

DEL ORO JR GOLDEN EAGLES FOOTBALL & CHEERLEADING



PARENT HANDBOOK 2026-2027

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Parent Quick Reference

Arrival Times:

Football: 1.5 hours before game (Tiny Mites: 30 minutes)

Cheer: 1 hour before game (Tiny Mites: 30 minutes)

Volunteer Hours:

-12 hours per family required or \$500 buyout. Holding Check in the same amount is due at Equipment pick up.

-Tiny Mite-only families: 6 hours or \$250 buyout. Holding Check in the same amount is due on the first day of practice.

Attendance:

Practices are mandatory. Repeated absences may affect participation.

Locations:

Practices - Dates & Locations TBD

Del Oro High School – Practices, Games & Various Events

SECTION 1: GENERAL PROGRAM INFORMATION

Mission and Purpose: Provide a positive, structured, and safe football and cheer experience for youth.

Welcome: DOJGE serves ages 5–14 through tackle football, flag football, and cheer.

Participant Responsibilities: Respect others, maintain minimum 2.0 GPA, care for equipment, attend practices and games.

Parent Responsibilities: Model respect, stay in designated areas, provide transportation.

Code of Conduct: Parents must promote the program positively and follow all rules.

Volunteer Commitment: 12 hours or \$500 buyout. Tiny Mite-only: 6 hours or \$250.

Safety: Background checks and AQI monitoring required.

Refunds: Follow DOJGE timelines. Non-refundable once uniforms are ordered.

Complaint Policy: 24-hour cooling-off period before submitting concerns.

SECTION 2: FOOTBALL PROGRAM

Practice Schedule: Summer 7/20/26 & Times TBD

Attendance: Missed or late practices may affect playing time.

Dress Code: Practice gear and mouthguard required; bring one gallon of water.

Game Day: Arrive 1.5 hours before the game for weigh-ins.

PAR Rule: Each player receives minimum required plays.

Equipment: Issued before season and returned after season.

Jamboree: Mandatory for certification.

SECTION 3: CHEER PROGRAM

Assessments: Placement based on age, skill, and team needs.

Practice Schedule: 4x weekly: Monday-Thursday 6:00pm -8:00pm Starts 7/20/26

Attendance: Progressive discipline for absences.

Injury Policy: Must still attend practice, doctor's note and clearance required.

Competitions: Local competitions in October and November; select athletes may be invited to attend Nationals.

Game Day: Arrive 1 hour before the game. Tiny Mites: 30 minutes.

SECTION 4: TRADITIONS & EVENTS

Rock the Stadium: Community kickoff event.

Jr. Golden Eagle Night: Athlete recognition at Del Oro home game.

Del Oro High School Homecoming Parade: Athlete participation

Nacho Night: Athlete & Coach appreciation

Trunk or Treat/ End of Season BBQ: Athlete & Coach appreciation & family fun

SECTION 5: TINY MITE PROGRAM

Mission: Positive flag football and cheer experience promoting sportsmanship and teamwork.

Volunteer Requirement: 6 hours or \$250 buyout.

Practice: One day weekly schedule- Starts 7/20/26

Game Day: Arrive 30 minutes before game; no football weigh-ins.

Dress Code: Athletic attire; mouthguard for football; Athletic attire for practice/uniform for games; no jewelry for cheer.

Jamboree: Tiny Mites do not attend as they are not certified.

Referees: Games officiated by Del Oro High School students.

SECTION 1: GENERAL PROGRAM INFORMATION

Mission and Purpose

The Del Oro Jr. Golden Eagles Football and Cheer Program exists to provide a positive and meaningful football and cheerleading experience for the youth of our community. Our mission is to cultivate a wholesome, structured, and safe environment where young athletes can grow both athletically and personally. Through participation in DOJGE, athletes are taught responsibility, integrity, respect for authority, and accountability. We promote strong sportsmanship, teamwork, and pride while continuing the long-standing tradition of excellence associated with Del Oro football and cheerleading.

Welcome to the DOJGE Family

Welcome to the Del Oro Jr. Golden Eagles Football and Cheer Program. We are excited to have you and your family join our organization and look forward to an enriching season ahead.

DOJGE is a proud member of the Sierra Athletic Conference (SAC) and serves youth between the ages of five and fourteen in our community through tackle football, flag football, and cheerleading. Our goal is to provide a strong, positive, and safe environment that encourages youth development through athletics while reinforcing respect, discipline, and education. Participation in DOJGE is intended to be a rewarding learning experience that extends beyond the field and into everyday life.

The success of our program depends greatly on the involvement and dedication of our parents and volunteers. Without their time, energy, and commitment, we would not be able to provide the high-quality experience our athletes deserve. We thank you in advance for your support and look forward to a successful season together.

