**Welcome to Westside Niners Youth Football and Cheer**

Founded in 1991, Westside Niners strives to promote team building, responsibility, accountability, good sportsmanship and discipline. With a commitment to working toward their goals, practicing fundamentals, a dedicated staff of coaches and a great group of kids willing to give their best effort, the Westside Niners have been fortunate to play in and win several TVYFL Super Bowls.

**2023 Westside Niners Board Members**

President Ramon Esquivez

Vice President Desirae Segoviano

Treasurer/Fundraising Richelle Flores

Secretary Melissa McClain

League Rep Angel Medrano

Cheer Rep Shaunte Griffin

Player Safety Coach

Equipment Manager Craig Corella

Commissioner Julio Chavez

Concessions Coordinator Nina Costa

Volunteer Coordinator Patricia Cortes

Member At Large Natalie Rodriguez

Also, we have board members that transition in/out every year. If you’re interested in becoming a board member in the future, please let us know and we will be more than happy to talk to you about it.

**Chain of Command**

As an organization the Westside Niners want to make your player’s and/or cheerleader’s experience the very best it can possibly be. Please remember that **ALL** the coaches and board members are **VOLUNTEERS** and are taking their time to teach and coach your child. We try to make everyone happy, but we know with as many kids and families we have that we cannot make everyone happy all the time. With that being said, please bring up any concerns to the appropriate board member. Also bear in mind that some of us are brand new to the board and in some cases, learning as we go. We are here for your kids and they are our #1 priority.

If you have an issue that needs to be addressed regarding your child, please follow the Chain of Command. In most instances, it’s a simple misunderstanding or miscommunication that can be resolved very quickly and easily. If need the Reps will get the Board of Directors involved.

1. Your Child’s Head Coach
2. League/Cheer Rep

**Registration and Fees Requirements**

Our season registration usually opens in January. Cheer closes beginning of June (Date TBD) due to uniform ordering restrictions and Football closes after week 3 of the season.

Player/Cheerleader registration fees need to be paid in full before uniforms can be ordered. Cheer and Football due dates will be announced via email (SportsPlus) and Facebook. If fees are not paid by due dates, your player/cheerleader will not be eligible to participate until paid.

We will need the following paperwork turned in before your child is allowed on the field

1. Copy of Birth Certificate
2. Copy of Sports Physical
   1. Must be on TVYFL form with Doctor’s stamp. No chiropractors allowed.
3. Copy of Insurance Card
4. Copy of 2022/2023 4th Quarter Report Card for JV and Varsity only.
   1. For grade verification and academic patch eligibility.
5. Volunteer Form
6. Cheer Guidelines
7. Parent Code of Conduct

**2023 Registration Fees**

Cheer - $350

Football - $250

**Age Groups (Football & Cheer)**

Cheer Mascot – must be 5 before July 15th

Jr Novice (6-8 years old) – Must be 6 before July 15th. Cannot turn 9 on or before November 29th

Novice (9-10 years old) – Cannot turn 11 on or before November 29th

JV (11-12 years old) – Cannot turn 13 on or before November 29TH

Varsity (13-14 years old) – Cannot turn 15 on or before November 29th, cannot be in high school for the 2023/2024 School year.

**Required Deposits**

Equipment Deposit ($200 per football player): Deposit is due (and held) at equipment handout. If you do not have a deposit, you will not receive equipment. It is the player’s responsibility to keep track of their own equipment during the season. Players/parents will be responsible for any lost or stolen equipment. It is also the players/parents responsibility to return their equipment by the specified date (we will update everyone towards the end of the season). If the equipment is not turned in or other arrangements have not been made and authorized, we will cash the deposit check. You will get your deposit back at equipment turn in.

Volunteer Deposit ($100 per shift): Deposits (3x $100 for single child, 5x $100 per family) are due (and held) at equipment handout. If you do not have your deposits, you will not receive equipment. Each family is required to fulfill 3- 2 hour shifts (single child) or 5- 2 hour shifts (per family) per season. Each shift requires a $100 deposit. If you sign up for a shift and you miss that shift, your deposit for that shift will be cashed immediately. If you are signed up for a shift and you cannot work, then you will need to find a replacement (14 or older) to cover and then contact the Shift Coordinator with their information and contact info. You will get your shift deposit back after each shift worked during the following practice. If you wish to “opt-out” of volunteering, you can buy-out for $500. We do not want to cash checks. We would rather have parents participate and fulfill their volunteer hours.

**Practice Information**

All practices will be at Barrington Park. Cheer will practice on the south side of the park. Jr Novice and Novice will be on the north side of the park. And JV and Varsity will practice in the middle of the park.

All of our practice times are regulated by league rules. We will hold practices as scheduled unless mandated by the league to modify or cancel. If that happens, you will get notification from the board and your head coaches. Each player/cheerleader is required to have a certain amount of practice time in order to be eligible to participate in that week’s game. Please be aware that any canceled practice may have to be “made-up” if time allows.

**Practice and Game Field Rules**

1. No parking in the gravel area behind the chain link gate at the high school. This is only for Board Members, Westside Coaches and Referee’s.
2. Parents are not permitted on the practice field unless instructed to by your child’s coach or a board member during practices. Parents are more than welcome to stay and watch practice from the outside edges of the park. But please keep away from the shaded areas as those areas will be for our players/cheerleaders to keep cool during breaks.
3. Parents without field passes (badges) are not permitted on the field during game play unless they are volunteering as a play counter or for the chain gang. Once your volunteer shift is up, you must leave the field (league rule).
4. No pets allowed during the games.
5. We play on school grounds, it is a no-smoking/no alcohol zone.
6. No ice chests allowed unless you are a head coach at all games.
7. When setting up canopies in the stands please be considerate of other spectators. Keep the canopies toward the top of the stands.
8. Stadium tracks are where the cheerleaders cheer. And everyone else must stay off the track. No chairs or canopies on any of the school tracks.
9. No outside food or drinks allowed at the games. Players/Cheerleaders may bring in their water.

