

**FLEMINGTON FALCONS  
TIME & COMMITMENT LETTER  
FOOTBALL 2012**

The following points are meant to stress the importance that both participants and parents need to be aware of and the time and personal commitment involved to this team sport. Read the following, **sign and return the signature page** in recognition of this commitment prior to the first day of practice.

**PLEASE NOTE THE FOLLOWING:**

- Practice/Season officially begins **August 1, 2012**.
  
- Football is a Team Sport. There are no try-outs for Pop Warner Football. Children are placed on teams according to their age and weight.
  
- Prior to the first practice, each participant must have had a physical in 2012. No player will be allowed to practice until a physical release form has been submitted.
  
- Prior to or on the first day of practice each player must provide a copy of their 2011-2012 school report card, and a copy of their birth certificate along with the original birth certificate so that the copy can be certified. Original birth certificates will be returned. \*\* Not necessary for returning players.
  
- Each participant is expected to attend all practices and games.
  
- Once the season begins, if you must be absent from a practice or game, due to illness, school or religious reasons, you are to notify your Head Coach directly and promptly.
  
- Practices will be 10 hours a week Pre-Labor day beginning in August and 6 hours post-Labor Day. Practice will be Monday through Friday from 6 to 8 PM for the weeks prior to Labor Day. When the children return to school the practice schedule is reduced to three times per week on Tuesday and Thursday evenings from 6 to 8 PM and Saturday mornings. In the event that practice is cancelled due to weather, a make up practice will be held during that week on either Friday or Saturday. Practice times will be reduced for Flag squads.
  
- Safety is our number one consideration. Under no circumstances will a participant be allowed to participate in practice or a game without the required uniform, completion of a minimum of 20 hours of conditioning, adequate practice participation and/or physician clearance to return to participation after an illness or injury. If the head coach determines that there is a player safety issue, that player will be removed immediately from any further participation until the safety issue has been satisfactorily resolved – NO EXCEPTIONS.

- As per National Pop Warner rules ~ All participants are required to complete 20 continuous hours of conditioning/practice prior to regular practice sessions and/or pre-season games. Conditioning will be the first and second week of practice. Players missing any part of the conditioning period will be required to make up the missed hours. The head coach is responsible for ensuring that this requirement is met – if conditioning hours have been missed resulting in a potential player safety situation, the head coach may require additional conditioning hours above the 20 hours and will notify the player accordingly. (See safety bullet above)
- Promptness is crucial for a successful practice session. On time means to arrive 15 minutes prior to practice. Absolutely no cell phone use unless to call parent(s).
- Practice is never “optional”. Your son will be performing in all kinds of weather. It may be sweltering HOT, it may be bitter COLD. Please plan for these conditions and know he is expected to attend these practices and games (and stay to the conclusion) no matter what the weather or temperature, unless, you are otherwise notified by your coach or team commissioner.
- Practice is mandatory to participate in a game. This is to ensure the safety of all team participants. Missed practices will result in ineligibility for games until the player has satisfied the program’s safety concerns.
- The Flemington Falcons are part of the Mountain Valley Conference (MVC). It is extremely important that every participant and parent be aware that the Jr. Pee Wee, Pee Wee, Jr. Midget, Midget and Unlimited teams are all competitive football teams. These teams may compete in playoffs well into November.
- We will distribute a game schedule by the middle to end of August.
- Please note that game times and locations are not set by us but by MVC. It is normal that your son will play at the same time each week, but know that this time is subject to change. If there is a change you will be notified. We play (on average) 4 home games (at Hunterdon Central High School). The remainder of the season is away games. You will be given directions to the away field.
- Please be cooperative and respectful of your coaches, both adult and student. Parents, if you have concerns with your son’s coach, please wait until after practice or game to address all concerns with the **Head Coach** only.
- Each player will be provided a uniform and equipment to be returned at the end of the season. At season end, you will be asked to return your uniform and equipment, freshly washed and folded. Failure to take proper care and failure to return all pieces at the end of the season will result in forfeiture of your equipment bond check and the imposition of an additional uniform replacement fee.

- It takes a considerable amount of money to purchase equipment, rent indoor practice space and run the entire program. Registration only covers half of the Falcons annual operating budget. For this reason we will need to participate in fundraising activities throughout the season. Our aim is not to burden the families with these activities but to provide carefully selected programs that are simple, rewarding to both the league and our participants, and provides a value to those who support our efforts. **The annual lottery and tagging efforts are mandatory.**
- Parents are required to volunteer their time to the organization for **6 hours** per first participant and 4 hours for each additional participant. Your help is needed in various positions to help the organization through your time and involvement. Positions include game day duties in the snack shack, gate and 50/50 sales, and field assistance to name a few. A complete listing of volunteer positions will be on the website with sign ups during equipment hand out in July. **Positions will be assigned to those who do not voluntarily sign up.** Remember, this is a volunteer organization for the benefit of your child. If you feel you can add or help out in any way, please feel free to talk with your coach or team commissioner. There is always something you could do to help out.
- Fundraising is an important part of post season playoff participation. The cost to participate at Nationals in Orlando, Florida, in the past is approximately \$750 per person which includes airfare, hotel, and park tickets. It is strongly recommended that each player be accompanied by a parent/guardian chaperone (additional cost). The Falcon organization will attempt to defray the total cost for each player to the best of our ability. The expectation is that we will NOT be able to cover each boy's entire individual cost. As an organization, we do fundraising for all our expenses but we can not plan to cover the total costs when we do not know how many of our teams might go to Nationals. We will arrange additional fundraisers to help offset the cost of the trip for each player but it is up to each individual player to actively participate in these fundraisers. There will be one person from each team responsible for recordkeeping, to track each player's fundraising efforts. Those families, who do not wish to participate in this additional fundraising, may "opt out" and thereby be responsible for paying the entire cost of the trip.

YOUR TIME AND COMMITMENT TO  
FLEMINGTON FALCONS FOOTBALL – 2012  
**SIGNATURE PAGE**

Please remember that Football is a TEAM SPORT.  
**By your signature below you have read, understand and agree to the  
Time and Commitment Letter.**

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Parent/Guardian  
Print Name:

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Football Player  
Print Name:

**Please sign and return this page only before the first day of  
practice.**