Additional information regarding DOJGE can be found at www.jrgoldeneagles.com.

Participant Responsibilities

All athletes participating in the Del Oro Jr. Golden Eagles programs are expected to conduct themselves in a manner that reflects positively on their team, their coaches, and the organization as a whole. Participants are required to show respect toward volunteers, coaches, teammates, opponents, officials, and all individuals associated with DOJGE. Good sportsmanship is mandatory at all times. The use of vulgar language, fighting, tantrums, or any form of unsportsmanlike conduct will not be tolerated and may result in disciplinary action, including suspension or removal from the program.

As representatives of the DOJGE, athletes are expected to conduct themselves with pride and integrity both on and off the field, regardless of the outcome of a game or competition. Academic responsibility is also a requirement of participation. Athletes must maintain a minimum grade point average of a "C" or 2.0 and continue to complete assigned schoolwork throughout the season. Coaches may request periodic grade checks to monitor academic progress.

Athletes are responsible for the proper care of all issued equipment and must immediately notify a coach if equipment becomes damaged. Attendance is critical, and participants must notify their coach in advance if a practice or game will be missed. Hydration is essential to athlete safety and performance, and all athletes are expected to drink water before, during, and after practices and games. Sugary drinks and sodas are strongly discouraged.

Athlete Conduct and Behavior Expectations

All athletes are expected to represent themselves, their team, and DOJGE with integrity at all times. This includes conduct at practices, games, competitions, school, and online. Behavior involving illegal substances, harassment, poor sportsmanship, inappropriate social media activity, or repeated misconduct may result in dismissal from the program without refund.

Parent and Guardian Responsibilities

Parental involvement plays a significant role in the success of each athlete and the overall health of the program. Parents and guardians are expected to support DOJGE by maintaining a respectful and positive attitude toward athletes, coaches, officials, volunteers, and board members. Children learn by example, and respectful behavior from adults helps reinforce the values we aim to teach.

Spectators are required to remain in designated areas during practices, games, and competitions. Sidelines, practice fields, and locker rooms are off-limits to parents and spectators. During football practices, parents may remain on the blacktop or designated areas but are not permitted on any grass or field surfaces. Cheer practices are CLOSED to all spectators, including parents and siblings, in order to ensure the safety and focus of the cheerleaders.

Parents are responsible for providing transportation to and from all practices, games, and events, as well as ensuring timely drop-off and pick-up. If academic concerns arise, including grades falling below a "C" average or homework becoming an issue, parents are expected to contact the Head Coach through their Team Parent to determine an appropriate course of action. Head Coaches may request copies of report cards during the season.

Important cheer parent information for the 2026 season will be addressed at the parent meeting on March 22, 2026. The slides can be found here:

- ☐ [2026 Cheer Parent Meeting](#)

Parent and Guardian Code of Conduct

By enrolling an athlete in DOJGE, parents and guardians agree that their conduct reflects directly on the organization and that they are expected to promote the program in a positive and respectful manner. All required registration paperwork must be completed by the designated deadlines. Failure to submit paperwork may result in an athlete being sidelined until all requirements are met.

