

DEL ORO JR GOLDEN EAGLES FOOTBALL & CHEERLEADING

TINY MITE HANDBOOK



DOJGE MISSION STATEMENT

- Provide a positive flag football & cheerleading experience for the youth of our community
- Cultivate a wholesome & safe environment • Teach integrity & respect for authority
- Promote sportsmanship
- Create teamwork
- Promote the community's tradition of Del Oro football and cheerleading excellence

Welcome to The DOJGE Family

Thank you for your interest in Del Oro Jr. Golden Eagles (DOJGE) Flag Football and Cheer program. We are very excited and welcome all who are participating in our 2024 season. To all our new players and families, welcome and to our returning players and families- welcome back!

The Del Oro Jr. Golden Eagles Football and Cheer program (DOJGE) is a member of the Sierra Athletic Conference (SAC) and dedicated to serving youth aged 5 - 14 years old in our community. Our goal is to build a strong and safe environment for the youth in our community, while organizing and promoting an association which encourages the youth today to succeed in tackle football, cheerleading and flag football. A strong emphasis is placed on sportsmanship, respect, and education. We feel our program will be an enjoyable learning experience for your child/children.

The success of our program depends on the efforts of parents and volunteers. We want to thank you, in advance, for all your help. With each season, we aim to improve and appreciate your feedback. We can not wait for our upcoming season to begin and we hope it is rewarding to all of our players and families.

Sunny Cranford

Tiny Mite Manager

For further information please visit our website: www.jrgoldeneagles.com

PARTICIPANT RESPONSIBILITIES

Participant's Responsibilities –

- The participants of the Del Oro Jr Golden Eagles (DOJGE) are expected to abide by a code of conduct which includes, but is not limited to the following:

Respect of all volunteers, coaches, team members, opponents, officials, and other representatives involved with the DOJGE program.

Good sportsmanship is mandatory. No displays of vulgar language, fighting or tantrums will be tolerated. Any such actions will result in disciplinary measures and may include suspension from the team.

As a member of the DOJGE program you represent yourself and your teammates on and off the field. Whether in victory or defeat you will conduct yourself with pride and poise.

It is the responsibility of the participants to take proper care of the equipment issued and bring it to the immediate attention of a coach if it becomes damaged.

Participants must notify their coach, in advance, if a practice is to be missed.

Hydration is very important! It is critical for our young athletes to remain well hydrated ***before, during and after*** practice! Please drink lots of water during the day and “no sugary or soda drinks”.

PARENT RESPONSIBILITIES

The level of support given to a participant by the parents will have a measured impact as to the success of each child. To better understand the parent's role and involvement in the program, we have developed the following guidelines and recommendations:

Spectators of practices, games, and/or cheer competitions must stay in designated areas reserved for spectators. Sideline areas, practice fields, and locker rooms are off limits. Cheer practice is closed. No family members can stay for the safety of the cheerleaders.

Parents are encouraged to cheer for their teams from the stands but should never yell obscenities or conduct themselves in a manner offensive in nature. Such actions can lead to a team being penalized for unsportsmanlike conduct and the fan may be removed from the grounds.

Parents should always maintain a supportive and respectful attitude towards participants, officials, coaches, and board members. Remember children learn from our actions. A parent treating others respectfully sends a positive message to our children.

It is the parent's responsibility to provide transportation to and from practice, games and other association functions. Our volunteers would greatly appreciate you being punctual in picking up your children from these events.

If a child's grades fall below a "C" average or homework starts to become a problem, it is the parent's responsibility to contact the head coach to determine what course of action should be taken.

Volunteer Hours

Each Tiny Mite Flag and Cheer families will be required to volunteer 6 hours or can buyout for \$150.00 at any time during the season. A volunteer hour audit will be completed by the end of the regular season. Any family that has failed to complete their volunteer time will result in the player/cheerleader being benched for playoffs.

All non Tiny Mite (tackle football and cheer) families will be required to volunteer 12 hours or can buyout for \$240.00 at any time during the season.

DOJGE Parent/Guardian Code of Conduct

1. I/We agree that my/our character and conduct are a reflection of the DOJGE; and understand that I am/we are expected to promote myself/ourselves and the league in a positive manner.
2. I/We agree to complete the appropriate paperwork required for registration no later than the equipment handout date of the current season. Failure to do so will result in my/our child being sideline until all paperwork and/or holding checks have been submitted.
3. I/We agree to always be courteous and direct when dealing with members of the organization, league officials, referees and opposition teams/squads.
4. I/We agree to respect the decisions of the DOJGE Board./We agree to demonstrate positive support for all members, football players/cheerleaders, coaches, spectators and referees.
5. I/We agree to encourage and guide my/our player/cheerleader to accept responsibility for their own actions, and never condone unacceptable behavior.
6. I/We agree to read and abide by the DOJGE Bylaws, DOJGE Parent Handbook, and the SAC rulebook for each current season.
7. I/We agree and understand that if I/we fail to abide by the above-mentioned Bylaws, handbook and rule book, I/we will be subject to disciplinary action that could include, but is not limited to the following: immediate removal from the practice/playing field, suspension from practice(s) and/or game(s), season suspension, and/or complete membership removal without an invitation to return.
8. I/We understand that written documentation of any incident(s) will be kept on file with the DOJGE Board.
9. I/We understand and accept that as a Parent(s), I/we am/are a non-voting member of DOJGE and that if I/we fail to comply with this Code of Conduct, I/we may not be allowed to participate with DOJGE at events and/or functions.

