



**CHRISTIAN BROTHERS JUNIOR FALCONS
2025 PARENT HANDBOOK**

A NOTE TO PARENTS

Thank you for trusting us with your most treasured “possession.” We strive to provide your child a safe and rewarding experience.

Your presence at practices and games, along with your positive support and encouragement, will help your child meet this new challenge. Our coaches can teach the skills but the motivation must come from the athlete. Your involvement, cooperation and positive attitude will serve as a great example for your child to emulate.

You are welcome to attend practices, however, for safety reasons and to ensure the athletes pay attention to the coaches, do not be offended when asked to stay on the sidelines. Only badged Coaches and Executive Club Committee Members are allowed on the playing and practice fields.

ABOUT CBJF AND SYF

CBJF Football & Cheer is a member of the Sacramento Youth Football Conference (SYF). SYF is the governing body that sets playing rules, standards, and schedules for all the organizations that compete with each other during the Football and Cheer season. It also establishes the age, weight, and team size requirements to provide for the safety of the participants. Please visit the SYF website www.sacyouthfootball.com for additional information. SYF Division placement is based on the size of the program, not win/loss records.

The CBJF Youth Football & Cheer Program is dedicated to creating a fun, educational, character-building, and challenging youth sports program. Joining the CBJF is an excellent opportunity for any football player or cheerleader who is interested in attending Christian Brothers to learn the CB system and become connected to the program.

The CBJF program promotes integrity, honor, and excellence. We provide experienced coaching, skill, development, superior equipment and an emphasis on safety. The success of our program will not only be measured by a win-loss record or competition placement, but also by health and safety, personal growth, learning skills, sportsmanship, teamwork, responsibility and the fun we will experience through working together as a team.

The CBJF Executive Club Committee is dedicated to unifying our four separate divisions as a group that will work together as one family. Our Executive Club

Committee and coaches will model dedication, commitment, and a strong work ethic for our youth and community to respect and value.

We will provide our community with a beneficial learning environment that will maintain the highest standards in athletic commitment and academic achievement and provide a positive experience for all of our players, cheerleaders, and parents.

FOOTBALL & CHEER GENERAL INFORMATION

The practice field is reserved for coaches, participants and instructors only. It is required that parents, friends and siblings remain off the practice/game field at all times. Practice time is limited, so it is important that coaches have the opportunity to make the best use of time allotted. If you must speak with a coach, please contact him/her before or after practice. Siblings should NOT be left at the field without your adult supervision as the CBJF cannot assume responsibility for their safety.

CBJF will NOT allow any dogs (no matter how cute/small or well behaved) or any other animal on practice fields or game stadium. An exemption is made only for clearly marked/certified service & guide dogs (not support/therapy animals). Otherwise, you will be asked to remove your pet.

Best practices:

- Be on time: Practice begins at 6:00 pm. Participants are expected to arrive 15 minutes prior to the start of practice in proper practice gear. CBJF does NOT provide transportation.
- Arrive hydrated: Hydration begins at home...not when the participant steps onto the field. Please make sure your child is properly hydrated, and make sure you send your participant to practice/games with plenty of water. We cannot stress enough the importance of proper hydration.
- Pick up on time: Participants are expected to be picked up ON TIME at the end of practice. Parents should arrive 15 minutes prior to the end of practice. Failure to pick up your child on time may result in removal from our program or the requirement that you remain at the field during the entire practice times. No supervision is provided after practice ends.
- Be respectful: Participants are expected to treat each other, coaches, board members and parents with respect at all times. Vulgar language, insubordination, fighting, name calling, put downs, negative attitudes or

smart mouths will not be tolerated. Participants are expected to come to practice/games with a positive attitude.

- Always do your best: Participants should realize that they are not going to be the best at everything and coaches do not expect that of them. While some participants may be more advanced in their abilities than others, everyone has the ability to make important contributions to their team or squad. The most important thing is to give it your all and have fun.
- Keep up with your school work: Poor grades in school and not completing homework may result in disciplinary action.
- Safety First: No running, kicking, jumping, fighting etc. ABSOLUTELY NO TACKLING, PHYSICAL CONTACT, TUMBLING OR STUNTS without a coach's assistance.

Consequences:

Players are subject to disciplinary action for a variety of reasons, including but not limited to missing practice(s), missing game(s), missing safety equipment/uniforms at games and practices, unsportsmanlike conduct, disrespect to other players/coaches/officials, willful injury to another, failure to follow coach's instruction, failure to follow player/parent code of conduct, failure to maintain good grades. Disciplinary action may include suspension of play privileges, up to and including discharge from the CBJF organization. If that happens, no refund of fees will be issued.

