

**Chicago Blitz Youth
Football & Cheer
Parent Handbook
2022**

We want the BEST and will be the
BEST!

Keep rising to the Top, give it
all You Got!

773-413-9203

Table of Contents

EXECUTIVE BOARD MEMBERS.....3

PROGRAM DESCRIPTION.....4

GENERAL INFORMATION.....5

REGISTRATION.....9

FEE SCHEDULE.....10

REFUND POLICY.....11

EQUIPMENT.....11

2022 GAME SCHEDULE.....	12
TEAM RULES & REGULATIONS.....	13
2022 COACHING STAFF.....	14
COACHES CODE OF ETHICS.....	15
HOW TO CARE FOR UNIFORMS.....	17
PARENT CODE OF CONDUCT.....	19
VOLUNTEER OPPORTUNITIES.....	20
SPECIAL EVENTS.....	20
POINT OF CONTACT.....	21
PARENT'S NOTES.....	22

2021 Executive Board Members

President: *Ray Richardson*

Vice President: *Glenn Harston*

Correspondence Secretary: *Lisa Richardson*

1st Treasurer: *Sharon Williams*

Volunteer Coordinator 1: *Antonette Smith*

Sergeant at Arms: *Open*

Designated Organization Rep. (DOR):
Tartane Hutchinson

Board Member at Large: *Lee Smith*

WELCOME

The Chicago Blitz Youth Football and Cheerleading Organization would like to thank you for choosing our sports program

PROGRAM DESCRIPTION

The Chicago Blitz Youth Football and Cheerleading Organization, Inc. was established in 2003 and is organized exclusively for charitable and educational purposes under Section 501c(3) of the Internal Revenue Code of 1954 and to that extent will primarily develop and maintain programs and activities that: (1) educate Organization members about football and cheerleading; (2) foster national or international amateur sports competition by providing organized football and cheerleading games and activities for boys and girls under 15 years of age; (3) encourage the development and practice of good sportsmanship, both on and off the playing field; and (4) develop the principles of fair play and building good character.

The Chicago Blitz was formed by a committed group of parents, like you, who were adamant that their child have an excellent and structured football/cheer program. We are a 501c(3) not for profit organization that is **run by volunteers, no one receives payment for their services.** We are official members of the River Valley Youth Football League. Our Organization's colors are Scarlet Red and Silver.

Our football program consists of four (4) divisions:

- 1) Super Lightweight (ages 6-8) – up to 93 lbs
- 2) Lightweight (ages 8-10) – up to 108 lbs
- 3) Junior Varsity (ages 10-12) – up to 128 lbs
- 4) Varsity (ages 12-14)* - up to 166 lbs for skill positions

- **Football players must be the appropriate age by September 1st of the current year.**
- **Cannot be in high school**
- **Weight requirement pertain to football players only**

Weight Rule: If a player weighs under/over the weight for their age group, they can play at another level ***if permitted by their parents/ guardian***. For example, if you have a 13 year Varsity who weighs less than 80 lbs, they can play Lightweight. Age and weight requirements are not set by the Chicago Blitz. They are set by the River Valley Youth Football League.

GENERAL INFORMATION

COMMUNICATIONS

The Chicago Blitz would like to communicate important information and updates through email, GroupMe, and The Chicago Blitz Youth Football and Cheer Website (chicagoblitz.org). We strongly encourage parents to download the GroupMe app to receive real-time communications from their team representatives. We also advised parents to monitor their email more often. It is your responsibility to inform us of any changes to the contact information you provided.

GENERAL MEETINGS

General meetings generally take place every 2nd Tuesday of each month beginning August of each year. These meetings may be rescheduled, therefore, check the website, GroupMe or email for changes. The following items will be discussed at each monthly meeting:

Financial Report

Report of current happenings and planning within the organization

Voice concerns or ideas on how to make the organization better

VOTING

All league issues dealing with management of property; policies and procedures; scheduling; and finances shall be voted on by the Executive Officers and Board Members. Any other issues regarding the wellbeing of the players shall be voted on by the General Body.

NEWSLETTER

- A newsletter will be distributed every Friday; beginning with the first practice of the season.