**Fundraising**

There may be mandatory fundraising that you will have to participate in. We will have different fundraisers during the season. All monies earned go back into the program to help with equipment costs, field costs, and other costs during the season. We will keep everyone informed when we will be doing our drive through dinner fundraisers.

We will also have different fundraisers before the season starts so that parents have the opportunity to offset registration fees.

**Team Apparel**

We will offer different items for purchase before and during the season. We understand that some parents may make their own apparel. If you do make your own, we ask that it is free of foul language and any offensive phrases.

**Uniform/Equipment Regulations**

Cheer: Your cheerleader will be custom fitted for their uniform prior to the season. Your coaches will inform your cheerleader on what is needed every week. If your child forgets their uniform, they may not be permitted to cheer that day. Cheer uniforms must be paid for in full before we can order them. The cost of the uniform is included in your registration fee.

Football: We will supply everything you need except for cleats. If your child forgets any part of their uniform, they may not be permitted to play that day. If you choose to buy (or have) your own equipment, that is fine. Equipment must be certified for the current season. Please get a hold of the Equipment Manager at the end of the season/beginning of the year so that it can be sent off with our helmets for reconditioning. Football jerseys must be paid for in full before we can order them. The cost of your jersey is included in your registration fee. Any late/expedited jersey order may include and additional charge not included in your registration fees.

* Visors: All visors must be clear and free of tint per league rule. Glasses must have a strap that connects behind the head.
* Gloves: Gloves must have the NOCSE or SFAIA tag on them in order to be cleared for play. If you have any questions, please ask before purchasing.
* Mouthguards: We will supply a mouthguard. If you decide to buy one yourself it MUST tether to the face mask of the helmet.
* Earrings, necklaces, and bracelets must be removed before practices and games.

**Game Day Check In**

On game days we have specified check-in times for each level. Your coach will let you know what time to be at the game each week. If you are running late PLEASE CONTACT YOUR COACH to let them know. If your player/cheerleader is not there by the specified check-in time they may be ineligible to play. Please allow yourself extra time for away games and please be on time.

**Game Day Information and Admission**

During home and away games only the Head Coach of each level is permitted to bring in an ice chest. No outside food or drink is permitted. No alcohol is permitted on the premises (parking lot included) at any TVYFL event.

Game Day Admission Fees

* Adults (18+) $7.00
* Children (6-17) $5.00
* Senior Citizens $5.00
* Children (5-) Free
* TVYFL Badge Holders Free (media badges do not apply)
* Current Football Players/Cheerleaders Free

\*\*Please keep in mind that most host locations only accept cash. If they do happen to have an electronic payment option, you may be charged a service fee.

**Injury Protocol**

In case of injury, you will receive a form from the League or Cheer Rep. It may be something small that doesn’t need attention, but we want to make sure that it is noted in case it grows into something bigger. If you need to take your child to the doctor for any injury, you will need to follow these instructions.

1. Make sure you have the injury paperwork filled out from the League Rep.
2. Your insurance is the PRIMARY INSURANCE for any injury, so please give them your information first.
3. TVYFL insurance is SECONDARY. Once you give your insurance information, you will give them the TVYFL paperwork. Make sure you get copies back for your record.
4. If you do not have primary insurance, then TVYFL insurance becomes the primary insurance.
5. The League Rep will file a report with the league and their insurance for any injury paperwork that is filled out.

If there is a game day injury, PLEASE stay in the stands until a Coach or Board Member calls for you.

**2023 Westside Niners Practice Schedule**

2 weeks of MANDATORY Conditioning/Practice (5 days per week) – If your child has to miss a conditioning day they must make up those hours when they return before regular practicing can happen.

* 6:00pm to 8:00pm unless otherwise noted.
* Monday 7-17 through Friday 7-21 (Mandatory Conditioning)
* Monday 7-24 through Friday 7-28 (Mandatory Conditioning)
* Monday 7/31 through Thursday 8-3
* Monday 8-7 through Thursday 8-10

MANDATORY Regular Season Practice (3 days a week)

* 6:00pm to 8:00pm unless otherwise noted
* Starting Tuesday 8-15
* Every Tuesday through Thursday until the end of season
* Cheer may add an extra practice during competition season
* All practice dates/times are subject to change

**2023 Important Dates to Remember**

* TBD JV/Varsity Cheer Fittings
* TBD JR Novice/Novice Cheer Fittings
* TBD Cheer Cutoff date
* 6/24 Coaches Clinic
* TBD Equipment handout
* 7/17 MANDATORY Conditioning begins
* 7/31 Regular Practices begin
* 7/29 Jamz Cheer Camp – JV and Varsity
* 7/30 Jamz Cheer Camp – Jr Novice and Novice
* 8/5 Munchies
* 8/12 Week 1
* 9/2 League wide bye
* 10/28 Week 10
* TBD Cheer Competition
* 11/4 Playoffs Week 1
* 11/11 Playoffs Week 2
* 11/18 Super Bowl
* December (TBD) Awards Banquet