Disciplinary Consequences:

- 1) If 2 or more practices are missed (excused or unexcused) within the same week, the player will not start and/or may not play in that week's game. This decision will be at the discretion of the head coach. NOTE: An exception to this rule is a mandatory school trip. A player will not be punished for attending a mandatory school trip.
- 2) Missing any safety equipment: the player will not play in game/practice until such time as the player has all equipment.
- 3) A player missing any part of the uniform will not play in game/practice until such time as the player has a complete uniform.
- 4) If a player displays unsportsmanlike conduct at practice, the player will be removed from practice and #1 above will apply.

- 5) If a player displays unsportsmanlike conduct at games, the player will be removed from the game and subject to suspension and/or termination as deemed appropriate based on seriousness of the infraction.
- 6) Showing disrespect to teammates/coaches/officials, the player will be removed from the game or practice.
- 7) Serious misconduct on the part of the player will result in removal from practice or game and subject to suspension and/or termination.
- 8) Conduct that is detrimental to the best interest of the organization is subject to missing the entire game and/or suspension/termination from CBJF.

SEASON OVERVIEW:

Pre-Season Camps

Spencer Webb Camp Football and Cheer camp will be held July 8 - 10, 2025
6:00 PM - 8:00 PM.

Cheer: COA Glow-Ups Camp will be held July 12 - 13, 2025

Saturday 9am Coach Check-In

10am-3:15pm Instruction

3:15pm -4:00pm Showcase

Sunday 10:00am-3:15pm Instruction

3:15pm-4:00pm Showcase

Practice Commitment:

A participant's safety and knowledge of plays/stunts, and the fact that teammates depend on each other, makes attendance at practice essential. Missed practices could result in reduced playing time.

If you cannot be at practice, it is mandatory that you notify the head coach as early as possible and before practice begins.

For practices that occur before equipment is issued, participants should dress in shorts and the CBJF t-shirt provided by the organization and wear football cleats.

FOOTBALL PRACTICE/GAME

Practice:

Practice will begin on Monday, July 14th and will be held daily Monday through Thursday from 6:00 – 8:30 pm. August 18th, practices will be reduced to three nights a week (Tuesday – Thursday) 6:00 – 8:00 pm.

Participants should arrive for practice 15 minutes prior to start of practice and parents should arrive to pick up participants 15 minutes prior to end of practice. Participants should arrive properly hydrated and should bring a full water bottle to each practice.

Post Season Football Practice:

Post season practice hours may increase to 10 hours per week. Post season games are played after the regular season ends and may be played on Sundays thru mid-November. Players selected for All Stars or the Shrine Bowl may play until mid-December.

100% attendance is required for all post season play, failure to attend all practices may result in removal and/or replacement from the team.

All Stars (Jr. PeeWee – Jr. Midget level):

At the end of the season, one (1) to three (3) players will be nominated by the head coach and selected by SYF league coaches to participate in a postseason All Star Game. If time constraints and/or costs would be an issue, please advise your head coach.

Shrine Bowl (Midget level only):

While it is an honor to be selected to represent CBJF as a Shrine Bowl player, we understand that the time/cost commitment can be quite substantial. If time constraints and/or costs would be an issue, please advise your head coach. 100% attendance to all meetings/practices/events is required.

Game Day:

Regular season games are usually played on Saturdays and generally continue into early November. Game times are 10:00 (Jr PeeWee), 12:00 (PeeWee), 2:00 (Jr Midget) and 4:00 (Midget)

Football players are to arrive at the Game field at the time indicated by their coach. Most levels of play will need to arrive 1 ¼ to 1 ½ hours prior to kick off.

Game day is the day you have been preparing for all week, so come with a positive attitude, mentally and physically ready to give your best effort. Remember to bring all gear and treat the opposing team's players as you would treat your own teammates.

Equipment & Dress Code:

While most practice and game equipment is provided to football players, athletes are responsible for purchasing their own football shoes/cleats, girdle and mouthpiece. Note: A shirt must be worn at all times, and no cropped shirts.

After equipment is issued, participants will be required to wear all safety equipment to every practice. Failure to have all safety equipment at practice will be treated the same as an unexcused absence, and participants will not be allowed to practice/play.

All jewelry, including earrings, neck chains, etc., is prohibited at all times. Medical alert tags must be taped to the uniform.

Shirts with messages deemed in poor taste by Coaches or Executive Club Committee Members will not be allowed.