- Newsletters will be made available on the Chicago Blitz Website and Teams GroupMe.
- Parents that wish to receive a hard copy of the newsletter must request so through their team rep. The last newsletter will be issued with the last game of the season. The newsletter has important information regarding the organization.

River Valley Youth Football LEAGUE MEETINGS

- River Valley league meetings take place each month.
- These meetings are not open to the general body.
- Each organization is represented by their DOR-Designated Organization Representative.
- The current DOR is Tartane Hutchinson.

FUNDRAISING

- It is mandatory for all parents to participate in the fundraiser.
- The fundraiser has a set minimum which is determined annually by the Board.
- If parents do not participate in the sales of the fundraiser, they are responsible for the minimum amount as determined by the organization.

Should you have any ideas on a profitable fundraiser, please see the Fundraising Committee Chairperson.

MEDICATION WAIVER

If your child requires medication for health conditions, the medication must be available during practice and games. Your child must be able to self-medicate themselves.

EQUIPMENT

Equipment will be issued as determined by the coaches and the board. **Only players/cheerleaders who have a \$0 balance will be eligible to receive equipment.**

The Equipment Deposit will be \$150 and will be returned or can be used to purchase banquet tickets or the next year's football deposit.

EQUIPMENT RETURN

All distributed equipment: Football helmets including the chin strap that came with the helmet and shoulder pads.

There will be a \$25.00 fee assessed for helmets turned in without the chin strap that was provided with the helmet.

Any equipment that is not returned within the time period set up by the Board at the end of the season will result in the forfeiture of the equipment deposit. There will be a 2 week period of time with multiple days as scheduled by the Board to allow for equipment return.

IMPORTANT ITEMS

In order for your child to become a part of this Organization, you will need to provide us with the following items:

- ***Birth Certificate***
- ***Photo of player's face taken within the last year***
- ***1 copy of child's Insurance Card***
- ***Signed and Completed Registration Form***
- ***Signed and Completed Release Form***
- ***Signed copy of Team Rules/ Code of Conduct***
- ***Complete Payment of Fees***

All of the above items are necessary for your child's participation. There are **NO EXCEPTIONS** for any of the items listed above. Your child will not have a reserved spot on the team until all of the above items are received.

WEATHER

Games are played and practice does take place in rain, sleet and snow, the only exception is lightning. Any cancellation due to weather will be sent out in Group Me as soon as possible.

PRACTICE

If your child will not be attending practice or a game, please notify your child's coach and/or team representative so that this can be communicated to their coach. Teamwork is essential for a successful program.

Together **E**veryone **A**chieves **M**ore.

Football:

The official first day of practice is the Monday following the Football camp in the third week of July. Practice will be at Hayes Park unless otherwise communicated.

Practice will be Monday – Friday from 6:00pm – 8:00pm. Practice will decrease to 3 days per week after CPS schools begin. If your child will not be attending practice, please notify your child's team representative so that this can be communicated to their coach. Football players should come dressed in shorts, t-shirt and **molded cleats (no metal spikes)** until they receive their equipment. Please make sure your players are hydrated prior to arriving at practice.

Cheer:

Cheer practice will begin with the football practices at the end of July. The practice schedule for cheer will be determined by the cheer coaches. Cheerleaders should come dressed in shorts, t-shirt and gym shoes, and no jewelry or hair accessories. Make sure your cheerleaders are hydrated prior to arriving at practice.

WEIGH-IN

Weigh in will occur at halftime of the preceding game. Any player that is not there in time for weigh in will not be allowed to play until after half time when they are able to weigh in.

Details about weigh in are determined annually by the River Valley Youth Football League. Full details about the weight are on the River Valley website.

REGISTRATION

This is to certify that I, the parent/legal guardian, of the above mentioned player, grant permission affiliated with the Chicago Blitz Youth Football and Cheerleading Organization to obtain emergency care, from any licensed physician, hospital, or medical technician, for the above named player as such time as either parent/legal guardian cannot be contacted in person or by phone. This authorization shall include all league activities, including travel to and from those activities.

I do by hereby waive, release, absolve, indemnify, and agree to hold harmless the Chicago Blitz Youth Football and Cheerleading Organization, River Valley Youth Football League, Executive Board Members, Committee Chairperson, Parent Participants, and persons transporting the players/cheerleaders to and from any activities, from any claim arising out of an injury to the player/cheerleader.

