) - 2 Credit**

MUST BE 18+. Two people to remain at the gates of the game football field to control entry to only designated individuals. They will be responsible to make sure that only individuals with badges, or league authorized personnel, are allowed on the fields. Volunteers for these positions will work at one of the other squad games, so they can

watch their child play. All volunteers must be at least 14 years old.

**Spotter (Away Games) - 1 Credit**

Sits with the announcer and helps track plays and participants for the announcer to call the game.

**Drill Team**

**Announcer (Split each game, two time slots) – 1 Credits each game**

During halftime announce all leadership staff, each girl and spirit girl of the week. Use a prepared statement from either the Director or the Team Mom Coordinator.

**Set Up and Break Down (All Games, 1-2 people) – 1 Credits**

Setup tents, seat pads, pom box, megaphones, and any other supplies needed for the squad before start of game and break down all after the squad is done. Take all items to trailer for loading.

**Game Day Mom (All Games, 2 people) - 2 Credits**

Helps with getting the girls organized for the game. Checks that all uniforms are clean, hair and bow are in place, monitors bathroom breaks, and is present with girls during snack.

**Water Person (All Games) - 1 Credit**

Prepares cooler with ice water for the participants. Helps to keep participants hydrated. Refills water bottles for the participants and coaches.

**Photographer/Videographer (All Games) – 2 Credits** Takes action pictures of participants, coaches, families, volunteers and spectators throughout the game. Takes pictures of participants during competition.

**Banners (All Games) - 1 Credit**

Hangs and removes any posters or banners for the squad and delivers to Team Mom at the end of each game.

**Concession Stand (Home games) - 1 Credit**

One person to help sell concessions. Volunteers for this position will work during the opposite time of their child(ren)'s performance game, so they can watch their child perform. All volunteers must be at least 14 years old.

**Goodwill Gift (Home Games) – Up to 3 Credits**

One person to plan, create, and provide a basket for the opposing team at the beginning of the game. The basket will include items such as ribbons, hair items, candy, small stuffed animals, footballs, and/or whistles. All items must include the opposing team's colors. The basket must be given to the Team Mom Coordinator or the Drill Team Director.

**Competition Volunteer (Competition, 3 people) - 4 Credits**

Helps with getting the girls ready with hair and makeup, costume changes, lunches.

Keeps track of competition schedule.

**Homecoming Committee (Miscellaneous Activity, 2-6 people) – Up to 5 Credits**

Helps make mums, pin them on and off the participants before game and at halftime.  
Helps with decorations and organizing homecoming events.

**Banquet Committee (Miscellaneous Activity, 3 people) -Up to 4 Credits**

Plan and execute end of year banquet within a set budget.

## **FLAG FOOTBALL TEAM**

### **FLAG FOOTBALL EQUIPMENT**

The Conroe Chargers & Dazzlers Booster Club provides each player with a game day jersey and flags. Players must purchase their own game socks, shorts, football cleats and a mouthpiece.

Please make every attempt possible to be present at the scheduled equipment handout. Players must be present to ensure a proper fit.

All issued equipment must be returned in expected condition at the end of the season in order to have the equipment deposit refunded. The game jersey is the players to keep.

### **PRACTICE**

Voluntary conditioning camp is the week of July 18<sup>th</sup>. All players are strongly encouraged to make this commitment part of their pre-season training plans.

Regular season practices will be at the fields decided upon by the Chargers Booster Club from, 6 :30 p. m. until 8:00 p.m. (minor adjustments will be made towards the end of the season based on daylight savings).

ALWAYS assume that we will be practicing, regardless of the weather. Cancellation decisions are made by the Athletic Director and Booster Club President, usually on the practice field at the scheduled starting time. Additionally, those decisions are generally only based on lightning and/or field conditions; rain alone will not cause a practice cancellation. In the event that practice is canceled, due to inclement weather or some other extenuating circumstance, and an opportunity exists to reschedule for another day in the week, attendance policies still apply.

