

HOMWOOD FLOSSMOOR

YOUTH FOOTBALL AND CHEER CLUB

Dear Homewood Flossmoor Youth Football and Cheer Families,

Welcome to the Homewood Flossmoor Youth Football and Cheer Club! We are thrilled to have you and your child as part of our program, and we look forward to an exciting season filled with growth, teamwork, and memorable experiences.

At Homewood Flossmoor Youth Football and Cheer Club, our primary goal is to provide a safe, inclusive, and positive environment where your child can develop their athletic skills, build character, and foster lifelong friendships. Through the dedicated efforts of our passionate coaches, volunteers, and supportive community, we strive to create a program that nurtures both athletic ability and personal growth.

We believe that participation in youth sports goes beyond the field and mat. It teaches valuable life lessons such as teamwork, discipline, perseverance, and sportsmanship. We encourage our athletes to push their boundaries, strive for excellence, and always approach each challenge with determination and respect for themselves and others.

In this parent handbook, you will find all the essential information you need to ensure a successful and enjoyable season for your child. It includes important dates, game schedules, expectations for conduct, guidelines for communication, and much more. We encourage you to familiarize yourself with the contents of this handbook, as it will serve as a valuable resource throughout the season.

We also want to emphasize the importance of your involvement as parents and guardians. Your support, encouragement, and active participation in our program will greatly contribute to the success of your child and the overall experience of our club. Whether it's volunteering your time, attending games and events, or simply providing a positive atmosphere, your role as a parent is instrumental in shaping the journey of our young athletes.

We are here to support you every step of the way. If you have any questions, concerns, or suggestions, please don't hesitate to reach out to our dedicated team. We believe in open and effective communication, and we are committed to providing a platform where your voice can be heard.

Thank you for entrusting us with the privilege of coaching and guiding your child. We are honored to have the opportunity to make a positive impact in their lives, and we are excited to embark on this journey together. Let's make this season one to remember!

Go HF United!

Warm regards,

Carlton Gordon, Jr. and Mikkal Harris

Carlton Gordon, Jr. and Mikkal Harris
President and Vice President
Homewood Flossmoor Youth Football and Cheer

Fall 2025 Tentative Calendar

Date	Event	Location	Time
Monday, Jul 7 th	Cheer – First Day of Practice *Sideline Practice - Mondays & Wednesdays <i>through September 17th</i> *Competition Practice - Tuesdays & Thursdays	Apollo Park	6 pm – 8 pm
Thurs, Jul 17 th	HF United Parent Meeting	H-F High School	7 pm – 8 pm
Sat, Jul 19 th	Football Equipment Handout	U-Haul location	4pm – 8pm
Mon, Jul 21 st	Football – First Day of Practice *First 4 weeks – Monday – Friday *Starting August 19 th – Tuesday - Thursday	H-F High School	6:30 pm – 8:30 pm
Tues, Jul 22 nd	Mandatory Competition Parents Meeting	Apollo Park	7 pm – 8 pm
Mon, Jul 28 th	Headshots (During Practice) – Football	H-F High School	6:30 pm – 7:30 pm
Thurs, Jul 31 st	Birth Certificates and Physicals (Sports or Regular) Due for Football *Athletes will not be allowed to practice after July 31 st if forms are not received *Forms must be uploaded to crossbar account or emailed to hfyouthfootballandcheer@gmail.com . Paper copies will not be accepted.	Via email or website upload	Due by 11:00 pm
Mon, Aug 4 th	Headshots (During Practice) – Football	H-F High School	6:30 pm – 7:30 pm
Sun, Aug 10 th	HF United Football & Cheer skate party	Lynwood, IL	5:45 pm – 8 pm
Thurs, Aug 14 th	Competition Paperwork (including birth certificates and physicals) *Returning competition cheerleaders only need current sports physical	Due to Cheer Directors	Due by end of practice
Tue, Aug 19 th	3-Day Football Practices Begin	H-F High School	6:30 pm – 8: 30 pm
Aug TBA	HF United Picture Day Team Picture Day	TBA	TBA
Sun, Aug 31 st	Homecoming Game	H-F High School	Game Time
Sept TBA	United Day	H-F High School	TBA
Sept TBA	H-F High School Youth Night	H-F High School	TBA
Sept 13 th	Service Learning Project: Just Roots	Sauk Village, IL	8:00 am
Oct 4 th	Service Learning Project: Feed My Starving Children <i>Busing will be provided from Apollo Park</i>	Schaumburg, IL	7:45 am – 12:15 pm
Oct 12 th	Competition Cheer - Battle of the Best Competition	TBA	TBA
Oct 19 th	Competition Cheer – State Competition	TBA	TBA
November	Service Learning Project: Online Food Donation	Online	Month of November
October 18 th – 19 th	First round of Playoffs	TBA	TBA
October 25 th – 26 th	Semi-Final Playoffs	TBA	TBA
November 2 nd	Super Bowl Game	TBA	TBA
Nov TBA	Competition Cheer – Regionals Competition	TBA	TBA
Dec 12 th or 13 th	End of Season Awards Event	TBA	TBA
Dec 1 st – Dec 6 th	Competition Cheer – Nationals Competition	Kissimmee, FL	TBA

