

MIDLAKES JR EAGLES ATHLETIC LEAGUE, INC. FOOTBALL & CHEERLEADING PARENT HANDBOOK

2024

THIS HANDBOOK WAS PREPARED TO INFORM YOU OF REQUIREMENTS EXPECTED OF YOUR CHILD AND YOU. THERE ARE MANY IMPORTANT PIECES OF INFORMATION AND GUIDELINES YOU WILL NEED TO KNOW THROUGHOUT THE SEASON. PLEASE READ THIS HANDBOOK THOROUGHLY AND BRING ANY QUESTIONS YOU MAY HAVE TO A BOARD MEMBER.

The Midlakes Jr Eagles Athletic League, Inc. (MJE) is a charter of the Finger Lakes Youth Football Cheerleading League (FLYFCL). We and all teams chartered in this league are governed by league rules. All teams follow these rules. There may be rules that you as a parent do not agree with, but they are rules that MJE must follow and cannot change.

This handbook has been written to give information regarding our program. If there is additional information that you feel should be included, please let us know so that we can add it for future editions.

The purpose of Midlakes Jr Eagles Athletic league, Inc. is to provide a learning and recreational football and cheerleading program for the youth of the Midlakes School District area. It is our goal to firmly implant the ideas of good sportsmanship, honesty, and loyalty, to the youth of our program so that they may be fine, strong, happier, and respectful youths. It shall be our basic policy that these ideas are of primary importance, stressing participation and teamwork, rather than winning. We welcome any and all comments, ideas, and questions. Please feel free to contact any one of us at any time.

2024 Board of Directors

PRESIDENT	Jacob Kornbau	mjepresident1@gmail.com
VICE PRESIDENT	Jeff Consolie	mjevicepresident1@gmail.com
TREASURER	Kelly Stewart	mjetreasurer@gmail.com
SECRETARY	Jessica Hemenway	mjesecretary@gmail.com
FOOTBALL DIRECTOR	Ben Briggs	mjefootballdirector@gmail.com
ASST. FOOTBALL DIRECTOR	Ryan Frantz	mjeasstfootballdirector@gmail.com
CHEER DIRECTOR	Kelly Stewart	mjecheerdirector1@gmail.com
ASST. CHEER DIRECTOR	Kristin Walters	mjeasstcheerdirector@gmail.com
VOLUNTEER COORDINATOR		
CONCESSIONS DIRECTOR	Patrick Johnson	mjeconcessions1@gmail.com
PUBLIC RELATIONS	Jacob Kornbau	mjepublicrelations1@gmail.com
HEALTH DIRECTOR	Maggie Almekinder	mjemedicaldirector@gmail.com
FUNDRAISING	Heather Ryan	mjefundraising@gmail.com
EQUIPMENT MANAGER	Lyndsay Briggs	mjeequipmentmgr@gmail.com
AT LARGE	Michael Patrick	mjeatlarge@gmail.com

Contact information for all members of the board is located on our website at:
www.midlakesjreagles.com

MEMBERS

1. There shall be the following three classes of members:
 - A. Player Member (“participant”): any youth meeting the requirements as described by Finger Lakes Youth Football and Cheer League (FLYFCL) shall be eligible for participation.
 - B. Parent Member (“member”): any adult who is the parent and/or legal guardian of a player member of a registered participant as indicated on the Midlakes Junior Eagles Athletic league, Inc. (MJE)/FLYFCL Registration form.
 - C. Associate Member (“associate”): any adult who is not a parent member and has contributed a minimum of 50 hours of service for MJE in the prior year. All interested adults must submit a letter to the Board of Directors, requesting Associate member status and listing hours completed and activity prior to the July board meeting. The Board will review and advise after the July board meeting. The Associate shall have voting rights and can hold a Board of Director position. The Associate must submit a new letter to the board each year, including the prior year’s volunteer hours count, for annual re-approval. Upon non-re approval, the Associate will lose voting rights and will be removed from any position held.
2. A member must be in “good standing” to participate in the activities of MJE. “Good standing” is to be defined as no financial obligation, not on probation or any disciplinary action per Code of Conduct of MJE as defined by FLYFCL or NYS Section V.
3. Membership shall be for the year and season indicated on the registration form.