PRACTICES and GAME DAY

Board Members, Coaches & Adult Assistance Coaches

All volunteer members that work directly with any minor (player) in the DOJGE organization must first clear a Live Scan through the DOJ, FBI or both. The form can be requested by emailing VP@jrgoldeneagles.com. Volunteers can submit their receipt and the Treasurer will issue a reimbursement if using an alternative location than provided. All coaches at any level will be required to complete standard safety training. These links can be found under the "Coach" page of their division on our website. This is the responsibility of confirmed coaches to complete. This certification will be added to their personal DOJGE volunteer file.

Practice

The Sierra Athletic Commission (SAC) League has made it mandatory for the organization's to monitor the practice and game day air quality index (AQI). We will be using the AQI from Loomis (95650) weather tower. When the AQI goes above 151 (turns red) practice will be canceled, or moved to an indoor facility if possible. We may also delay with no activity until conditions improve (up to 1hr). The AQI doesn't always update on the hour, and this can cause the organization to stop practice with short notice.

The DOJGE utilizes a **Text Alert** service in order to keep parents informed of last minute changes, updates and important information.

Please see our website to subscribe to this service.

2-Day Tiny Mite Practice Schedule
TUES –Franklin Elementary School 6:00-7:30
WED –Franklin Elementary School 6:00-7:30

Tiny Mite Flag Football Practice

The practice field is reserved for all division coaches, participants and instructors only. **Parents, friends, and siblings must remain off the practice field at all times.** You may sit on the blacktop located by the field but not on the field or track. Family members must stay on the playground side of the track. We ask that you please do not come to the other side of the track where the kids

sit. This is the coach's area and we ask that you please respect their break area. Practice time is limited, so it is important that coaches can make the best use of their allotted time. If you must speak to a coach, please contact them before or after practice. All communications during practice will be seen as breaking members handbook rules. Individuals will be asked to leave practice if this is an issue. If this continues to be an issue, a member can be removed from all practices. Siblings are not to be left at the field unattended. The DOJGE assumes no responsibility for their safety nor will we supervise children.

Cheer Practice

Cheer practice is a **closed** practice. **This means no family, friends, or siblings are to be at practice**. Cheerleaders need to be able to concentrate on their instructors. This is for the safety of the cheerleaders. The cheerleaders are never left alone. There are always instructors or Board Members with them at all times. **TINY MITE CHEER parents may watch practice from a designated location away from the practice area.**

Team Parents

The Tiny Mite Manager will be involved in the selection of the team parent. The team parent is the one who will be your first point of contact and will help to facilitate any issues/concerns/problems between coaches, players, or parents. If the team parent needs assistance they are to contact the Volunteer Coordinator (VC) first. If the VC is not available they should contact the President or VP of Operations for guidance. Team parents are also responsible for sending out weekly communications to assist the Coach in keeping things on track and that parents are informed. The League will also send communication out during the season. Mostly team parents will send you information. If you are not getting emails, please check with your team parent to make sure they have the correct contact information. Text Alerts can be a helpful tool.

Team Parents receive 12 hours of volunteer time.

SAC & DOJGE Game Times:

- Tiny Mite - 8:30am-10:00am

(game dates posted on Tiny Mite page on our website)

- Jr. Pee Wee 10:00 am -12:00 pm
- Pee Wee 12:00 pm - 2:00 pm
- Jr. Midget 2:00 pm- 4:00 pm
- Midget 4:00 pm- 6:00 pm

Tiny Mite Game Day

Flag Football - The day we all have been working for - punctuality is very important! Tiny Mites are not required to weigh in but must arrive 30 min prior to game start time. Flag football players that arrive after their team's game has started they will not be allowed to play. Please notify your coach if you are having difficulties arriving at games on time. All player must have water bottles.

Cheerleaders - Tiny Mites Cheer need to arrive 30 minutes prior to their game time for pre-game warm-up. Coaches/instructors are not responsible for the cheerleaders until that time! All cheerleaders need to arrive at their game wearing their shell (shirt), skirt, briefs, white socks, shoes and game day bow. All cheerleaders must carry water bottles.

Jamboree & Kick-off Rally

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.

DRESS CODE

Flag Football Practice Dress Code

Players should wear athletic shorts, t-shirts, & cleats. Players are required to carry a water bottle to practice.

Flag Football Game Dress Code

Players should wear all black shorts, jersey, & all black socks and black cleats. Players are required to carry a water bottle for the game.

Cheer Practice Dress Code

Cheerleaders must arrive to practice ready to go. They are to be in proper practice (Athletic) attire, all hair pulled back with a bow. Short shorts or short shirts will not be tolerated and the cheerleader WILL be sent home. Athletic shoes with socks must be worn. No vans, converse, or bare feet! ABSOLUTELY NO jewelry, makeup, spaghetti straps, jeans/denim, zippers, snaps, buttons or shirt pockets. Hair must be neatly groomed, no wild color's 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 they will be required to sit and this will count as an absence.

REFEREES:

Tiny Mite games will be refereed by 4 paid Del Oro High School students. They can apply on our website under the "Tiny Mite referee" tab/ page.

Coaches:

Coaches must wear their DOJGE Coaches shirt provided by the league and Tiny Mite Coach/ Assistant Coach badge for identification purposes.

Team Mom/s must wear their DOJGE Team Mom shirt provided by the league and their Team Mom badge for identification purposes.