I acknowledge, understand and agree that in taking part in this program there is a possibility of physical illness or injury and that the participant is assuming the risk of such illness or injury by participating.

I agree to participate in all fundraisers. I agree that I will be responsible for all fundraiser monies until turned in and all fundraiser products.

A participation trophy is given to each participant that meets all requirements: all fees paid in full including mandatory fundraiser, equipment returned clean at end of season, and participation on a regular basis during season.

I understand and agree that I am responsible for all uniforms and equipment provided by the Chicago Blitz Youth Football and Cheerleading Organization. **I further agree to pay for all repair/replace, lost, stolen, or damaged items not returned upon demand and all attorney and legal fees to recover property provided to me.** I

I understand the Chicago Blitz Youth Football and Cheerleading Organization is a private organization that reserves all right to immediately terminate participation at any time deemed appropriate.

I agree to allow for publication any photos taken at programs, events, or facilities of the Chicago Blitz Youth Football and Cheerleading Organization.

I understand there are absolutely no refunds - Regardless of circumstances!

No refunds for failure to meet weight limits!

I understand if the mandatory volunteer hours are not completed, the Parent Participation Fee check will be deposited after the last game of the regular season.

Signature: _____ Date: _____

FEE SCHEDULE

The fees for the 2022 Season are as follows:

FOOTBALL

- **Registration Fee: \$250.00** - Deposit \$100 - must be paid before uniform is ordered
- **Parent Volunteer Check : \$50** - returned when volunteer hrs are completed (6 hrs)
- **Equipment Deposit: \$150.00** - returned when all equipment is returned * (if returned within 2 weeks of end of season)
- **Football Practice Jersey: \$20.00**
- **Fundraiser: \$150 for 1st child, each additional child in same household is additional \$75 (Maximum 5 children per household)**

- ★ Registration fees must be paid in full before the 1st game.
- ★ A \$30.00 late fee will be added to any registration balance not paid by the deadline.
- ★ Each player is required to have one practice jersey.

Multi-family discount: \$30.00 off registration per additional child (up to 5 siblings residing in the same household)

Parent Participation: \$100.00 (per family)

- A deposit check will be required for the Parent Participation Fee.
- Make all checks payable to: Chicago Blitz
- The check will be returned after completing 6 volunteer hours per household.
- - If volunteer hours are not completed, the check will be deposited after the last game of the season
 - A NSF fee of \$30.00 will be assessed for each returned check (fundraiser included).

Mandatory Fundraiser: \$150.00 (plus \$50 per additional child; \$300 max)

- Deadline to submit fundraiser proceeds: August 15th
- All accounts must be paid in full prior to equipment distribution.

***\$30.00 fee assessed for all NSF Checks**

(Payments by check will Not be Accepted after the initial receipt of any NSF Checks. All future payments will need to be made by method of cash to ensure that the Blitz Organization remains in good financial standing).

REFUND POLICY

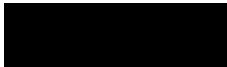
NO Refunds or exchanges, no refund for failure to make weights.

EQUIPMENT

The following equipment should be purchased by the parent:

FOOTBALL

Mandatory



Football Cleats (no spikes)