MEMBERSHIP SUSPENSION OR DISMISSAL

1. A member of MJE resigns when a participant voluntarily quits during the season. The member associated with that participant also resigns membership for the remainder of the season. Membership status continues if there is an additional participant in the membership or the member is on the Board of Directors.
2. A member/associate of MJE is subject to suspension or dismissal by the Board of Directors if they fail to comply with this MJE Parent Handbook, FLYFCL Bylaws, FLYFCL Rules, or any other rule that is detrimental to the MJE Program.
3. Evidence of misconduct or failure to comply with the above shall be presented in writing to the Board of Directors and to the member being charged within 3 days of the incident and must outline the charge in detail, listing times, locations, person(s) involved, and any witnesses. At the next regular meeting of the Board of Directors, the complaint will be heard in executive session and a decision will be rendered.
4. Suspension, duration of, or dismissal will require a three-fourths (3/4) vote of the Board of Directors.
5. A dismissed member or associate is no longer in “good standing”. A member or associate who has been suspended is not in “good standing” for the duration of the suspension.
6. All fees are forfeited if suspended, dismissed, or resigned.

MEMBERS RIGHTS IN NOMINATING BOARD OF DIRECTORS

1. Members of the organization who are in “good standing” shall be entitled to nominate other members also in “good standing” for open Board of Director positions.
2. The nominations are done during the October Board of Directors open meeting.
3. All nominees need to be present to confirm or deny their nomination.
4. Voting for open Board of Director positions will occur during the November Board of Directors open meeting.

MEMBERS RIGHTS IN ELECTION OF BOARD OF DIRECTORS

1. Members and associates of the organization who are in “good standing” shall be entitled to vote in the election for the Board of Directors during the annual Elections Meeting held in November.
2. The member must vote in person. No proxy votes will be allowed.
3. Each member is allowed one (1) vote.

CODE OF CONDUCT

Child/Participant Behavior

These rules are to ensure good behavior from all participants. Participation at ALL practices ensures your child’s participation at Sunday’s game and the end of season competitions. When a cheerleader or player has excessive absences, displays poor behavior, including disrespect for coaches, officials, and others, or has less than optimal work effort, it will be up to the respective Director and the Assistant Director (based on their direct observations and consultation with their coaches) as to whether the cheerleader or player will be removed from practice, game, competition, and/or season. The MJE Board of Directors will have the ultimate say regarding the outcome of above situations.

1. Use of foul language will not be tolerated.
2. Misconduct at practice or during a game will not be tolerated.
3. Misconduct in the parking lot before or after practices and games will not be tolerated.
4. No players or cheerleaders are allowed in the shed or concession stand unless given permission by a coach or a director.
5. You may not leave the practice field without the coach’s permission.
6. Showboating and poor sportsmanship will not be tolerated.
7. Respect will be shown to all coaches, directors, parents, officials, teammates, and opponents.
8. Respect must be shown for all uniforms, equipment, and facilities.

Parent/Guardian Behavior

1. As part of the Finger Lakes Youth Football and Cheerleading League, Midlakes Junior Eagles Athletic league, Inc. (MJE) is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play at all League and team activities. We will oppose instances and activities, which are not centered on the best values of athletic competition to ensure the wellbeing of all youth athletes. We will expect acceptable standards of good citizenship and proper regard for the rights of others. We are further committed to the belief that individuals participating in League activities should be held responsible for the conduct of their players, cheerleaders, coaches, staff, and spectators. Conduct, which is detrimental to the educational value of athletic activities, may be deemed just cause for a League reprimand, probation, or suspension from League and Team activities. No parents are allowed on the practice or playing fields unless accompanied/authorized by a MJE Board of Director.
 - A. Keep cheering positive. There shall not be any profanity or degrading language gestures.
 - B. Avoid actions, which offend visiting teams or individual players.
 - C. Show appreciation of good play by both teams.
 - D. Learn the rules of the game to be a better-informed spectator.
 - E. Treat all visiting teams in a manner you would expect to be treated.
 - F. Accept the judgment of coaches and officials.
 - G. Encourage other spectators to participate in the spirit of good sportsmanship.
 - H. Discourage the use, abuse and resulting negative influence of drugs, alcohol, and tobacco.
 - I. Observe the No Smoking or No Vaping Policy at all FLYFCL events, including the practice fields and school property.
 - J. Help maintain the field area by disposal of all trash in trash receptacles.
 - K. If you choose to bring your pet, please clean up after them as well as be thoughtful and mindful that there are a lot of people around and pets may bite or become aggressive. YOU ARE RESPONSIBLE FOR YOUR PET.
 - L. No vehicles allowed on non-gravel village property.
 - M. All events will be tobacco, drug, and alcohol free in accordance with FLYFCL, Midlakes School District, and Section V. Anyone that may be under the influence at any event may be asked to leave if there are any situations that occur due to being under the influence of alcohol or any drug related product.