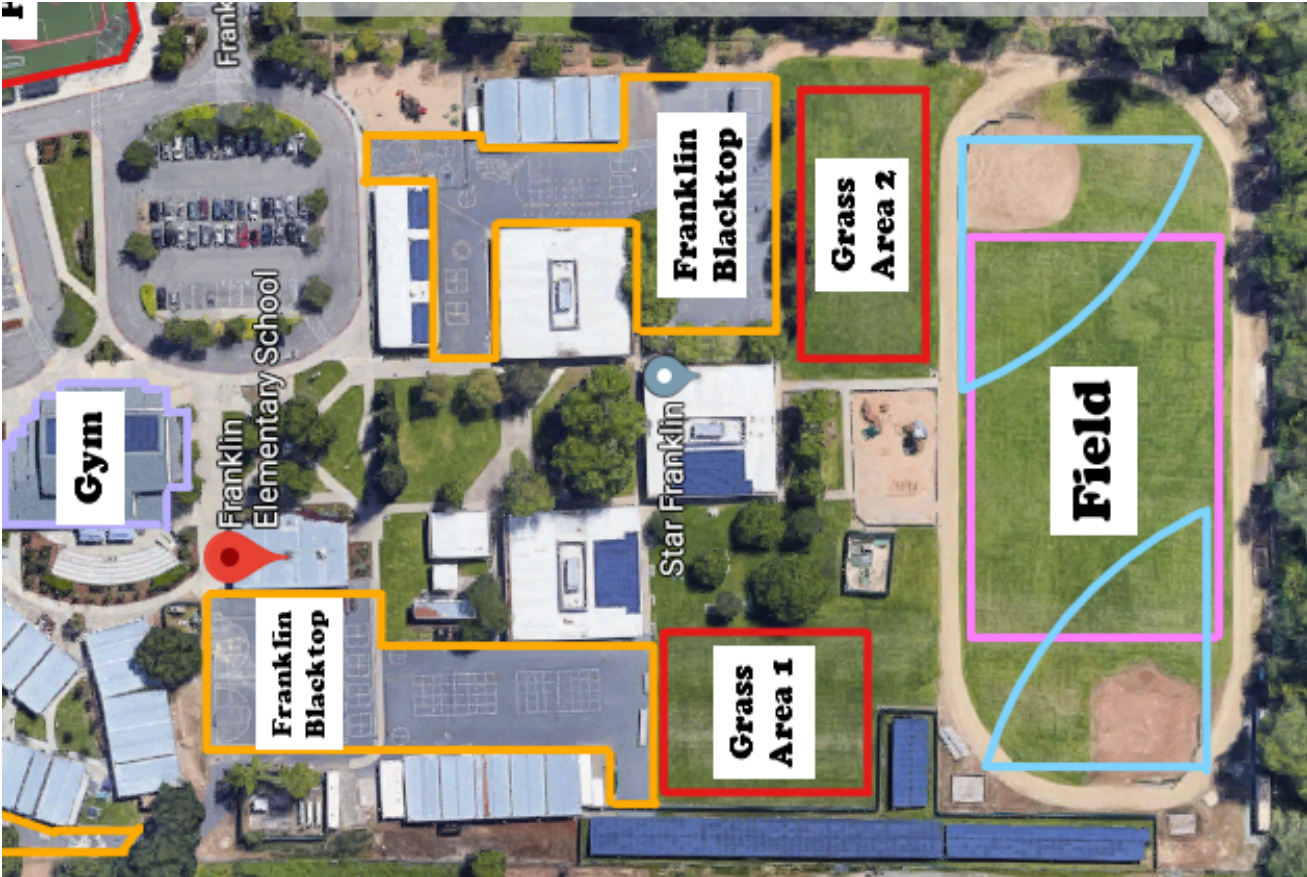
Parents and guardians agree to communicate courteously with members of the organization, league officials, referees, coaches, and opposing teams. They acknowledge and respect the authority of the DOJGE Board and understand that they are non-voting members of the organization. Parents further agree to encourage accountability in their athletes and to never condone inappropriate behavior.

Failure to adhere to the DOJGE Bylaws, Parent Handbook, or SAC rules may result in disciplinary action, including removal from practices, games, or events, suspension, or permanent removal from the program without refund. Documentation of any incidents will be maintained by the DOJGE Board.

Map of Practice, Games & Event Locations

Various Practice Locations for reference:

Franklin Elementary 7050 Franklin School Rd. Loomis, CA



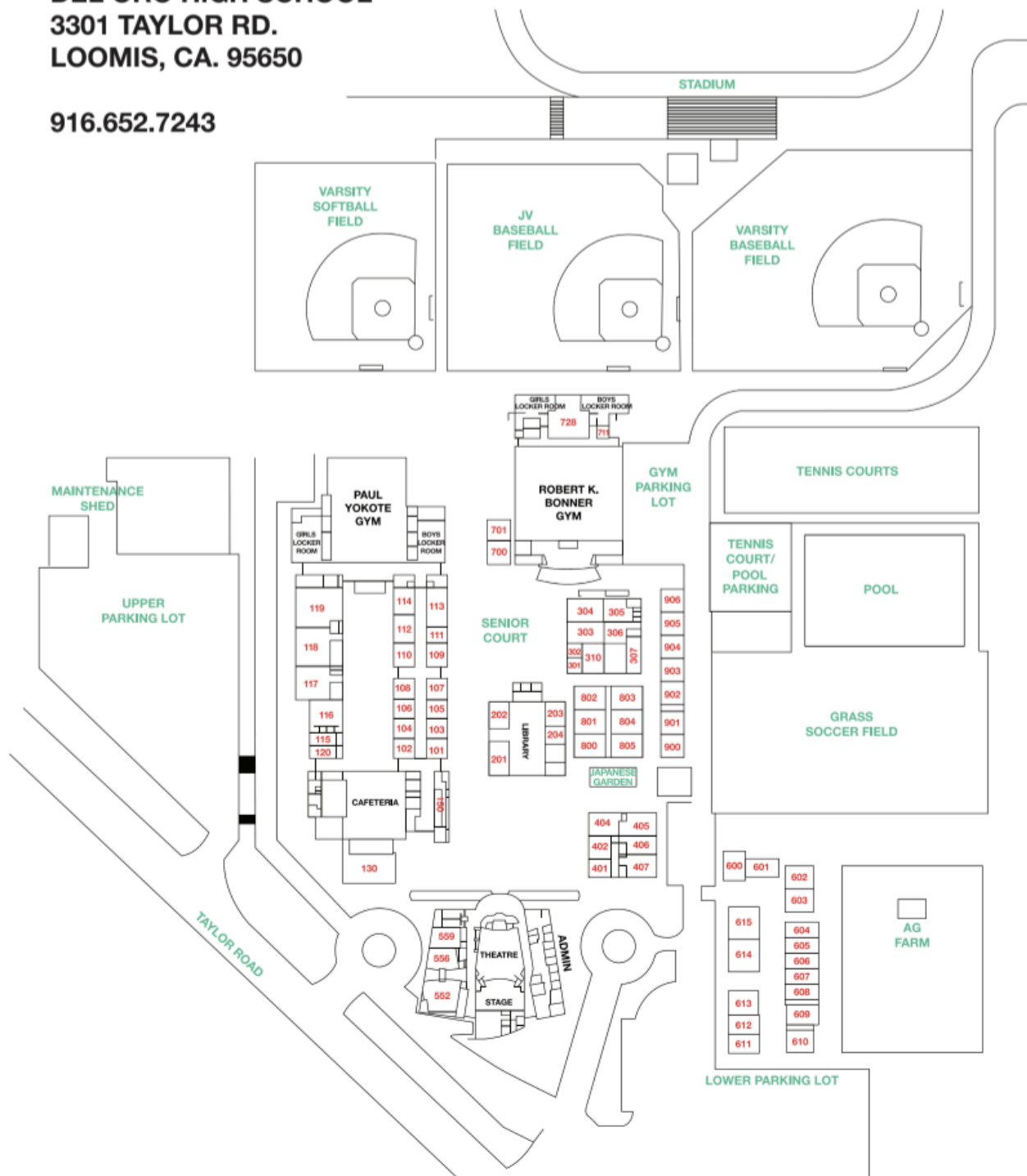
Practice, Games & Event Locations:
Del Oro High School 3301 Taylor Rd., Loomis, CA
Del Oro High School Golden Eagles Stadium
Back Parking Lot Near Boyington Rd/ King Rd. Intersection



Practice or Games Gym & Field Locations:

**DEL ORO HIGH SCHOOL
3301 TAYLOR RD.
LOOMIS, CA. 95650**

916.652.7243



Volunteer Commitment

Each family participating in DOJGE is required to complete twelve volunteer hours during the season. Each family will submit a five hundred dollar volunteer hour holding check. If your family elects to submit a volunteer buyout it is in the amount of five hundred dollars.

Volunteer hours are best selected at the beginning of the season and can also be selected throughout the season through our Track it Forward app. At the end of your selected volunteer hours completion, you will submit a photo of your volunteer hours for verification via the app. The volunteer coordinator will then approve your hours worked. The volunteer coordinator can then track each family's completed hours through the app.

An audit by our Volunteer Coordinator will be conducted towards the end of the regular season. Families who fail to meet the volunteer requirement may have their athlete benched for playoff games, and their holding check of five hundred dollars will be cashed at the end of the season.

NOTE: Tiny mite families that only have a tiny mite football or cheerleader are required to volunteer 6 hours. Tiny mite *only* families are required to submit a two hundred and fifty volunteer holding check or buy out volunteer hours. **ALL Tiny mite volunteer checks are due on the first day of tiny mite practice.**

Safety & Background Checks

All Coaches and volunteers working with athletes must complete a Live Scan Background Check and have the required safety certifications.

Air Quality Policy

The Sierra Athletic Conference requires organizations to monitor air quality during practices and games.

-AQI exceed safe thresholds 120 practices may be modified, delayed, moved indoors

-AQI above 151- Practice is cancelled

Game Admission Fees

Admission will be charged at both home and away games. Everyone attending the games, with the exceptions of coaches, players, board members and SAC certified personnel are required to pay an admission fee. We are no longer accepting Cash, please bring a card, apply pay, or the like to enter games and purchase goods.

Adults = \$8.00 each
Seniors & Children ages 6-12 = \$5.00 each
Children 5yrs and under = Free
Championship Game = \$10.00
Veterans = \$5.00

Board members, coaches and SAC personnel MUST be wearing a valid Badge in order to have access to the field or enter without paying. All parents that are working a volunteer shift on game day MUST still pay to enter.

Additional Information

All school campuses and practice facilities are tobacco and vaping free.

Drugs and alcohol are strictly prohibited at all DOJGE events.

Outside food and beverages are not permitted inside gated areas. Animals are not allowed on school grounds.