***Items in bold are confirmed. All other dates are subject to change and will be communicated via email and the crossbar app.*

Fall 2025 Game Schedule

Week	Date	Home vs. Away	SLW	LW	JV	Varsity
1	8/17/25	Away	BYE	New Lenox Jr. Warriors	BYE	BYE
2	8/24/25	Home	Tinley Park White	Tinley Park White	St. Ann	Tinley Park White
3	8/31/25	Home	St. Ann	Frankfort Falcons Blue	Frankfort Falcons Blue	St. Ann
4	9/7/25	Away	Orland Park	Orland Park	Orland Park	Orland Park
5	9/13/25/ 9/14/25	Away	Mt. Greenwood	Chicago Cowboys	Frankfort Falcons Black *9/13	Mt. Greenwood
6	9/21/25	Home	Homer	Homer	NWI *Away	Homer
7	9/28/25	Away	New Lenox Jr. Knights Black	Mt. Greenwood	New Lenox Jr. Knights Black	New Lenox Jr. Knights Black
8	10/5/25	Away	New Lenox Jr. Warriors	Frankfort Square	New Lenox Jr. Warriors	New Lenox Jr. Warriors
9	10/12/25	Home	NWI	BYE	Tinley Park White *Away	NWI
	10/18/25 – 10/19/25	1 st Round of Playoffs <i>*We will let parents know which levels qualify after the last game of the regular season</i>				
	10/25/25 – 10/26/25	Semi-Finals of Playoffs				
	11/2/25	Super Bowl				

**Game schedule is subject to change. If changes occur parents will receive communications via email and Crossbar App.

Volunteer Information

Homewood Flossmoor Youth Football and Cheer (HF United) will need the support of our families to help make sure our home games run smoothly. We will have four home games this season and need our families to step in and help. **Each family is required to complete TWO volunteer session (4 hours total) per family. Any family member over the age of 16 can complete the volunteer requirement.**

We will have family's sign up for their duties at the beginning of the season (instructions will be sent via email on how to sign up) but if we do not hear from you by the time we finalize our volunteer schedule a duty will be assigned to your family. If we are in a situation where we still need additional help, we will ask for families with more than one athlete to do more than the requirement.

If a family does not complete their volunteer obligation, we will require them to buyout at a price of \$250/athlete.

We will need volunteers in the following areas:

- **Scoreboard** – this person will be responsible for keeping the score and time of the game. No prior experience required. There will be a booth guide available to help with this volunteer opportunity.
- **Chains** – we will need several people to work the chains for each game. No prior experience needed. Referees will tell you when to move the chains.
- **Concession Setup** – we will need people to help with concession setup.
- **Concessions** – we will need several people to help with concessions.
- **Game Announcer** – this person will be responsible for announcing the football game.
- **Recording Games** – this person will be responsible for recording the game. iPad will be provided to record games and short training will be provided prior to the games.
- **Field Cleanup** – we will need several people to help clean up the field after the varsity game.
- **Practice Volunteer** – we will need several parents to help walk our younger athletes to the restroom during practice times.
- **50/50 Raffle Volunteer** – we will need several parents to walk around during games to sell 50/50 raffle tickets.