Each participant should be properly dressed for practice, or he/she will not be allowed to participate. Proper practice attire consists of shirt, shorts, mouthpiece, and cleats.

It is the player's responsibility to bring a minimum of two quarts of water to practice. Players will be given sufficient water breaks to keep them hydrated.

### **GAME DAY**

All Conroe Chargers & Dazzlers home games will be played at local Grand Oaks High School. Away games are played at various locations, a list of each location and a link to the map for each location will be available before game day.

Each game will consist of two 18 minutes halves with a running clock. The clock will stop in the last 2 minutes of each half for the following: ball out of bounds, incomplete pass, time out, touchdown, injured player, and assessment of a penalty. Halftime for each game will be 5 minutes.

Each team will have a roster cap of 10 players. Each team must start the game with 8 players. If a team falls below 6 players during the game, the game will be stopped and the team with not enough players to continue will be given the loss.

### **GAME KICK-OFF TIME**

- Flag Football 8:00 a.m.

### **PLANNED ARRIVAL TIMES**

Obtain exact arrival times from your coach.

### **MINIMUM PLAYS**

Each player will play a minimum of 10 plays per game. Players not meeting minimum play requirements will receive additional plays in the next game to meet the minimum play requirements. For example, if a player only plays 8 plays during the game, they must play 12 plays in the next game.

## **ATTENDANCE**

The following policies will be used for absences:

- Missing two (2) practices the week of a game = ineligible for the next official game.
- Missing one (1) practice two (2) weeks in a row = ineligible for next official game.
- Two (2) occurrences of tardiness and/or leaving before practice ends = one (1) absence.
- Three (3) occurrences of tardiness in one week = two (2) absences = ineligible for next official game.

Note: Commitments and engagements established before the beginning of the season (such as weekly church services) or that coincide with practice schedule will be addressed at the team level.

## **EXCUSED ABSENCES**

Absences from practices or games will be excused only in the event of illness (doctor note required), death in the family, or reasons previously arranged at the Head Coach's discretion. All absences must be reported in advance directly via e-mail, phone call or text message to the Head Coach and/or the Team Mom.

## **UNEXCUSED ABSENCES/TARDINESS**

Unexcused absence reasons include but are not limited to: homework or test concerns, social opportunities, non-mandatory extracurricular activities, or minor illness or injury that does not require exclusion from physical activity.

## **TACKLE FOOTBALL TEAM**

### **FOOTBALL EQUIPMENT**

The Conroe Chargers & Dazzlers Booster Club provides each player with a helmet, pads, practice jersey and pants, game jersey and pants. Players must purchase their own game socks, chin strap with plastic clips (no metal clips), mouthpieces, and football cleats.

Please make every attempt possible to be present at the scheduled equipment handout. Players must be present to ensure a proper fit.

The Conroe Chargers & Dazzlers Booster Club provides each player with some of the best quality equipment available. We ask that you do everything possible to properly care for all equipment, especially the helmet.

All issued equipment must be returned in expected condition at the end of the season in order to have the equipment deposit refunded. The game jersey is the players to keep.

### **PRACTICE**

Voluntary conditioning camp is the week of July 18th. All players are strongly encouraged to make this commitment part of their pre-season training plans.

Regular season practices will be on Mondays, Tuesdays, and Thursdays at the fields decided upon by the Chargers Booster Club from, 6:30 p.m. until 8:00 p.m. (minor adjustments will be made towards the end of the season based on daylight savings).

The first three practices of the season are to be non-contact practices. This also applies to the return from extended absence (as in an injury). An extended absence is missing six (6) or more straight practices for any reason. After three (3) consecutive conditioning practices, the next practice will be a contact practice. The first contact practice will not be a game.

ALWAYS assume that we will be practicing, regardless of the weather. Cancellation decisions are made by the Athletic Director and Booster Club President usually on the practice field at the scheduled starting time. Additionally, those decisions are generally only based on lightning and/or field conditions; rain alone will not cause a practice cancellation. If practice is canceled, due to inclement weather or some other extenuating circumstance, and an opportunity exists to reschedule for another day in the week, attendance policies still apply.