Admission fees apply at both home and away games, and electronic payment methods are required.

Families are asked to assist with cleanup after practices and games to help volunteers conclude events efficiently.

Refunds

Refunds are issued in accordance with DOJGE timelines and policies. Once uniforms are ordered, cheer uniform fees are non-refundable. Families are required to carry primary health insurance for their athletes. Any injury requiring medical attention must be reported immediately, and medical clearance is required before returning to participation.

Complaint Policy

Complaints/Issues MUST be given a 24 hour cooling off period prior to contacting the board and/or any coach. Formal complaints must be submitted through our website using our "Concerns & Complaint" form. This documents the complaint/issue in writing directly to the President of our organization. The President will then conduct an emergency meeting with the VP of the program division listed in the complaint. After the President and VP review the complaint an investigation will occur. The executive board will hold a closed meeting to discuss a plan of action. The complainant will be contacted and may appear at the next regular board meeting if he/she wishes to do so. The accused offender will also be given the opportunity to appear as well. Once a result or disciplinary action is decided a written response will be forwarded after the next scheduled board meeting. Complaints involving the health and/or safety of a minor should also include immediate contact to the President DOJGE issued phone number (916) 276-3555. The DOJGE board are considered mandatory reporters.

SECTION 2: FOOTBALL PROGRAM

Practices and Game Day Expectations

All board members, coaches, assistant coaches, and volunteers who work directly with athletes are required to complete a Live Scan background check and all mandated safety certifications prior to participation. These requirements are in place to ensure the safety and well-being of all athletes.

When air quality levels are canceled (150) with little notice.

DOJGE uses a text alert system to communicate time-sensitive updates to families. Parents are encouraged to subscribe through the organization's website.

Practice Attendance and Discipline

Attendance at practices is critical to athlete development and team success. Missed or late practices may result in disciplinary action at the Head Coach's discretion, including reduced playing time or benching for games.

Football Practice Schedule:

Summer Schedule: 4-Day Practice starts 7/20/26 & Monday-Thursday Times TBD

School Schedule: 3-Day Practice week of 8/17/26 & days of week & Times TBD

Demerit Rule

Players that have missed practice or arrive late to practice can be benched for the following game at the Head Coaches discretion. It is important that parents communicate with the Head Coach if the player/cheerleader is going to miss practice or games.

Football Practice Dress Code

During the days of tryouts players should wear shorts, white t-shirt with last name written across back in black permanent marker, BLACK cleats, black socks. Once equipment is handed out football players should wear equipment issued to them along with a practice jersey and padded practice pants. Practice pants are not provided. All football players are required to have a practice jersey with their last name clearly printed on the back. A mouth guard is required at all times. Players are required to carry a min. of 1 gallon of water to practice. If your child forgets their practice gear they will not be allowed to take the practice field.

Gameday Arrival:

The day we all have been working for - punctuality is very important! Weigh-ins for football and certification are conducted one (1) hour before game time. The team must certify and/or weigh-in together, hence all participants need to arrive no later than one and a half (1-1/2) hours prior to their scheduled game time.

Football players that arrive after their team has weighed will not be allowed to play. If the opposing team agrees, the player may be allowed to weigh-in at half time and participate in the second half of the game. DOJGE will follow the SAC weigh-in guidelines. Football players are required to show up to the game to weigh-in with the opposite jersey for the game day & game day uniform pants on. Please have your game day jersey on the pads and ready to go. This will ensure football players have all required uniforms for game day

Player Allotment Rule (PAR)

This rule requires that each certified player play a minimum number of eight (8) to twelve (12) plays per game depending on team size. Although coaches will make their best effort to involve as many players as possible, they are only required to play each player their minimum plays throughout the game. Playing time is generally based on the player's ability to make a positive contribution to the team's efforts.

PAR MONITORS

15 minutes prior to the start of each game, each team shall provide two monitors. These monitors will form two teams, each team consisting of one monitor from each team. Each team will be assigned to one side or the other of the playing field. On the home teams side of the field the visiting teams monitor will be in possession of the home teams' form and on the visitors side the home teams monitor will be in possession of the visitors form. These two teams of parents will need to work together to track and monitor all plays to ensure that the PAR (Play Allotment Rule) is met. Once PAR has been completed, BOTH volunteers sign off on the front of the PAR sheet and return it to that team's Head/Assistant Coach or designated individual.

Five minutes prior to the end of each half, the respective monitors will notify their head coaches of how many players have not completed their mandatory number of plays, and what their jersey numbers are. Final notification shall be with two minutes to go in the game if they still have not complied. If any player fails to play the minimum number of plays, both of the Presidents are to be notified and the jersey number(s) written down in the space provided below. Failure to meet the PAR requirement, by the end of the regulation of the game (not overtime) will result in forfeiture of the game and Head Coach must be suspended for one week, this includes practice.