Failure of any player to adhere to these guidelines will result in them sitting out until they can comply.

The best guideline to use is good common sense when dressing for practice and games. If a medical condition exists, a medical alert tag must be taped to the player.

Participation:

Football player positions will be based on ability/skill and weight limits. As such, your child may be required to play a position other than the one they want to play. Each player is guaranteed 8 plays per game (this includes special teams).

If you have an issue related to a coach's decision or behavior, regarding your child and his experience only, you are asked to take the following steps **after an initial twenty-four hour "cooling off" period:**

- Contact the head coach directly and discuss the issue.

- If the issue is not resolved, after this conversation, you can contact the athletic director who will invite the head coach to engage in the issue.
- If the issue remains unresolved, the player and/or parent(s) have the option of meeting with the CBJF Presidents.

Please note: Decisions about playing time or what position(s) your child plays are at the head coach's discretion.

CHEER PRACTICE/GAME

Practice:

Practice begins on Monday, July 14th and will be held daily Monday through Thursday from 6:00 – 8:00 pm. August 18th, practices will be reduced to three nights a week (Tuesday – Thursday) 6:00 – 8:00 pm. Note: Time and days are subject to change (cheer only).

Participants should arrive for practice 15 minutes prior to start of practice and parents should arrive to pick up participants 15 minutes prior to end of practice. Participants should arrive properly hydrated and should bring a full water bottle to each practice.

Regular Season Practice:

In the event a cheerleader cannot attend practice, it is mandatory that the head coach be notified prior to practice. For each unexcused absence, the following penalties apply:

- Missing 1 practice will prohibit the participant from cheering in the first half of that week's game.
- Missing 2 practices will prohibit the participant from cheering in both the first half and half-time performance.

If attendance issues prevent a cheerleader from learning the halftime routine, then the cheerleader will be removed from all halftime performances until the cheerleader has demonstrated mastery of the performance.

It is the cheerleader's responsibility to seek makeup instruction for missed practices.

The Head Coach will advise the participant of any penalty for missed practices.

Cheer Practice Postseason & Competition:

Practice hours may increase up to 10 hours per week during the postseason and 100% attendance is required.

All Stars (Jr. PeeWee – Jr. Midget level):

At the end of the season, one (1) to three (3) players will be nominated by the head coach and selected by SYF league coaches to participate in a postseason All Star Game. If time constraints and/or costs would be an issue, please advise your head coach.

Shrine Bowl (Midget level only):

While it is an honor to be selected to represent CBJF as a Shrine Bowl player, we understand that the time/cost commitment can be quite substantial. If time constraints and/or costs would be an issue, please advise your head coach. 100% attendance to all meetings/practices/events is required.

Competition:

Full competition costs may not be included in the standard CBJF registration. Parents of the members of such squad(s) will be responsible for funding/fundraising for the competition(s) chosen.

It is mandatory that the head coach of the squad be notified prior to a missed practice. If a cheerleader misses a post season or competition practice, their spot in the lineup and/or stunt may be replaced by another member or the routine may be changed.

If a cheerleader misses two post season practices, they may be entirely removed from the performance. In the event a cheerleader is removed from a competition performance, NO refunds will be given, nor is CBJF responsible to reimburse the participant or the participant family for competition purchases (including event tickets, additional uniform selections, pictures, or any other expense).

The Cheer Coordinator has final authority on any decision to remove a participant from a competition squad.

Participation:

Cheerleaders will be placed according to the squad's needs. Cheerleading is a team sport; players will be placed in the position that best helps the entire squad.

Decisions about what position(s) your child is placed are at the head coach's discretion. That said, if you have an issue related to a coach's decision or behavior, regarding your child and his/her experience only, you are asked to take the following steps **after an initial twenty-four hour "cooling off" period:**

- Contact the head coach directly and discuss the issue.
- If the issue is not resolved, after this conversation, you can contact the athletic director who will invite the head coach to engage in the issue.
- If the issue remains unresolved, the player and/or parent(s) have the option of meeting with the CBJF Presidents.

Note: Cheerleaders are required to be at the entire game even if they are prohibited from cheering for a portion of it.

Cheer Dress Code:

Cheerleaders should wear loose fitting gym shorts or sweats and tops to practice. Tops with spaghetti straps, crop tops and tube tops will not be allowed. Proper undergarments must be worn at all times.

Once practice outfits are distributed, all cheerleaders should dress in Jr. Falcons practice gear.