Each participant should be properly dressed for practice, or he/she will not be allowed to participate. Proper practice attire consists of practice jersey, practice pants, helmet with chinstrap, pads, mouthpiece, and cleats.

It is the player's responsibility to bring a minimum of two quarts of water to practice. Players will be given sufficient water breaks to keep them hydrated.

### **GAME DAY**



All Conroe Chargers & Dazzlers home games will be played at Grand Oaks High School. Away games are played at various locations, a list of each location and a link to the map for each location will be available on our website. Any changes or updates to games or locations will be updated on our website.

**GAME KICK-OFF TIMES:**

- Freshmen 9:00 a.m.
- Sophomore 10:30 a.m.
- Junior 12:00 p.m.
- Senior 2:00 p.m.

**PLANNED ARRIVAL TIMES**

Obtain exact arrival times from your coach.

**MINIMUM PLAYS**

FRESHMEN / SOPHOMORE		JUNIORS / SENIORS	
# OF PLAYERS PRESENT	# OF PLAYS REQUIRED	# OF PLAYERS PRESENT	# OF PLAYS REQUIRED
15-20	14	15-20	14
21-25	12	21-25	12
26+	10	26+	10

- All eligible players (see detailed attendance policy below) must participate in a minimum number of plays as outlined in the chart above.
- There is no requirement that the plays be consecutive or spaced in any way throughout the game.
- Only participants who will be playing in the game will be counted in determining the number of plays required.
- A play is to be counted each time the ball is hiked and/or a down is counted, even though a penalty may be called after the ball is hiked and the down may be repeated.
- If a penalty is called prior to the ball being hiked, no down or play is counted.
- An automatic forfeiture of a game will occur if the minimum plays are not met during regulation time of the game including regular season, play-offs, and Super Bowl.

## **ATTENDANCE**

The following policies will be used for absences:

- Missing two (2) practices the week of a game = ineligible for the next official game.
- Missing one (1) practice two (2) weeks in a row = ineligible for next official game.
- Two (2) occurrences of tardiness and/or leaving before practice ends = one (1) absence.
- Three (3) occurrences of tardiness in one week = two (2) absences = ineligible for next official game.

Note: Commitments and engagements established before the beginning of the season (such as weekly church services) or that coincide with practice schedule will be addressed at the team level.

## **EXCUSED ABSENCES**

Absences from practices or games will be excused only in the event of illness (doctor note required), death in the family, or reasons previously arranged at the Head Coach's discretion. All absences must be reported in advance directly via e-mail, phone call or text message to the Head Coach and/or the Team Mom.

## **UNEXCUSED ABSENCES/TARDINESS**

Unexcused absence reasons include but are not limited to homework or test concerns, social opportunities, non-mandatory extracurricular activities, or minor illness or injury that does not require exclusion from physical activity.

## SAFETY PRECAUTIONS

High temperatures are inevitable during the months of July, August, and September, so being prepared for practicing and playing in the heat is critical.

There are three ways that over-heating presents itself:

- **HEAT CRAMPS** - heat cramps are caused by the rapid loss of fluids from our bodies. Symptoms may include cramps in the fingers, arms, legs, and/or stomach area. The person will be very sweaty and have a rapid pulse with a normal blood pressure and temperature. **TREATMENT:** Have the person stop what they are doing, drink water and possibly add in an electrolyte such as diluted Gatorade
- **HEAT EXHAUSTION** - heat exhaustion is caused by the loss of water and salts from the body. Symptoms are weakness, dizziness, nausea, fainting, thirst, anxiety, extreme sweating, rapid pulse, elevated temperature (1-2 degrees), and a normal to depressed blood pressure. **TREATMENT:** Have the person **STOP** what they are doing and immediately get them to a cool area. Have them drink water first then a diluted sports drink. **IF IMPROVEMENT IS NOT SEEN WITHIN 5 MINUTES, CALL 911!!**
- **HEAT STROKE** - This is when people lose the ability to cool themselves. **THIS IS A TRUE EMERGENCY – CALL 911!** Symptoms are high body temperature; rapid pulse begins to slow, blood pressure falls, rapid shallow breathing, disorientation, seizures, can lead to a coma. The individual will be hot and dry. **TREATMENT:** CALL 911, move the person to a cool area and start cooling them with rags dipped in cool water and have them drink **ONLY** if they are alert enough to drink by themselves.
- Sweating is how the body regulates body temperature and water is essential to the process. The key to a safe game or practice is arriving fully hydrated. Have your player/dancer start drinking water at least one hour before practice. The amount depends on the size of the child, but again the goal is to be fully hydrated. **DO NOT DRINK SODA!!** Sodas are diuretics, which actually pull much needed water from the body for the purpose of digesting the soda ingredients.