Football Equipment Handouts

Equipment will be handed out before the jamboree to receive equipment players must submit: Medical release form, spring report cards (8th grade only), birth certificates for all new athletes, registration paid in full, \$300 deposit check & payment or holding check of \$500.00 for volunteer hours.

Football Equipment Return

Equipment must be returned in November (Date TBD, you will be notified through your team parent, Text Alert and Email through Team Sidelines) or your \$500 deposit check will be cashed in order to replace the missing items. The player will not be able to play the following season until we have received a total of \$750 or the equipment. Volunteer Hour Audit will be available at equipment return. If a family fails to complete 12 hours of required volunteering, their \$500.00 holding check will be forfeited.

Uniform Washing Instructions

Football uniforms should be washed soon after each game in cool water. DO NOT REMOVE PADS from football pants to wash. You will be charged a replacement fee if pads are removed from pants. This weakens the integrity of the pants. DO NOT BLEACH. Allow jerseys and football pants to drip/air dry. Jersey cleaning instruction will be provided when we hand out jerseys

SECTION 3: CHEER PROGRAM

Cheer Team Assessments/Tryouts

In addition to the above information as it pertains to football, cheer will hold the same standard. Additionally, those in 8th grade are not automatically guaranteed a spot on the 14U team. Assessments/Tryouts will be held prior to the close of registration (and afterward if necessary). Should we find ourselves in a situation where we have to make cuts, returners are not guaranteed a spot. Placement on a team will be determined by the cheer board based on league & JAMZ age range, positional needs and skill set. Age restrictions for teams may be made by the VP of cheer based on needs of the program.

Cheer Policy for Medical Injury

If your cheerleader is injured during cheer season, they must provide a doctor's note to the VP of Cheer for the days they are unable to participate in cheer. A medical clearance will be required to return to the sport. Cheerleaders are still required to attend all practice, games and competitions while injured. Failure to attend will count as an unexcused absence. After 6 unexcused absences, the cheerleader will be removed from the team.

Cheer Practice Schedule:

4-Day Practice Schedule (Summer Schedule 7/20/26) Location TBD	3-Day Practice Schedule (School Schedule starting Aug 19) * Location TBD	Competition Practice Schedule (Starting in October) Location TBD
MON-- 6:00-8:00	Mondays will be dropped.	MON – may be added at head coach discretion (if added 6:00-8:00)
TUES – 6:00-8:00	TUES – 6:00-8:00	TUES – 6:00-8:00
WED – 6:00-8:00	WED-- 6:00-8:00	WED – 6:00-8:00
THURS -- 6:00-8:00	THURS -- 6:00-8:00	THURS -- 6:00-8:00

Cheer Practice Dress Code

Cheerleaders must arrive to practice ready to go. They are to be in proper practice (Athletic) attire, Del Oro spirit wear or all black clothing, cheer practice tanks/tees may be required on certain days; all hair pulled back with a bow. Jamboree uniforms will not be allowed to be worn to practice until after Jamboree has occurred.

Once we enter competition season, the head coach may require that girls wear all black to practice. Short shorts will not be tolerated and the cheerleader WILL be sent home. Cheer shoes with socks and shoelaces must be worn. No vans, converse, or bare feet! ABSOLUTELY NO jewelry, makeup, spaghetti straps, jeans/denim, zippers, snaps, buttons or shirt pockets. Sports bras need to be modest, full coverage and athletic! Hair must be neatly groomed, no wild colors and kept out of the face and off the shoulders. Fingernails must be trimmed and only clear nail polish is allowed. If a cheerleader arrives not in proper attire s/he will be required to sit and this will count as an unexcused absence.

Cheer Uniform Fitting

Cheer uniform cost is separate from registration fees. During the uniform fitting, all girls will be measured and allowed to try on sample uniforms. Please have your child come to the uniform fitting with tight fitted clothes to ensure the correct measurements are taken (ex: sports bra & soffe shorts). Everyone will need to attend uniform fittings!

**MANDATORY Uniform Fitting Date: will be held May 3rd from 9am-12pm
-location TBD- You will be notified through team sideline/email.

Cheer Attendance Policy

Cheer attendance is closely tracked beginning with mandatory summer practices, with progressive consequences for repeated absences. As competition season approaches, attendance expectations become more stringent, and additional absences may result in removal from routines or teams.