- No jeans or clothing with buttons or zippers should be worn.
- No booty shorts.
- Athletic shoes and socks must be worn (no vans, converse, crocs, sandals, flip flops, etc.)
- Light make-up may be used at the Cheer Director's discretion.
- Jewelry and body piercings are not allowed at any practice or game.
- Hair must be neatly groomed and pulled into a ponytail, or styled to keep it out of the face and off the shoulders.
- Nails must be cut so that no nail can be seen above the fingertip. Nail polish may not be worn during games and acrylic nails are not allowed.

Cheerleaders who are not appropriately dressed will not be allowed to participate in practice or games.

COMMUNICATION:

Once the season gets under way, CBJF uses Team Snap as the primary method of communication. Please be sure the app is on your phone allowing notifications. You will receive regular emails, text messages and group chats outlining all upcoming events and important information.

It is imperative that we have your correct contact information. If you change your email address or phone number, please make sure you send it to us at cbjrfalcons@gmail.com.

PARENT'S ROLE

Volunteer requirements:

The Football & Cheer programs are completely dependent upon parent volunteers to make each week, and every game day, run smoothly. YOU are the key to our success.

It takes over 40 parent volunteers for each home game. If we can't get enough volunteers for certain tasks, everyone suffers. If we fail to provide volunteers to work the chains at away games, we FORFEIT the game.

Therefore, every Jr. Falcon family will be required to volunteer 12 hours for the season or pay the \$350.00 buyout fee as detailed in the "Parent Volunteer Contract".

The volunteer sign-ups will be located at www.signup.com. Volunteer sign-ups are on a first come basis. It is your responsibility to sign-up, complete your hours and make sure they are recorded, failure to do this will result in your deposit check being cashed.

Unless a job is on the sign up boards, it doesn't count towards your volunteer requirements. Only the Volunteer Coordinator can make an exception to this with approval from the Executive Club Committee Members.

Each family is required to complete and return the Parent Volunteer Contract with their registration packet.

ON-FIELD/SIDELINES PRESENCE:

The practice/game field is reserved for coaches, participants and instructors only. Parents, friends and siblings must remain off the practice/game field at all times. This includes the sidelines on game days.

Practice time is limited, so it is important that coaches have the opportunity to make the best use of time allotted. If you must speak with a coach, please contact him/her before or after practice.

Siblings should NOT be left at the field without your adult supervision and the CBJF cannot assume responsibility for their safety. Remain only in designated areas; do not enter the High School areas and please only park in authorized parking spaces.

ATHLETE NUTRITION AND HYDRATION:

Energy and plenty of water are essential for a healthy athlete. It is difficult to exercise on a full stomach, so your child should not have a large meal 1-2 hours prior to practice/games. Instead, give them a substantial healthy snack before practice/games. Please provide at least 2 liters of water for every practice and game and encourage your child to drink up during water breaks. Juice, soda and other sugary drinks are NOT suitable to keep your athlete well hydrated. IT IS IMPERATIVE, FOR SAFETY REASONS, THAT YOUR ATHLETE COME WITH AMPLE WATER AND BE PROPERLY HYDRATED.

TRANSPORTATION:

CBJF does not provide transportation for athletes. It is the parent's responsibility to provide or arrange transportation to and from association events.

CARE OF UNIFORMS & EQUIPMENT:

We encourage parents to hold their athletes responsible for ensuring he/she has his/her own complete equipment/uniform. If a football player or cheerleader does not have their full equipment and/or uniform, they will be unable to participate. Parents can help their child develop this responsibility by double-checking their athlete's gear and their cheerleader's required appearance before leaving for games and practices.

Understand that the athlete should be held accountable for equipment/uniforms, but you as the parent are ultimately responsible should they be lost or damaged.

Jerseys (practice and game), girdles, pants (practice and game) should all be washed on gentle cycle and hang dried – DO NOT put any of the uniform items in the dryer, this will ruin the uniforms. Shoulder pads should be sprayed with Febreze, Lysol or equivalent, and if possible, put in the sun for a short time to allow for UV disinfection.

Should equipment be lost or damaged (excluding normal wear & tear), you will be billed all amounts to replace the equipment. Game day pants/jerseys are not to be worn to practice nor may they be loaned to anyone else to wear.

REGISTRATION/PROGRAM FEES:

The registration/program fees do not cover all the costs incurred by CBJF and only help to offset them. Parents are required to pay gate entrance fees when attending home/away games, even if it is your day to volunteer.

INJURIES:

Should your participant become injured as a result of football, cheer or other unrelated activity, a written doctor's release may be required before the injured child can participate in any further practice, game or competition. Please report any injuries within 24 hours of occurrence.