If your children want to eat before practice, have them eat fruit, pasta, peanut butter, or things that are light, but limit the quantity. **DO NOT DRINK MILK!**

In our heat and humidity, everyone should be sweating. If you see someone in danger of a heat-related illness, please notify the person and the other people around you.

## DRILL TEAM

### DRILL TEAM ATTIRE

The Conroe Chargers & Dazzlers Booster Club provides each member with a game day uniform, pom poms, practice tank top, briefs, backpack, and game day bow. Practice shorts, socks, and tennis shoes will be purchased by the member and approved by the Drill Team Director. Practice outfits/uniforms are to be worn to every practice. These practice uniforms may be worn to school on Fridays, Spirit Day. We will periodically have fun days where we will reward the girls and have Crazy Hair Day, Silly Socks, etc.

While practicing, and performing, each member is expected to wear the following:

### PRACTICE ATTIRE

Dazzlers practice clothes (**Black Shorts/Bottom and Provided Practice Shirt**)

- Practice athletic/tennis shoes (No high tops, Converse-style, or game day shoes)
- Hair pulled back in high ponytail and secured with bobby pins. Do not wear game bow
- No jewelry will be worn during practices, performances, or pictures unless designated by the Drill Team Director. If ears are newly pierced, please cover with band aids

### GAME DAY ATTIRE

- Clean game day uniform with white ankle socks
- Cheer shoes (They should be "Squeaky Clean!" and only worn on game days)
- Hair pinned out of eyes and in a high ponytail or half up- half down as communicated. Hair bows in place
- Red Lip as communicated
- Natural polish or no polish
- No jewelry will be worn during practices, performances, or pictures unless designated by the Drill Team Director. If ears are newly pierced, please cover with band aids
- Tote bags/backpacks containing clean snacks, bug spray, and sunscreen.
- Water bottles (These may contain ONLY WATER)

### PRACTICE

Practices are conducted outside on the fields. Temperatures may be hot, but this will condition our members for the 3 - 4-hour football game periods.

Please be mindful that we will not have access to restrooms. We encourage the use of the restroom before members come to practice. The school restrooms will not let be available for our use. It is also disruptive during practice.

The coaches have a goal for each practice. It is up to each member to help the coach achieve that goal by paying attention and following instructions. Routines and cheers will be instructed at each practice and members will be expected to learn and perform as a team.

Our coaches recommend that all drill team members arrive with a positive attitude; a full tummy (protein and carbs – avoid heavy sugar, fat, or dairy as these, combined with the heat, can make our members sick); and an empty bladder.

All team members should bring their Dazzlers practice bag with the following items:

- A bottle/jug of water (nothing else...it attracts the ants, flies or bees)
- Sunscreen and Bug Spray

Please leave at home: cell phones, toys, games, MP3 players, any electronics or anything else that is not necessary for practice. If you need to call someone or someone needs to call you, they may call the Director's or Team Mom Coordinator's cell phone.

## **GAME DAY**

### **Home Games**

Home games are played at Grand Oaks High. Drill Team members need to be in the stands at 8:00 a.m. They will be released after their second performance, at approximately 12:00 p.m. For these games, they will be cheering for the Freshmen and Sophomore teams and will be released after the second halftime performance. Sixth graders (Seniors) have the privilege of leading the crowd in the cheers for the 2nd half of the second game. Any sixth grader who chooses to stay to cheer, will be under their parent's responsibility.