Cheer participant attendance specifics:

1st missed practice	Warning from head coach
2nd missed practice*	Sit 1st quarter of next game
3rd missed practice*	Sit 1st half of next game
4th missed practice*	Sit ENTIRETY of next game
5th missed practice*	Removal from halftime/competition routine, Cheerleader & Parent will need to sign an Expectation Contract
6th missed practice*	Removal from team
Missed game	Sit through halftime of next game
Cheerleaders continuing on to Nationals will not be allowed ANY additional absences.	

If a Cheerleader has 5 unexcused absences, the Cheerleader and Parent will need to meet with the VP of cheer and/or cheer coordinator to sign and agree to an Expectation agreement. Understanding that if there is a 6th unexcused absence, this will result in removal of the Team. Please note that if a cheerleader is more than 20 minutes late to a game, they will be required to sit the first quarter of the game.

Cheer- Additional Mandatory attendance requirements:

Summer Cheer Camp/Team Clinic July 18 & 19 from 9:00am-12:00pm: DOJGE will be having a MANDATORY 2 day (3 hours each day) Summer cheer camp/team clinic. ALL cheerleaders must attend in order to be in the competition routine. Failure to attend will result in the cheerleader not being able to participate in the competition routine.

Cheer Competition Practice Attendance Policy – Starting October 1st

As we approach competition season, consistent attendance is critical to the success of

our teams. Beginning October 1st, athletes are permitted no more than one (1) missed practice for any reason (excused or unexcused). Missing more than one practice in October will result in removal from the competition routine. We recognize that emergencies, illnesses, and injuries may arise. In these circumstances, athletes who are ill or injured are still encouraged to attend practice, if physically able, to observe, learn, and support their team. Every athlete's presence is vital to building confidence, consistency, and team unity as we prepare for competition

Cheer Competitions

Our teams (9u-14u) compete in 3 local competitions, with our tiny mites joining in two! All competitions are mandatory

- 10/18/26 - JAMZ Reload - Roseville - 9U-14U teams only
- 10/25/26 - ACDC Spooktacular - Roseville - ALL TEAMS
- 11/8/26 - JAMZ SAC League Championship - Roseville- ALL TEAMS

Cheer Youth Nationals

Girls will be invited to be a part of the Nationals Competition Team. Skill, attitude, effort and commitment will be assessed all season by coaching staff and cheer board members. If your cheerleader is on an attendance contract and /or behavioral contract this could affect them being invited to participate in Nationals. Final determination will be made by the VP of cheer and head coach.

Season Dates: Nationals Season will run November 9, 2026- January 27, 2027. JAMZ Nationals is Jan 22nd - Jan 27th @ The Orleans Hotel, Las Vegas.

Practices: Mandatory Practices will take place 3 days per week in the evening & possible Saturday morning practice, starting the week of November 9th. Location & exact time TBD. If you are traveling or missing practice, you will not be considered for the competition team. There may be non-mandatory but highly encouraged practices during Thanksgiving week (November 23rd-27th) and Christmas week (December 23rd-January 3rd) as determined by the head coach.

Cost & Commitment: Total registration fee is approximately \$400 which will need to be paid in FULL no later than December 1st; non-refundable \$125 deposit due November 16th. The Nationals team will have an additional competition skirt to order. There will be fundraising opportunities to help with the cost of Nationals season.

IMPORTANT: Cheerleaders continuing on to Nationals will not be allowed ANY additional absences during Nationals season.

Gameday Arrival:

All cheerleaders need to arrive 1 hour prior to their game time for pre-game warm-up. This means on the sideline with your coach! Tiny Mites Cheer need to arrive 30 minutes before game time. Please notify your coach if you are having difficulties arriving at games on time. Coaches/instructors are not responsible for the cheerleaders until that time! All cheerleaders need to arrive at their game wearing their shell, appropriate sports bra, skirt, briefs, white socks (length determined by head coach), shoes and game day bow. If Cheerleaders are at games early due to a sibling playing, they must stay with a parent or guardian during this time, they cannot sit in the Cheer tent area. This area is for Cheerleaders & Coaches who are cheering for the current game, and Board members. All cheerleaders must carry their cheer bag with the following items: DO jacket, liner (if not wearing it), pom poms (if applicable) and water!! This will ensure all cheerleaders have all required uniforms for game day. If a cheerleader is more than 20 minutes late on game day, the cheerleader will need to sit out for the first quarter of the game.

See Below for section 4

SECTION 4: TINY MITE FLAG FOOTBALL & TINY MITE CHEER

Volunteer Requirement

Each Tiny Mite Flag Football/Cheer Family must:

- Submit \$250 holding check on the first day of practice (Check only accepted)
- Complete 6 volunteer hours, or the volunteer buyout of \$250.00
- If volunteer hours are not completed, your \$250.00 holding check will be cashed.

Our Volunteer Coordinator will conduct an audit at the end of the regular season. Failure to complete required hours may result in the athlete being benched.

