

Evergreen Park Stallions

Handbook

Welcome to the Evergreen Park Stallions

Program Requirements: We adhere to the Southwest Midget Youth Football League Rules

Cheerleaders

Mighty Mite
Widget
PeeWee
Light Weight
Varsity

****cheer division determined based on multiple factors; rosters finalized after registration close date.
Competition Level is based on grade level for the current school year.****

Football

Child CANNOT be in High School

Child CANNOT play in any SWYFL games if they do not make weight at League Weigh Ins.

Mighty Mites	Weight Maximums
Cannot turn 8 yrs old Before Sept 1st	
Age 5	90 lbs
Age 6	85 lbs
Age 7	80 lbs
Striper	92 lbs Max for All Ages

Widgets	Weight Maximums
Cannot turn 10 yrs old Before Sept 1st	
Age 7	105
Age 8	100 lbs
Age 9	95 lbs
Striper	107 lbs Max for All Ages

PeeWee	Weight Maximums
Cannot turn 12 yrs old Before Sept 1st	
NO Stripers at this Level	
Age 8	130 lbs
Age 9	125 lbs
Age 10	120 lbs
Age 11	95 lbs

Lightweight	Weight Maximums
Cannot turn 13 yrs old Before Sept 1st unless certified as a Slide Down	
NO Stripers at this Level	
Age 9	155 lbs
Age 10	150 lbs
Age 11	140 lbs
Age 12	130 lbs
Age 13	100 lbs

Varsity	Weight Maximums
Cannot turn 15 yrs old Before Dec 1st	
Age 11	190 lbs
Age 12	185 lbs
Ages 13 & 14	175 lbs
Striper	220lbs Max for All Ages

Documents Due to Be Eligible to Practice/Play

Cheerleader:

- Volunteer duties sign up completion week before 1st game or volunteer buyout paid
- Youth/Parent Code of Conduct-signed by cheerleader and parent/legal guardian
- Concussion Form-signed by parent/legal guardian

Football Player:

- Youth/Parent Code of Conduct—signed by football player and parent/legal guardian
- Concussion Form-signed by parent/legal guardian
- Volunteer duties sign up completion week before 1st game or volunteer buyout paid
- Equipment deposit check of \$150, post-dated to November 15th (one per child) to be cashed only if/when the equipment is not returned or there is damage to equipment, other than normal wear and tear.
- **All players: COPY of birth certificate (The Southwest Midget Football League requires a copy of the birth certificate be presented at weigh-ins in August.) This is mandatory. No exceptions will be made!**

Equipment Deposit

We require a deposit check/debit or credit card number at registration to secure the proper use and return of our equipment.

For each **football player**, a \$150 equipment deposit is due at registration. The check should be made payable to “EP Stallions,” and post-dated to November 15.

Failure to turn in equipment on the date specified by the Director of Football will result in the cashing of this equipment security deposit check on December 15th without further notice.

Equipment that is damaged or altered by a player or parent will result in the cashing of the equipment security deposit.

Volunteer Duties

Each family (regardless of the number of children enrolled with the Stallions) must complete 3 volunteer duties.

Each family is responsible for knowing the dates and volunteer duties for which they have signed up.

Please arrive 15 minutes prior to your volunteer duties (this allows time for training and transition). To get credit for performing your volunteer duties, you must check in and check out with the Volunteer Coordinator.

We understand that conflicts in scheduling occur, even with the best of planning. However, we rely on our volunteers, and if people don't show up for their volunteer duties, that places an undue burden on the organization. ***If you are working for another family, you must sign in by their child's name!! If you must change your duty, you must notify the Volunteer Coordinator at least 72 hours before the scheduled game day.***

Volunteer Buyouts & Payments

If you know you are not able to complete your volunteer duties, we offer a \$100 buyout. This payment must be paid no later than the Friday of the first week of practice. **NO EXCEPTIONS** will be made!

If you do not show up for your volunteer duty, we will charge the card on file \$50 for each duty you have missed. If the card declines the payment, unfortunately your child will not be allowed to practice or play till that payment has been made. *You must complete the duties you signed for at the assigned time to receive credit!!!*

Southwest Midget Youth Football League

The Stallions are members of the SWYFL. The league is made up of 13 area football teams.

Alsip Falcons, Burbank Titans, Crete Bulldogs, Dolton Bears, Evergreen Park Stallions, Hegewisch Bulldogs, Mid-Crest Panthers, New Lenox Mustangs, Oak Forest Raiders, Oak Lawn Outlaws, Palos Stars, South Holland Jets, Tinley Park Bulldogs

Football rules and regulations are set by the SWYFL.

USA Football

Heads Up Football is a comprehensive program developed by USA Football to advance player safety in the game of football. All our football coaches are trained and certified in Heads Up Football yearly. This training includes, but not limited to, concussion recognition and response, heat preparedness and hydration, proper fitting equipment, and heads up tackling and blocking.