*Homecoming Game - All girls will be given a mum that is provided by the Conroe Chargers & Dazzlers Booster Club and/or sponsors.*

### **Away Games**

Maps will be provided before game day. Drill Team members are to be in the stands by 11:00 a.m. and should have eaten lunch. They will be released at approximately 3:00 p.m., after the 2nd performance. For these games, they will cheer for the Junior and Senior teams and will be released after the second halftime performance. Sixth graders (Seniors) have the privilege to cheer the second half of the fourth game. Any sixth grader who chooses to stay to cheer, will be under their parent's responsibility.

### **Stand Regulations**

The Drill Team has an assigned area in which to sit during the games. After arriving at the fields, each member will be required to take their position in the stands before roll call. Family and/or guests are not permitted to visit or sit with the Drill Team during the game or snack time. Parents must check girls out after 2nd performance with the game day mom/check list.

After the first performance, Drill Team members will be allowed to get their water bottles and have snack time.

Below is a list of some approved/allowed snacks to include in their snack/lunch bag:

- Plain crackers
- Plain-popcorn
- Plain chips
- Grapes (great frozen)
- Fruit snacks, rice cakes
- Lunchables (no sauces)

Below is a list of some non-approved/not allowed snacks and should not be included in their snack/lunch bag or purchased from concession stands until after all performances have been completed:

- Nachos
- Hard candy or gum
- Hotdogs
- Chocolate
- Snow cones
- Pizza

All Drill Team members must cheer in the stands and participate on the field. They need to be with a Team Mom and/or Game Day mom at all times. We will encourage the girls to drink while in the stands. However, they need to start fluids the night before to stay hydrated.

## **MERITS AND DEMERITS**

We reward Drill Team members through positive reinforcement, combined with an incentive program. All infractions of the game and practice rules and regulations will warrant demerits. The number of demerits is at the discretion of the Coach and Director. Each Coach will consider the frequency of the infraction before warranting a demerit. Demerits will be given to any girl who does not comply with the following rules:

- Arriving at practice and games on time
- Arriving at practice and games with the correct uniform
- Arriving with the correct equipment at practice and games
- Good sportsmanship and respectful attitude towards team mates, instructors, and team moms
- Positive behavior during the practice and games
- Having no gum or hard candy at practice and games
- Clean uniform
- Good attendance
- Leaving the stands without permission and/or accompanied by a Game Day Mom
- Being picked up on time from practice and games
- Listening at all times

If a demerit is given for disruptive behavior and it continues, the following consequences may be given at the discretion of the Director:

**At Practices** - Time out (sitting out for a period of time.) Jumping jacks, burpees, or laps (this is a great attention getter and a way to release excess energy).

**At Games** - Sitting out during the performance.

## **ATTENDANCE**

The following policies will be used for absences:

- Missing two (2) practices the week of a game = ineligible for the next official game/drill performance
- Missing one (1) practice two (2) weeks in a row = ineligible for next official game/drill performance.
- Two (2) occurrences of tardiness and/or leaving before practice ends = one (1) absence.
- Three (3) occurrences of tardiness in one week = two (2) absences = ineligible for next official game/drill performance.

Note: Commitments and engagements established before the beginning of the season (such as weekly church services) or that coincide with practice schedule will be addressed at the team level.

## **EXCUSED ABSENCES**

Absences from practices or games will be excused only in the event of illness (doctor note required), death in the family, or reasons previously arranged at the Drill Team Director's discretion. All absences must be reported in advance directly via e-mail, phone call or text message to the Drill Team Director and/or the Team Mom Coordinator.