CERTIFICATION:

All participants must be certified by SYF at a designated time and location to be determined by CBJF. If your child misses certification, your child will be unable to compete and you will forfeit all fees paid. No refunds will be issued if your child fails to certify.

MANDATORY PARENT MEETING:

All parents are required to attend the parent meeting held during the first two weeks of practice.

FORMS:

All required documents/paperwork must be completed, signed, and turned in prior to participation in any and all CBJF activities. Your child will not receive any equipment or uniform until ALL paperwork has been completed, signed, and turned in.

PHYSICAL EXAMS:

The registration packet includes a Physical Form. This form must be completed by your child's medical provider. Medical Exams must occur after April 1st of the current year. **No child may participate in any Christian Brothers Jr Falcons (CBJF) activity without the completed physical form.**

CBJF strongly recommends your child's medical doctor, who knows his/her medical history, conduct your child's physical and that you follow his/her recommendation. Participants are encouraged to schedule their appointments ASAP. Doctors get very busy as we approach back to school and the start of fall sports.

If your child takes any prescription medication, you and your Medical Provider MUST complete the CBJF Medication form. If your child uses an asthma inhaler or epinephrine, the head coach must be notified and medication must be at all practices and games. If your child is not able to self-administer, then a parent/guardian must remain at all practices and games to administer the medication. CBJF staff may NOT administer medication to your child. Failure to bring medication will result in your child being unable to participate.

PAYMENT OF FEES:

All fees/payment arrangements must be made no later than the first practice. Your child will not be allowed to participate with an outstanding balance or an agreed upon arrangement for payment. If you need to make arrangements for a payment plan, please contact the CBJF Vice President, Nicole Delgado at cbjrfalcons@gmail.com.

Cheer uniforms must be paid in full prior to ordering; we will not accept payment plans for cheer uniforms.

REFUND POLICY

CBJF will issue no refunds after a child has been certified. Prior to certification, a refund of the registration fee less a \$85.00 administrative handling fee will be issued. All equipment will need to be returned in good, clean condition before a refund will be processed.

Monies paid for cheer uniforms will not be refunded.

All refund requests must be submitted in writing to cbjrfalcons@gmail.com.

RETURNED CHECK POLICY

In the event a check is returned to us unpaid due to insufficient funds, you agree to pay the amount of the check plus a returned check fee of \$35.00 within 10 days. All payments for returned checks must be cash, bank draft, or US postal money order.

In the event a second check is returned to us unpaid due to insufficient funds, you agree to pay the amount of the check plus a return check fee of \$35.00 within 5 days. At that point payment must be in cash only.

CODE OF CONDUCT:

As a Jr. Falcon participant and parent, you represent the Jr. Falcons on and off the field. All players and parents will refrain from unsportsmanlike behavior and foul language. Team members and their parents will treat each other, the Coaching staff, and Executive Club Committee Members with respect at all times. Any use of drugs, alcohol, tobacco, or illegal substances anywhere on campus, including the parking lot, will be grounds for automatic dismissal or other disciplinary actions (this includes vaping).

The Coaches and the Executive Club Committee will not tolerate hazing or mistreatment of any player. The Jr. Falcons Code of Conduct and subsequent consequences apply on and off the playing field.

The CBJF Parent Code of Conduct reads:

I will encourage good sportsmanship by demonstrating positive support for all players, cheerleaders, coaches, and officials at every game, practice, or other youth sports events. I will not yell at my child, his/her coach, officials, or any other player/spectator during games or practice. I will have my player in proper safety gear and uniform for all practices and games.

I will place the emotional and physical well-being of my child ahead of my personal desire to win.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all. I will not interfere during games or practice. I will address my concerns respectfully either prior to or after practice or via email.

I will demand a sports environment for my child that is free from profanity, drugs, tobacco (including vaping) and alcohol and will refrain from their use at all youth sports events.

I will remember that the game is for youth – NOT ADULTS.

I will be responsible for my child's fees and care of equipment/uniform.

I will do my very best to make youth sports FUN for my child.

I will ask my child to treat other players, cheerleaders, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, providing transportation, ensuring attendance at practices, keeping equipment clean, volunteering a minimum of 15 hours.

ACKNOWLEDGMENT

I, the parent/guardian of _____, do hereby acknowledge that I am responsible to read the Parent Handbook which is available at www.cbjrfalcons.org for my review. I agree to read and adhere to the rules and guidelines set forth within the handbook. I also agree to bring any concerns or issues to the attention of the Board of Directors for resolution or explanation.

Signature _____ Date _____