Refund Policy

Our refund policy is simple—**NO REFUNDS WILL BE MADE AFTER THE FIRST DAY OF PRACTICE. See signed registration form.** Cases will be handled individually if a player quits prior to the first practice.

- Refunds are not given for failure to meet weight limits.
- Refunds are not given for withdrawal of a child due to conflicts in schedule.
- Refunds are not given due to issues with playing time or position given.

Playing Time

Your payment of registration fees **does not guarantee** the amount of football playing time, football position, cheerleading time, or cheerleader position. Our organization follows the Everyone Plays Philosophy, with the final decision of how much time and position is being decided by the head coach. If there is an issue with playing time, follow the 24-hour rule and discuss it with the head coach at that time.

Weight Loss Policy (Football)

The use of sauna suits (plastics), multiple layers of heavy clothing on warm days, refusing hydration breaks during practice, or any other time while under the supervision of EPSYAO staff for the purpose of generating rapid weight loss is strictly prohibited. **First violation** – player will be removed from that day of practice. **Second violation** – one week suspension from practice. **Third violation** – player will be removed from the Organization. While weight loss at practice is possible, it is not the goal or responsibility of the EPSYAO staff to supervise/engage in the weight loss process.

Weights of football players will be recorded during the first week of practice. Players within 10 pounds of the maximum at registration will be reweighed. Players will practice at the level that corresponds with their AGE until the league weigh ins, UNLESS they weigh in (first day of practice) 15 pounds or more over the correct level's weight. If they are 15 pounds or more OVER, the player will move up (except Varsity level) and practice with that level until the league weigh ins. If the

player that is 15 pounds or more over the weight and was moved up a level makes the weight for the correct level at the league weigh in that corresponds with their age, they will move back down at that time.

If a player does not make weight at the league weigh in, they cannot play in league games. However, the choice to continue to practice will be made by the player/parents (or guardian)/head coach.

Attendance

Each team will keep attendance. If your Stallion will miss practice you must ***let your coach know*** via app message/text/email/or phone call.

If a Stallion has missed 3 practices due to an injury, a doctor's note must be given to the coach for the child to return to practice.

There will be consequences, decided by the head coach, for unexcused absences.

If your child is sick or has a rash, please keep them at home to prevent the spreading of any illnesses.

Disciplinary Action

The Evergreen Park Stallions Board has the right to remove or refuse registration to any board member, coach, parent, player, and/or cheerleader from the program if we feel they are a detriment to the Organization. Once a person is removed, that action is permanent, which means that you cannot register with the Organization in future seasons. The regulations for disciplinary action can be found in the Stallion By-Laws.

Nonpayment

Nonpayment of any fees by September 1 will result in your child not being permitted to participate in our program. Bounced Checks If your check bounces, we require that you make immediate payment to us, plus an additional \$35 to cover the fee charged to us by our bank. You can make this payment to our Treasurer, either in cash or a money order. Until this payment is made, your child cannot participate further in our program.

Contact Information

The members of the Board of the Evergreen Park Stallions are:

Christal Shaffer- President 708-733-3195

Andrea Walczak- Vice President 708-543-0798

Fran Newsome- Treasurer 708-238-1230

Mariana Chavez- Secretary, epsrs2024@gmail.com

Megan Cericola-Youpel- Volunteer Coordinator, stallions.volunteer@gmail.com

Tom Marsan- Athletic Director

Demi Tensley- Director of Cheerleading, epstallionsdoc@gmail.com

Tony Hoard- Director of Football, coachhoard@gmail.com

Lifetime Award

Football players and Cheerleaders who have been with the Stallions from Super Pee Wee (Mighty Mites) through 8th grade (Varsity Level) with no break, will receive the Stallions Lifetime Award at the 2024 Stallions Awards Banquet. Please ensure your head coach is aware that your child has met these requirements.

Iron Man/Spirit Award and other

One football player from each level is selected by coaches to receive the Iron Man Award at the Stallions Award Banquet. The recipient is selected based on their dedication, leadership, and field ability. One cheerleader from each level is selected by the coaches to receive the Spirit Award at the Stallions Award Banquet. The recipient is selected based on their level of spirit, dedication, and leadership.

At any time, the Stallions may add additional awards. Examples would be offensive MVP, defensive MVP, etc. If these awards are added, they will be given on each level and handed out at the banquet. If these awards are done only on certain levels, they will not be handed out at the banquet, but at another time TBD.

Payment Plans

All payment plans must be paid in full by September 1 or your child cannot participate in the program. The earlier you register, the more time you can make payments. There is a deposit that is due at the time of registration- per child. You **MUST** be on an active payment plan by August 1. Failure to do so will result in not issuing equipment/jersey.

Communication

Emails and CrossBar app messaging is the number one form of communication between the Board/Coaches/Staff and you the parent/guardian. Please ensure you check your junk mail folder at the beginning of the season to ensure all emails are being received. If you need to add additional emails to your account, please email them to the President.

“Like” us on Facebook.