## **UNEXCUSED ABSENCES/TARDINESS**

Unexcused absence reasons include but are not limited to: homework or test concerns, social opportunities, non-mandatory extracurricular activities, or minor illness or injury that does not require exclusion from physical activities

## **AAYFDT CODES OF CONDUCT**

The mission of the All-American Youth Football and Drill Team (AAYFDT) is to provide a safe, fun learning environment for the youth of our community. We emphasize sportsmanship, teamwork and respect for authority figures (Directors, Coaches, and Game Officials). Our focus is on developing good life skills through the sports of football and cheerleading. The AAYFDT will not tolerate verbal or physical abuse of its volunteer coaches, referees, or participants from any Parent, Participant, or Spectator. Spectators, as well as the participants and coaches, are expected to abide by the code of conduct described here at all AAYFDT events. While most of the adults and children in the program will abide by this code without being instructed, it is being published to protect the children, the integrity of our program, and emphasize the values of the AAYFDT.

### **COACH'S CODE OF CONDUCT**

As a Team Coach, you (through your actions and words) set the example for your participants, parents/guardians, and spectators. You set the tone and lead by example. Read the participants, spectators, and parents Code. Understand what is being asked of all participants in your sport. Actively promote these Codes. Coaches must place the well-being and safety of each participant above all other considerations, including the development of performance. Ensure that each participant is correctly dressed with the necessary safety equipment (helmet, mouthpiece, pads, etc.) before being allowed to play. Get treatment for an injured participant immediately. Co-operate fully with medical personnel in the best interest of the participant. Never, either physically or mentally, push children beyond their abilities. The game is of minor consideration when compared to the child's future health and well-being. Encourage and guide participants to accept responsibility for their own behavior and performance. Never condone unacceptable behavior. Accept the decisions of the game officials on the field as being fair and called to the best ability of said officials. The officials are in charge of all games; their decisions are final. Always be prompt, courteous, and direct when dealing with the League Officials, opposition Coaches, and Referees. Read the AAYFDT Official Rules of Competition and assist your participants and parents in understanding them. All coaches must be certified through USA Football.

Agree to a background screening of your application with regards to your suitability to work with children.

### **ATHLETE'S CODE OF CONDUCT**

#### **I Will:**

- Have fun!
- Arrive at all practices and games on time or provide an appropriate excuse beforehand. Be a good sport (win or lose), be honest and fair.



- Learn the value of commitment to the team; sportsmanship, ethical conduct, and fair play. Show courtesy and respect to my teammates, opponents, coaches and officials.
- Know that athletic contests are educational experiences.
- Give complete attention to the instructions of my coaches and league officials.
- Accept the fact that a violation of this code may result in my suspension or dismissal as a participant.

**I Will Not:**

- Use profanity, talk "trash", or taunt others before, during, or after any practice or game.
- Display any unsportsmanlike behavior.
- Criticize my teammates or participants from other teams.
- Act in any way that may incite spectators.

**PARENT(S)/SPECTATOR(S)' CODE OF CONDUCT**

**As a parent or spectator, I will:**

- Support the coaches, participants, and help teach the value of commitment to the team, sportsmanship, ethical conduct, and fair play.
- Support my child's team and help my child and the AAYFDT make athletic contests positive educational experiences.
- Direct constructive criticism of my child's team program to a coach and/or club board member at an appropriate time, 24 hours after the incident. I will work toward a positive result for all concerned.
- Accept decisions of the game officials (including coaches) on the field as being fair and called to the best ability of said officials. The officials are in charge of all games; their decisions are final.
- Exhibit exemplary sportsmanship at all times.
- Emphasize that good athletes strive to be good students that are physically and mentally alert.
- Strive to make every football/cheerleading activity serve as a training ground for life, and a basis for good mental and physical health by being present to support the children.
- Abstain from being under the influence of or in possession of and/or drinking alcoholic beverages and the possession or use of any illegal substance (including tobacco) on both the game and practice fields.
- Stay behind the designated spectator line during practices and games.

**As a parent or spectator, I will not:**

- Interfere/interrupt the coaching staff during games or practices.
- Criticize officials or coaches, direct abuse or use profane language toward them, or otherwise subvert their authority.
- Criticize an opposing team, its participants, coaches, or spectators by word of mouth, by gesture, or by deliberately inciting unsportsmanlike behavior.