Discipline Policy

It is our responsibility as a club to provide each member with a positive experience during the season. This includes an atmosphere for learning and a safe environment to participate. To uphold this responsibility, the Board of Directors have set up a discipline policy to eliminate continuous distractions from participants and parents as well as a fair system for coaches and board members to use so they can continue to keep the practices efficient and safe. Any act with intent to injure a teammate or opponent, or any action of poor sportsmanship which results in a penalty or ejection from that contest may result in termination of membership pending on the

Board of Director's decision. If a participant or parent is disruptive in a practice/game or is insubordinate to a coach, official or board member the discipline policy will take place. Discipline could include, but is not limited to, missed playing time, temporary suspension from practices and games and removal from club for the remainder of the season.

MJE SEASON

Typically, MJE issues football equipment in July and the season begins in August. Each player will need to go through certification, which is scheduled by FLYFCL. Games start at the end of August and run through the end of October. Our cheerleaders will also have up to 4 competitions throughout the Season where they can showcase all their hard work, times and dates will be announced. Football will also have a scrimmage during the season where they compete against teams from around the Finger Lakes. It may sound like a long season, but it goes fast. After all the practicing and games/competitions are over we get a chance to congratulate all the participants at the end of the season celebration.

PRACTICE (GENERAL)

1. NO PARTICIPANT WILL BE ALLOWED TO START PRACTICE UNTIL ALL REGISTRATION PAPERWORK IS COMPLETE. PHYSICALS MUST BE DATED AFTER AUGUST 1 OF THE PRIOR YEAR. THIS WILL BE STRICTLY ENFORCED.
2. Practice is held on the fields at John Fabrizi Memorial Park.
3. Practice sessions in August and up to the first game, will be held Monday, Tuesday, Wednesday, and Thursday from 6:00 to 8:30 pm for B, C football and cheer and Tuesday, Wednesday, and Thursday from 6-7:30 for Flag football and cheer unless otherwise noted.
4. After games start, B, and C football and cheer will practice Tuesday, Wednesday, and Thursday from 6:00 – 8:00 pm and flag football and cheer will practice Tuesday and Thursday from 6-7:30, unless otherwise noted.
5. Starting the 1st day of school Cheer practice moves to the Midlakes Intermediate/Primary Schools. Practices at this point are closed. Parents are no longer allowed to view practices. They may wait in the hallway if staying for practices.
6. Later in the season, as daylight dictates, the hours of football practice may change. If a change occurs, you will receive notice by your team coach, and it will be posted on the app.
7. Please do not drop your child off any earlier than 10 minutes before the scheduled practice time as we cannot guarantee any supervision.
8. Parents that stay must keep a distance in order to not disrupt or interfere with practice.
9. Please be punctual when picking up your child. One adult coach must stay until everyone on his or her team has been picked up. Remember the coaches are all volunteers and would like to get home.
10. If there happens to be a chance of storms (thunder and lightning) we ask that parents either stay at practice or are within a 5-minute radius. Please use the Heja app for notifications.

PRACTICE (WEATHER)

1. MJE will practice and play in the rain, snow, heat, and cold.
2. If weather conditions are questionable at the start of practice, the Board of Directors will determine if practice will be canceled within the first 30 minutes of any scheduled practice.
3. If it begins to thunder and lightning, practices and games will be stopped immediately, and the players/cheerleaders will be brought to the sheds. After a 20-minute delay with no thunder and lightning, we will resume practice. We will only wait ONE 20-minute delay. In the event of multiple thunder and lightning strikes continuing, the MJE Board of Directors will make the decision whether to cancel practice.
4. You are responsible for picking up your child following such cancellations. If the weather conditions are questionable at the start of practice, we recommend that you stay instead of dropping off your child.

WEATHER

We play football and cheer during inclement weather. However, practices could be immediately canceled if lightning/thunder, heat advisory, excessive rain, and/or standing water occurs at any time before or during practice. Should changes be made, we will notify you by Heja App, email, Facebook and/or telephone as soon as that information is available. Please make arrangements to pick your child up in a timely manner.

PRACTICE & GAMES (ABSENTEE POLICY)

1. Football and cheerleading are sports that require a significant amount of practice to ensure the safety of all participants. While unavoidable and unanticipated events requiring participants to miss practice happens, patterns of absences will not be tolerated. To fulfill your commitment to your teammates, improve your skills, and help prevent injury, it is necessary to attend all practices. **Missing practice does have consequences.**
2. A note or communication between a parent/guardian to the Head Coach explaining an absence from practice is required. Otherwise, the absence will be considered unexcused.
3. Habitual lateness during the season may result in reduced playing time, or ineligibility to participate in the scheduled games.
4. If you must miss a practice or a game, it is required that you notify one of your coaches PRIOR to the practice or game.
5. If your child is going to miss ANY practices, please let his/her head coach know ahead of time if possible. Attendance is kept so we have an accurate record for insurance purposes. Each participant must have a certain number of conditioning practice hours in before they are allowed to participate in contact, stunts, and tumbling. A NOTE WILL BE REQUIRED FOR ALL ABSENCES, please send it with your child when he/she returns to practice.