Coaches/Team Parents may set up team communication using a group chat through CrossBar to send information just to their specific level. We ask ahead of time that all parents keep the communication respectful.

Weather

We practice in all-weather -except thunderstorms. We **MUST** follow the village’s weather policy which is – if you can hear thunder or see lightning, you must remove yourself from the field. Any person at the field that hears thunder or sees lightning can approach a board member or coach to initiate removing Stallions from the field. A horn will be sounded from the concession stand and all Stallions will be removed from the field. Practice will be canceled, and an emergency message will be sent.

Grievances

When issuing grievance, concern or complaint, please first speak with the Head Coach of your level. If that does not correct the issue, please then bring it to the Director of Football/Cheer accordingly. If that does not correct the issue, please bring it to the attention of the Board either by attending a Board Meeting or contacting the President directly. ***DO NOT APPROACH the head coach or any of the coaching staff during a game or practice or when players/other parents are***

present. Exercise the 24-hour rule, which is to wait 24 hours after the issue at hand has taken place before speaking with the head coach.

Code(s) of Conduct

All volunteers, parents, and Stallions must sign a code of conduct. One parent code of conduct per family. The person who signs for the family will be responsible for ensuring all parties that are invited to Stallion events are aware of the code of conduct.

Insurance

Every registered Stallion will be insured. This is supplemental to your personal insurance. If at any time your child is injured at a Stallion's event you must notify the Athletic Director via email immediately. At that time an insurance form will be sent, and open dialogue will start regarding coverage.

Liability

Board members and coaches are volunteers. The Parent code of conduct states:

I, the parent/guardian of the above named child, hereby give my approval for his/her participation in the Evergreen Park Stallions Athletic Organization Football and Cheerleading program in association with the Southwest Midget Youth Football League, and do hereby waive, release, absolve, indemnify and agree to hold harmless the league, the organizers, sponsors, participants and any and all persons arising out of my traveling to and from and participation in the sport of football activities of all risks and hazards incidental to such participation. I also understand that Tackle Football and Cheerleading are physical sports and may cause injury.

Timeliness

Please understand that our coaches are responsible for your child(ren) only during scheduled practice and game times. While we encourage players/cheerleaders to come to practice early, staff are not always available for supervision. If you come early, please supervise your child until practice begins. It is extremely important to the efficiency of our program for Stallions to be at practice on time and ready and be picked up on time.

Concussion Policy

The Stallions follow the IHSA Concussion Policy. At registration, you will sign the IHSA Sports Medicine Acknowledgement and Consent form. This form shows the side effects of a concussion and the protocol of handling a concussion. Any Stallion that is removed from a practice or a game and has the possibility of a concussion, must follow concussion protocol and have a doctor's note to return to practice/games.

Board Meetings

Board meetings are open to all. They are held the 4th Monday of every month at 7:00 p.m. Location can vary but will be announced. If the Board meeting agenda contains disciplinary action, grievances, or private/personal discussion regarding individual players, etc., these items will be discussed at the end of the meeting and all non-members will be asked to leave at that time. (Closed session.)

Budget meetings held in February are not open to General Members. This will be a closed meeting with the approved budget to be issued within 30 days and presented at the following General Board Meeting.

Any General Board Members that are disrespectful to any Board members, guests or other parents, which include but are not limited to, using verbal abuse, attempting to intimidate, or cannot control their actions or language will be asked to leave the board meeting.

We welcome General Board Members to ask any questions or comments at the end of the meeting.

Uniforms

Football & Cheer uniforms should not be altered in any way. This includes but is not limited to cutting fabric, adding patches, adding numbers/letters. Your child's coach will advise what the uniform dress code will be prior to the games.

Sponsorships

If you or a business you know is interested in sponsoring the Stallions, please reach out to the President prior to August 1st for the Sponsorship Request Letter.

Competition Cheer

Information Competition cheer is not mandatory and is not included in the cost of registration. It is an extra cost and commitment.

The Director of Cheer will send information throughout the registration time frame regarding cost and important dates.

Cheerleaders who wish to compete must understand that ***competition practices are mandatory*** and that you must communicate with your coach to discuss an absence.

It is the Director of Cheer's discretion to remove a cheerleader from a competition squad based on excessive absences, inappropriate conduct, and/or unsportsmanlike conduct.

If a cheerleader is removed for any of these reasons, there will be ***NO refunds*** of the competition cost. The Stallions reserve the right to compete locally or with the ICA and will make this decision each year.

The competition cost will include but not limited to:

- Competition fees.
- Competition shoes (only to be worn at competition).
- Competition cheer camp.
- Music.
- Camp days TBD. Dates usually in August.
- Attendance is mandatory (all days).
- Wear comfortable clothing.
- Bring a water bottle and lunch.

Rules for Competitions:

- NO makeup.
- NO fingernail polish.
- NO jewelry.
- Hair must be uniform as decided by team/DoC in advance of competition.

By-Laws

More information regarding how the Board governs the Stallions can be found on our website.
We encourage all parents to read and understand the by-laws