- Undermine, in work or deed, the authority of the coach or the AAYFDT.

## **CONSEQUENCES OF BEHAVIOR**

At any AAYFDT event, practice, or competition, any adult or child who verbally abuses, attempts to intimidate, is flagrantly rude to, or does not control their language or actions with a participant, official, coach, spectator, AAYFDT or booster club board member will be asked to leave the event. He or she will receive written warning, within 72 hours, regarding their behavior. If the spectator fails to leave upon request, law enforcement authorities may be called to remove the spectator.

Any adult or child that commits a second similar offense will be banned from AAYFDT events for the remainder of that season.

Any adult or child that commits a third similar offense will be permanently banned from the AAYFDT.

### **The offense count does not reset each year.**

Any adult or child who physically assaults anyone will be banned from the AAYFDT for one year from the date of the offense. After one year, the parent may apply for reinstatement. If the adult or child commits a second offense, he or she will be permanently banned from the AAYFDT.

The term physical assault includes, but is not limited to: hitting, slapping, pushing, spitting, kicking, or striking in any way with any part of the body or any physical implement.

By signing below, we (the participant's family) admit to have read, understand, accept, and agree to comply with the AAYFDT's Codes of Conduct and Expectations.

## **AAYFDT LEAGUE EXPECTATIONS**

AAYFDT Policies and Procedures and Rules of Competition are published on the league website ([www.aayfdt.org](http://www.aayfdt.org)) for review. It is your responsibility to adhere to league expectations. Good sportsmanship and respect are expected at all events, both on the field and in the stands.

- Parents/guardians are expected to pick up their child or children from the designated practice area on time. Parents/guardians should remain near the practice site or have arranged for an adult to remain at practice to supervise their child. The league volunteers are not responsible for supervising your child when practice ends. Please ensure your child is picked up from the practice area on time.
- Failure to pick up your child may result in the following consequences:
  - 1st time - Written Warning
  - 2nd time- Contact Constable or Sheriff's Office
  - 3rd time- Removal from Club Roster
- Alcohol, smoking and/or other tobacco products are prohibited at school campuses/facilities and league sponsored events.
- Vulgar language will not be tolerated under any circumstances. Fighting, including verbal assault is strictly forbidden.
- No coach is to be approached prior to, during or following practice/games – including team meetings and at half-time. Please address the Athletic Director with coaching concerns or any booster club member with other issues.
- No parents, fans, guests or other individuals are allowed within the fences of practice or game fields and/or on the track. If venues are not fenced, everyone must allow a 50-foot 'clear' zone from the sideline.
- Failure to comply with league expectations can result in suspension or expulsion from the AAYFDT

## CONROE CHARGERS & DAZZLERS HANDBOOK ACKNOWLEDGMENT FORM

This handbook has been prepared for your reference and understanding of the Conroe Chargers & Dazzlers organization. Please read it carefully and to its entirety.

Each participant must have this form signed and returned to the Conroe Chargers & Dazzlers Booster Club before the fall season begins.

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We, the participant and participant's family, acknowledge, it is our responsibility to familiarize ourselves with the contents of the handbook.

By signing below, we acknowledge, understand, and agree to comply with the information contained in the handbook provided to us by the Conroe Chargers & Dazzlers Booster Club.

We understand this handbook is not comprehensive across all areas, but is intended to be a resource guide to the Conroe Chargers & Dazzlers organization.

By signing below, we acknowledge the following:

- **We have read and understand the content of the Conroe Chargers & Dazzlers Handbook** \_\_\_\_\_ (Initials)
- **We have read and understand the A.A.Y.F.D.T. Codes of Conduct** \_\_\_\_\_ (Initials)
- **We have read and understand the A.A.Y.F.D.T. League Expectations** \_\_\_\_\_ (Initials)

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Team (Drill Team, Flag, Freshmen, Sophomore, Junior, or Senior)

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date