UNEXCUSED ABSENCES/PRACTICES

If any player or cheerleader misses the last practice before a game/tournament; they will sit until after halftime or left to the coach's discretion. If the last practice before a competition is missed, they will sit out the equivalent of halftime at the competition. If the player or cheerleader misses 2 practices in the week prior to the game, tournament, or competition, the player or cheerleader will not participate in the game, tournament, or competition. However, the player or cheerleader will be expected to be in full uniform at the event and sit on the bench/sidelines to support their team.

CHEERLEADER ABSENCES

If a cheerleader is absent more than 9 practices during the season, they will be unable to participate in the end of season competitions, but they will still be eligible to participate in the weekly football games.

ARRIVAL/DEPARTURE FOR PRACTICE

Please do not drop off your child more than 10 minutes early for practice without your coaches permission, as there is NO supervision. Plan to pick up your child promptly at the end of practice. Coaches/board members are not allowed to leave the field until all participants have been picked up. The coaches/board members volunteer their time and have other commitments outside of football, please be considerate of this.

**** Parents will be required to sign their child(ren) in and out of every practice**** This will ensure that all parents are receiving information that is handed out. If the parent is unable to sign the child in/out an authorized person over the age of 16 years old may sign the child out.

DRESS FOR PRACTICE

Cheerleaders:

1. Athletic Sneakers that tie. NO slip-on sneakers, Velcro, sandals, or shoes. No keds.
2. T-shirts, shorts, sweatpants. NO jeans of any kind.
3. NO camisoles worn by themselves or shirts with zippers.
4. Hair must be pulled back away from face. Only approved hair accessories. This is required during games also.
5. **ABSOLUTELY NO JEWELRY.** Girls with newly pierced ears will be required to remove the earrings during practice and during games.
6. NO gum or candy at practice or during games.
7. NO NAIL POLISH or white-out allowed.
8. NO artificial nails of any kind.
9. NO makeup or glitter
10. MJE is not responsible for lost or misplaced personal items.

DRESS FOR PRACTICE

Football Players:

1. Dress as coaches have advised. Coaches will use good judgment when determining attire for games.
2. **ABSOLUTELY NO JEWELRY.** Boys with pierced ears will be required to remove the earrings during practice and during games.
3. NO gum or candy at practice or during games.
4. NO NAIL POLISH or white-out allowed.
5. MJE is not responsible for lost or misplaced personal items.

SCHEDULE OF GAMES

The Schedule will not be available until July. It will include a combination of home and away games and may include a bye date. Once it is available it will be posted to the MJE website and Heja App.

CHEER COMPETITIONS

The cheerleaders will participate in selected competitions during the season. Midlakes has hosted a cheer competition in years past and would like to continue to do so. At this competition we ask for parent volunteers and if parents will help with items like chips, drinks, plates, etc. Midlakes does not compete at this competition as we feel that it is not fair. They will still be judged, just not be placed with other teams. This competition is a very large fundraiser for our organization, many come because we do compete. As always, we will end the season with a FLYFCL sponsored cheer competition. In past years we have had it held at RIT Field House. During the cheer competitions the cheerleaders will be required to stay with their respective team and coaches. The only exception to this rule is injury or sickness.

10 PLAY RULE

Every eligible player, no matter what his/her ability, will play a set number of plays depending upon the number of players on the squad. We have a person on the sideline keeping track of each player. The ten-play sheet is filled out, signed, and turned in after each game. These sheets are then kept on file for 1 year.

INSURANCE

If your child is injured during practice or a game, you must immediately inform your coach to fill out an accident report. If your child later requires professional medical attention, (i.e., Emergency room, doctor's office visit, etc.), you must contact the insurance company as soon as possible to file a medical claim. This claim requires your signature. Without proper signatures, our insurance carrier will not pay any outstanding balances. Our medical insurance coverage is considered secondary coverage. Your own insurance company is the primary coverage. If your child should need medical attention, you **MUST** file the claim with FLYFCL's Insurance, not with

MJE. Information for filing that claim can be found on the FLYFCL website (www.flyfcl.com). This policy may not cover any or all medical expenses incurred, and YOU MUST pay the deductible of \$250 after payment is made by your insurance company. You also need to make sure you follow your insurance company's guidelines for seeking medical treatment to insure coverage from them. They must make their payment first. By doing this it will ensure that you do not receive any bills and will also guarantee prompt payment of these claims. If you should receive any bill, AFTER YOU pay the deductible and your insurance company makes payment, please bring it to the attention of our insurance coordinator immediately.