Tiny Mite Practice Schedule

Flag Football

One Day a Week Practice Schedule- Starts 7/20/26

Times/ Location TBD

Cheer

2-Day Practice Schedule (may increase to 3 days a week starting in October for competition season- at head coach discretion)

Practice Guidelines

Flag Football Practice

- Practice Fields are for athletes and coaches only

- Parents must remain on the blacktop or designated areas
- Siblings may not be left unattended
- Communication with coaches should occur before or after practice

Cheer Practice

- Cheer practice is a closed practice

Team Parents

Flag Football & Cheer Team Parents

Tiny Mite Manager assists in selecting team parents. Team Parents serve as the first point of contact for families, will send weekly communications, and coordinator league information. Team Parents receive 6 volunteer hours.

Practice Attire

Flag Football Attire

- Shorts, t-shirt, black cleats, mouthguard, water bottle

Cheer

- Athletic attire, hair pulled back with bow, athletic shoes with socks
- Hair should be neat, natural colored and off shoulders. Fingernails trimmed with clear polish

NOT ALLOWED: Short shorts or shirts, jewelry, make up, jeans/ denim, zippers, buttons, pockets, van or converse shoes or bare feet.

Game Attire

Flag Football

-Black Shorts, Uniform jersey, black long socks, cleats, mouthguard, water bottle

Cheer

Full uniform- Shell (top), skirt, briefs, white socks, cheer shoes, game-day bow, water bottle

Gameday Information:

-Arrival Time- 8:00 AM

-Game Time- 8:30 AM- 9:30 AM

-Locations- Del Oro High School Football Field unless otherwise specified

-No weigh ins required for flag football

-Parents are not allowed on field, please wait in the bleachers for your athlete to exit the field

Game Referees

Games are officiated by Del Oro High School students. Students may apply via our website Tiny Mite page.

Scrimmages

Flag Football

During the season, several scrimmages will be scheduled. Sometimes they will be at Del Oro High School Soccer Field area or at opponents schools. Team Parents will send communications promptly to advise you when they are.

Scrimmage Attire

Flag Football

-Black Shorts, Uniform jersey, black long socks, cleats, mouthguard, water bottle

Cheer

Full uniform- Shell (top), skirt, briefs, white socks, cheer shoes, game-day bow, water bottle

SECTION 5: TRADITIONS & EVENTS

Rock the Stadium

The Del Oro Golden Eagle Kick-off Rally will be held during Del Oro High Schools Rock the Stadium event. This is a community sponsored event recognizing participants in the Del Oro football and cheer programs from the Tiny Mite level to high school varsity level. It is a family friendly event with vendors, music, food and drinks. It is a great way to start off our football and cheer season. All football and cheer participants will be recognized individually for being a part of the Del Oro community. Players will have free entry but all others will be required to buy a ticket. This is a fundraising event for the high school.

Jamboree

Jamboree is held prior to the first game of the Season. Jamboree is MANDATORY for ALL Players and Cheerleaders. Football players will be weighed in and certified to be cleared to play for the upcoming season. Cheerleaders will be certified by another League representative to be cleared to Cheer for the Season. All required paperwork must be turned in prior to Jamboree. Required paperwork is a copy of Birth Certificate, Report Card/8th grade verification, and Medical Clearance, SAC athlete and player code of conduct, DOJGE code of conduct and volunteer holding check and is collected at equipment hand out for football players and for cheer. If a player or cheerleader is not Certified at Jamboree, they will not be able to participate in games until they are cleared.

Tiny Mite Flag Football/ Cheer do not attend Jamboree and are not required to be Certified.

Jr Golden Eagle Night

All DOJGE athletes have the special opportunity to be announced and recognized at a Del Oro home football game each year (Date & Time TBD).

Additionally

-9U & 11U Cheerleaders will be invited to cheer the first half of the JV game and perform at halftime with the JV Cheer squad.

-13U and 14U cheerleaders will be invited to cheer alongside the high school cheer squad during the first half of the Varsity game and perform at halftime with the Varsity cheer squad.

Del Oro High School Homecoming Parade

All DOJGE athletes participate in representing our program in the High School Homecoming Parade.

Nacho Night

DOJGE will host a Nacho Night during the season at the end of practice for athletes and coaches.

Trunk or Treat/ End of Season BBQ

DOJGE will host a trunk or treat and end of season BBQ at the end of practice in late October for athletes and coaches.

Playoff/Championship Game

During all playoff games and the championship game, cheerleaders game time will adjust according to which of our teams make it to those games. All cheerleaders are required to participate in all playoff/championship games.

Refer to the current SAC rule book for playoff seeding. All winning teams that advance will continue to practice.