Please sign up for your volunteer session at this link:

<https://www.signupgenius.com/go/10C084CA8AD2BA1F9C34-57564643-fall>.

Still have questions? Please email hfuvolunteers@gmail.com or text Olivia Russell 281-652-6125, and put HF United Volunteer in the subject line.

****On game days you are responsible for checking in with the assigned volunteer coordinator before you begin your volunteer duty to receive credit. We are not responsible for undocumented volunteer duties if you fail to check-in. The assigned volunteer coordinator is Olivia Russell and there will be a designated space to check-in at each game. You are required to check-in 30 minutes before your assigned time.**

**If a family does not complete their volunteer requirement, the athlete will not receive a free ticket to the end of season awards event.*

Fundraising Requirement

Each athlete is required to raise \$100. There will be two opportunities to meet this requirement.

The first opportunity is Dollars for Crowns fundraiser. The fundraiser will begin Monday, July 28th and end Friday, August 8th. Each family will setup a donation page for their athlete(s) on the Snap app and share via text, email, and social media. All donation pages should be setup by Saturday, July 26th. The request is each athlete will ask 20 supporters to donate \$20. Every \$1 raised = 1 vote to be crowned onto the Homecoming Court.

How to setup Dollars for Crown Fundraiser:

1. Click on the following link: <https://www.zeffy.com/peer-to-peer/dollars-for-crowns>
2. Scroll to the section that says I want to help Fundraise. Click on the Fundraise button.
3. For the campaign target enter \$200.
4. Add a picture of your athlete(s) as the profile picture.
5. Put your Athlete(s) First Name
6. Put your Athlete(s) Last name - [Sport - Level] (ex. Ethan Gordon - Football - LW or Carlton & Ethan Gordon - Football - Varsity & LW)
7. Enter email address.
8. Click Create Campaign.
9. You will be given the option to share your athlete(s) campaign link. You can share it on social media, via text, email etc.

The second opportunity is selling Double Good Popcorn. The fundraiser will begin Thursday, August 21st at 5:00 pm and end on Sunday, August 24th at 5:00 pm. HF United will get 50% of total proceeds from the fundraiser. Since we only receive 50% of the proceeds, each athlete will need to sell \$200 of Double Good popcorn to meet their fundraising requirement. Each family will have to setup a pop-up shop for their athlete(s) on the app, then link to our organization for the funds to go to HF United. Pop Up Shop instructions are listed below.

How to Setup Double Good Pop-Up Shop:

1. Download the Double Good app on the app store or google play store.
1. Enter the team code **ZINJKQ** to join our team's fundraising event.
2. Create your pop-up store (make sure to upload your child(ren)s photo and add their name(s) so your supporters know who they are buying from). Please setup your stores by Tuesday, August 19th.
3. Share your pop-up store (you can share via text, email, or social media).

The top 3 fundraisers at each level for cheer and football across both fundraisers will earn a spot on the Homecoming Court and be honored at our big celebration! But that's not all... The top overall fundraiser across both fundraisers will win a \$200 gift card! The 2nd through 5th place overall fundraisers will each receive a \$100 gift card. The level that raises the most money will win an epic pizza party!

Still have questions? Please reach out to Dr. Regina Redd via hfyouthfootballandcheer@gmail.com and put HF United Fundraiser in the subject line.

*****If you prefer to buyout versus participating in the fundraisers it is \$102 per athlete. Fundraising is MANDATORY and is a huge help for our non-profit to run successfully. It helps our organization fund the end of year celebration, homecoming pep/rally, purchase and maintain equipment as well as secure facilities for our practices and games. If a family does not complete their fundraising requirement, they will not be eligible for a payment plan or be able to register for next season until their obligation is met.***

Communication During The Season

This season we will be using the Crossbar app for team communications. You will also be receiving weekly information emails to the associated parents on the registered athlete's account in Crossbar. Please make sure to check both avenues for HF United Information once the season starts.

How to Download the Crossbar App:

1. Go to apple app store or google play store.
2. Search for Crossbar.
3. Download the app.
4. Login to the app using the same username and password you use to login to Crossbar online.