Insurance how it works:

- Medical bill: \$1000
- Your Co-Pay: \$75
- Your Health Insurance: \$ 400
- Required Deductible: \$ 250 (You Pay)
- Our League Insurance: \$275
- Balance: \$0

We at MJE are concerned with the health and welfare of all our participants; therefore, we will evaluate each player (football or cheer) for signs of concussion after a head injury. If a medical person or coach suspects a player to be concussed, that player will need to see a medical doctor for evaluation and release before returning to practice or game. We will utilize the USA Football concussion protocol.

***Please note that if your child sees a doctor a release from the doctor is needed before your child can practice or play again. Without it your child will not be covered on our insurance for any new injury or re- injury.*

VOLUNTEERISM

All parents or guardians or adult family member are required to complete at least 2 volunteer duties per child. This volunteer requirement is critical to the operation and safety of our program. Volunteer signups will be available at our cheer shed. There are many choices of volunteer duties and all are important. We will provide information about the various duties at registration, but once you have signed up it is your responsibility to complete the duty. Should you be unable to do so please try to arrange with another parent or contact a board member immediately. If the duty goes unfilled, games may be canceled or forfeited and your child may be suspended from play or cheer at the next week. For our parents that receive scholarships additional duties will apply. At the board's discretion, failing to volunteer may effect a child's eligibility to participate in a game or competition.

FUNDRAISERS

We have incorporated fundraising into our annual registration fee and no additional fundraising is required. However, we may add a fundraising opportunity or 2 during the season. Our continued success relies on the money that we bring in. The board is very concerned about the cost of registration and making football and cheerleading sports open to all. As a result, scholarships are available on a case-by-case basis.

REGISTRATION FEE and REFUNDS

The registration is \$125 per child for flag football and cheer. \$150 for B and C football.

These requirements for refunds must be met prior to receiving your refund:

1. All uniforms and equipment issued to participant must be returned, clean and in good repair as when issued. The replacement cost of damaged and/or missing is the responsibility of the parent at current cost of the damaged equipment.
2. You may receive a full refund assuming all above criteria are met until August 1. After August 1 you may receive a 50% refund until the first scrimmage/game. After the scrimmage/game no refund is awarded.

SCHOLARSHIPS

Scholarships are awarded on a case-by-case basis. All scholarship applications will be reviewed by the MJE board to determine awardees. All awardees will be required to fulfill additional volunteer duties. Also, each awardee will be required to complete the fundraising; any portion of the fundraiser not fulfilled will be the responsibility of the awardee to pay the difference.

PARKING AT PRACTICES

Parking is only allowed in the Fabrizi Field parking lot, the parking area at the adjoining park, near the Clifton Springs Library. Under no circumstances will parking be allowed along Park Street, Hibbard Avenue, on the grass or near the train tracks. People who park their vehicles along Park Street, Hibbard Avenue, on the grass or near the train tracks will be asked to move them. If the vehicle is not moved after the request, then it will be towed at the owner's expense. Finger Lakes Railway has requested no person park by the tracks close enough to stop the train. Please be aware of the location of your car and the rails, if you stand on the rail and can touch your car IT IS TOO CLOSE AND NEEDS TO BE MOVED. PLEASE WATCH FOR CHILDREN AND DRIVE SLOWLY WHEN ENTERING AND EXITING THE PARKING LOT.

LEAGUE COMPLAINTS

While the board of directors tries to ensure that everything goes smoothly, we understand that from time to time there will be conflicts, differences of opinion, or conduct that is detrimental to the ideals we seek to uphold. In those instances, please use this procedure to ensure your concern is heard and acted upon in a timely manner.

1. All complaints must be submitted in writing, within 24 hours of the incident to the President at: MJEPresident1@gmail.com or it will not be dealt with.
2. The board will not act on hearsay.
3. All complaints must be acted upon within 7 (seven) days from the receipt of the complaint by the President/Board Members.
4. Findings will be put in writing, a copy of which will be sent to the person or persons who submitted the complaint. A copy will remain with the Secretary's records.
5. An anonymous copy will be included in the President's file for future solutions to the same or similar problems.