How to Navigate the Crossbar App:

1. Under Teams you should see your athletes level pop-up. If you don't see an HF United team by Sunday, July 21st at 5 pm, please contact the registrar via email at hfyouthfootballandcheer@gmail.com to make sure your child has been rostered.
2. Click on team.
3. You should see a schedule, roster, and chat option.
4. The schedule will show meetings, practices, games, and competitions (if applicable). Please RSVP for all games and practices whether you will be there or not. This will let coaches and team moms know who to expect at practice and games.
5. Roster will show all the athletes assigned to that level.
6. Chat will be where the team mom and coaches will communicate with the parents on their level.
7. Team Staff will be listed at the bottom of the home screen. If you need to contact a coach or team mom please use the message icon under their name to send them a text.
8. Please be mindful of what hours you are communicating both in the chat and when direct messaging coaches/team moms as all of us our volunteers.

How to Add Additional Parent on Account

1. Go to hf-united.org
2. Login using the same username and password you used when creating your account registration.
3. Click on Account in the top left corner.
4. Click on the participant you are trying to add the additional parent to.
5. Click the +Add button.
6. Enter email address for the additional parent.
7. Click Add Account.
8. The additional parent must accept the invite in their email in order to start receiving the communications as well as seeing the team in the crossbar app.

Not Receiving App Notifications? Follow the below instructions to make sure your notification settings on your phone are setup correctly:

iPhone	Android
<ol style="list-style-type: none">1. Open your phone's settings application.2. Select Notifications.3. Select Crossbar.4. Select Notifications.5. Toggle 'Allow Notifications' On.6. Open the crossbar mobile app.7. Click the Menu Icon.8. Log out. Log Back In.	<ol style="list-style-type: none">1. Open your phone's settings application.2. Select Apps & Notifications. Select Notifications.3. Select See All.4. Select Crossbar.5. Make sure notifications are enabled.6. Open the crossbar mobile app.7. Click the Menu Icon.8. Log out. Log Back In.

Bullying

Bullying is the severe or repeated use by one or more HF United members of oral, written, electronic or other technological expression, image, sound, data, or intelligence of any nature (regardless of the method of transmission), or physical act or gesture, or any combination thereof, directed at any other participant. Bullying of any kind is unacceptable at HF United and will not be tolerated.

Bullying is counterproductive to team spirit. The program is committed to providing a safe, caring and friendly environment for all our members. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively “on a case-by-case basis”. Anyone who knows that bullying is happening is expected to tell a Coach or the Football and/or Cheer Directors.

Social Media/Online Image

When you become an HF United athlete, you become a representation of our program, your teammates, and the sport of football and cheerleading – even on the Internet & Social Media! It is important that if you have Facebook, Twitter, Snapchat, Instagram etc. you recognize that there are certain expectations in terms of acceptable material and language. Social Media outlets are for communication purposes only. Threatening language, cyber bullying, pictures of illegal/irresponsible acts will face disciplinary action and can lead to dismissal from team with no refund of registration fees. GroupMe and SportsEngine app are the only approved group chat applications by Homewood Flossmoor Youth Football and Cheer (HF United) organization.

YOU are LEADERS.

YOU represent this program & your coach.

People look up to you and it is very important that you create a positive image for yourself and our program.

Lead by example...all the time...everywhere.

Athlete Code of Conduct

1. I understand the importance of the football or cheerleading position that I hold.
2. I see the value in my assignment as a role model to others as a leader and today, as always, I promise to do my best to uphold the high standards of my football or cheer position.
3. I will always demonstrate good sportsmanship and respect for other athletes, coaches, officials, and parents.
4. I will do my best to listen and learn from my coaches.
5. I deserve to have fun during my football or cheer experience and will alert parents or coaches if it stops being fun.
6. I will attend every practice, game, or competition (if applicable) that I can and will notify my coach if I cannot.
7. I will understand that an unexcused absence may result in discipline or reduced playing time.
8. I will do my best in school and understand that school will always come before sports.
9. I will not use profanity or taunt others.
10. I will never purposely engage in an act to physically hurt another.
11. I will always do my best to practice and play the game of football or cheer within the rules.
12. I will always be a good teammate that will show support and never criticize others.
13. I will conduct myself in a way that promotes a positive image of the organization, the community and me.

Parents Code of Conduct

HF Youth Football and Cheer strives to provide a safe, fun, learning environment for our youth football players and cheerleaders. We will do our best to create an opportunity for kids to work together as a team toward common goals. We emphasize sportsmanship, teamwork, responsibility, commitment, and respect. Our focus is on developing and teaching proper, safe football and cheer skills, and core life values through both sports.

HF Youth Football and Cheer will not tolerate verbal or physical abuse of its volunteer coaches, referees, or players from any Parent, Athlete, or Spectator. Should a player's family member or guest be found in violation of the code of conduct The Board of Directors has the right and authority to suspend, ban, expel or otherwise discipline the **athlete**.

Parent or Guardian Code of Conduct:

1. I will encourage good sportsmanship by demonstrating positive support for all participants, coaches, officials, board members, and staff at all league and competition events.
2. I will encourage a balanced lifestyle for my child between sports, education, and other interests. Please schedule personal appointments on our off days.
3. I will place the emotional, psychological, and physical well-being of my child, and any other child in the league ahead of any personal desires I may have.
4. I will support all coaches, board members, and others working with my child, in order to encourage a positive and enjoyable experience for all.
5. I will never ridicule or yell at my child or other participants for making a mistake or losing a game.
6. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or competition.
7. I will remember that children participate to have fun and that the game is for them, not adults.
8. I will ask my child to treat other participants, coaches, board members, parents, and spectators with respect, regardless of race, sex, creed, or ability.
9. I will, along with any guest of mine, refrain from any vulgar, lewd, or obscene language or gestures while participating in, or watching any league or competition events.
10. I will respect the coaches' right to coach. I will offer no interference whatsoever during practice, games or competition. Should I have a concern, I will wait for the appropriate time in which to consult with the coach, or turn my attention to the Director of Football, Director of Cheer, or President, to express my concerns. Any game or practice issues concerning playing time, positioning, or management, will not be addressed by the coaching staff before a 24-hour period.
11. I understand that only the coaches, registered athletes and approved volunteers are allowed on the field during all practices, games, league, and competition events. Parents or Guardians are encouraged to attend all practices, games, league events and competitions, but must observe from an area designated for spectators.

DISCSS Mentoring Program

This year-long mentorship program is designed to grow athletes' character socially by focusing on the pillars of Discipline, Integrity, Community, Service, Scholarship, and Sportsmanship (DISCSS). The program incorporates:

- United University: A structured curriculum introducing and reinforcing core principles.
- Coach Training: Equipping mentors to support athletes' SEL development effectively around the core values of DISCSS.
- Daily DISCSS Check-Ins: Tracking athletes' emotional well-being and development in real time.
- Service Learning Projects: Applying the DISCSS pillars in real-world contexts.
- Common Language: Unified phrases that reinforce program values.

Common Language for DISCSS Pillars:

- Discipline: "Stay focused, stay ready."
- Integrity: "Do the right thing, even when no one is watching."
- Scholarship: "Learning never stops—on or off the field."
- Community: "Together, we build and grow."
- Service: "We rise by lifting others."
- Sportsmanship: "Respect the game, respect each other."

Athletes Daily Pledge:

I'm focused. I'm ready.
I've got my teammates' backs.
I respect the game, my family, and coaches.
I am a United athlete, leading with purpose on and off the field.
We are United.

Practice Expectations

Practices are incredibly important and will be where you learn new skills, football plays, cheers, and/or competitive routines. While we try to give as much notice as possible of any practice schedule changes, practices may be added or canceled at any time.

Cell phones must be turned on silent when practice starts and remain silent. If you need to get a message to your athlete you should contact one of the coaches or team mom throughout the practice.

Withholding an athlete from practice (or competition) should never be used as a form of punishment. You are not only punishing your athlete but every other team member, coach, and parent on that team.

HF United athletes are expected to know the football plays or cheer material once it has been taught. This means studying or practicing on their own to know their routes or parts (especially if they are absent).

Attendance Policy

We have the following attendance policy for our athletes for both Football and Cheer:

- 1 unexcused missed practice = 1 missed quarter on game day
- 2 unexcused missed practices = 2 missed quarters of the game, etc.
- Athletes are still expected to arrive to the game at the designated time

Excessively late to practice = Coaches discretion to have athlete do additional conditioning. Timely, consistent attendance at football and cheer practice is essential to the safety and development of ALL athletes. One athlete's inconsistency or lack of commitment effects the entire team. *Exceptions are at head coaches' discretion*

Game Day Expectations

Football:

- Eat a healthy and light breakfast before games if you are SLW and LW and a healthy and light lunch if you are JV and Varsity.
- Must arrive PROMPTLY 2 hours before scheduled game time.
- Must arrive fully dressed in integrated pants, game socks, and game jersey. Please bring shoulder pads and helmet. SLW only must wear shoulder pads for weigh in.
- Have your athlete arrive with everything they need because once they are in the Coaches care parents are not allowed on the field.
- If you arrive after weighing in has been completed your athlete will not be able to play for the first half of the game but can be weighed in at halftime to be able to play for the second half of the game.
- If your athlete does not make weight for their level they have an opportunity to be re-weighed at half time of the game to try and make weight.

Cheer:

- Must arrive PROMPTLY 1 hour before scheduled game time.
- Must arrive fully dressed in the proper uniform (Game day shirt, skirt, cheer briefs, clean shoes, and weather appropriate extras).
- Hair will need to be pulled back and neat. Excessively long hair will need to be pinned up. You may wear only clear nail polish, low cut finger-nails, and light color make-up (for our older girls). Competition girls no hair beads, barrettes, etc during season
- Jewelry is not permitted (this includes earrings – no bandages or alternative jewelry to cover).

Equipment and Uniform Policy

At the end of the season athletes are required to turn in certain equipment and uniforms. Please see below for what is required to be returned per sport:

Football: Helmets and Shoulder Pads

Cheer: Skirt

If football equipment is lost, stolen, damaged or not returned then it will be a \$250 fee as well as the athlete will not get a free ticket to the end of year awards event, the family will not be eligible for a payment plan or to register next season until their obligation is met.

If cheer uniform is lost, stolen damaged, or not returned then it will be a \$65 fee as well as the athlete will not get a free ticket to the end of year awards event, the family will not be eligible for a payment plan or to register next season until their obligation is met.

Equipment and uniforms are valued at the below prices:

- Helmet - \$200
- Shoulder Pads - \$50
- Cheer Uniform skirt - \$65

***Our goal is not to get more money;** it is to encourage parents and athletes to take good care of all equipment and uniforms that are loaned during the season. Maintaining these items allows for us to maintain reasonable registration fees.

How to Submit a Complaint/Feedback

We value all feedback that comes from our families. We also realize that there may be times where you may have a complaint or want to offer feedback. We have established a process to capture all complaints and feedback which is listed below:

1. Please allow 24 hours to pass before submitting your complaint/feedback. This will allow for a cool off period if you are extremely frustrated and help for us to come to a productive solution.
2. Please contact the head coach of your level via phone with your complaint/feedback.
3. Please allow 24-48 hours for a response back as the head coach needs to share the complaint/feedback with the board so the group can come to a resolution.
4. The head coach will provide a response back to the parent within 24 hours after discussing with the board.
5. If for whatever reason you are not comfortable addressing the head coach of your level, please email hfyouthfootballandcheer@gmail.com with your complaint/feedback.

We ask that you please keep in mind this organization is run by volunteers so please be respectful when bringing your complaint forth and we as an organization will do what we can to make sure we come to a productive resolution.

Contact Information

Football Head Coach Contact Information

Football – Super Lightweight (SLW)	Josh Forney	708-256-4916
Football – Lightweight (LW)	Zontavius Johnson	224-334-9581
Football – Junior Varsity (JV)	Julius Payne	773-678-9526
Football – Varsity (V)	Carlton Gordon, Jr.	773-454-3600

Football and Cheer Director Contact Information

Football Director	Jeremy Yancey	708-400-1348
Co-Cheer Director	Chavonne Cox	708-821-4348
Co-Cheer Director	Jessica Branch	Hfuntiedcheer@gmail.com