Girdle; hip, tail, knee and thigh pads

Supportive cup

Mouth Piece

Practice Pants

Practice Jersey

Optional



Rib Pads

Football Gloves

Upgraded chin strap

Cold Gear

CHEERLEADERS

Warm-Up

Rain gear

Cold Gear: ear warmers, gloves

Competition expenses (If applicable): shoes, hair bow, socks

***Parents will be notified of when/where to purchase items for cheerleaders**

Team Rules & Regulations

- Drinking and Smoking is not allowed.
- Any use of Drugs will cause immediate dismissal.
- Any type of Gang Activity will cause immediate dismissal.
- Any membership to any other organized football organization at the time of CBYFCO registration, River Valley Youth Football League certified weigh-in or at any time during the current season will cause immediate dismissal and permanent termination from CBYFCO.
- All pads and helmets must be worn on the field unless players are told otherwise by his coach
- All injuries must be reported immediately to any coach.
- **No practice, no play.**
- All comments involving our team should be in the interest of the team.
- Do not assassinate the character of any of your teammates.
- No Fighting will be tolerated.
- Disrespectful behavior towards an adult will not be tolerated.
- Must maintain a “C” average in core subjects and conduct
- Stealing will not be tolerated.
- Absolutely no Foul or Obscene language allowed.
- Although our games are on either Saturday or Sunday, we do encourage our players to attend church.
- Respect the cleanliness of our Park District and/or other Parks that we may visit.
- Injured players will always be treated as a teammate.
- Respect other’s property.
- Accept and respect the authority and decisions of the officials.
- Refrain from insulting and taunting opponents.
- Respect your opponents, be gentlemanly and considerate in victory, undismayed courageous in defeat.
- Any player ejected from two (2) games in a season can be suspended from the league, depending on the findings of the River Valley Youth Football League Executive Board.
- No chop blocking (blocking below the thighs)
- Male players are not allowed to wear earrings or jewelry.
- Tilting of hats/caps to either side is forbidden.
- All football players and cheerleaders, who get in trouble at home or in school, will lead to suspension from the team on the first time, the second time dismissal from team activity.
- Coaches may implement rules not outlined here upon the approval of the board.
- We want the best and will be the best.

Any rules not mentioned here or later rules are a coaching prerogative.

Violations of any of the above rules are grounds for suspension or dismissal.

Punishment of rule violations is at the discretion of the coaching staff.

2022 COACHING STAFF

CHEER

TBD

FOOTBALL

Super Lightweight

Matthew Bryant (HC)

Lightweight

Glenn Harston (HC)

Junior Varsity

Stephan Grandison (HC)

Varsity

CHEER COACHES CODE OF ETHICS

- Coaches will uphold the rules and regulations of the Chicago Blitz Youth Football and Cheerleading Organization as outlined in the organizations handbook.
- While recognizing the benefits of athletic competition, the primary function of the cheerleading program is to support the Chicago Blitz Youth Football and Cheerleading Org.
- The cheerleading program should encourage and promote sportsmanship and ethical conduct consistent with the mission and goals of the Chicago Blitz Youth Football and Cheerleading Org.
- The Head Coach is responsible for overseeing the character and technical knowledge of all coaches and to ensure compliance with the Blitz's established financial controls and policies.
- Coaches should provide constant supervision for all activities and to ensure safety is maintained at all times.
- Background checks are required for all coaches. No parent should be allowed to oversee the cheerleaders without completing an application and background check.
- All purchases must have prior approval from the Chicago Blitz Executive Board.
- Cheer Executive Board members should be included in all communications that are sent out regarding Chicago Blitz Youth Football and Cheerleading Organization.
- Coaches will treat each participant, opposing coach, parents, and Board Members with respect and dignity.
- Coaches will always set an example in personal conduct. Coaches are among the most influential adults in the lives of youth athletes. Coaches have a higher responsibility than a parent does.
- Coaches will need to have one united front representing the **ENTIRE** organization.
- Cheerleaders are expected to be prepared and present to cheer on side-lines and at half-time for all scheduled football games, Fall Brawl and Playoffs. A performance should also be prepared for special activities such as Pep Rally, and Homecoming.

- Only those that are registered with Chicago Blitz Youth Football and Cheerleading Organization may participate in any functions organized for this purpose, unless indicated.

FOOTBALL COACHES CODE OF ETHICS

- While coaches are NOT bound by a mandatory play rule, Coaches will learn the strengths and weaknesses of his/her player / spirit participant and create an opportunity for the player / spirit participant to achieve success
- No use of drugs, tobacco or alcohol nor use abusive or profane language, when children are present. Not limited to scrimmages, practices and games
- Coaches will maintain paramount concern for the health and safety of his/her player / spirit participant, rather than the interest of adults.
- Coaches will treat each player / spirit participant, opposing coach, parent and Board Member with respect and dignity
- Coaches will honor the game by accepting the decision of the officials, competition judges and the Blitz medical assistants. Everyone has a prescribed role to fulfill.
- Background checks are required for all coaches. No parent should be allowed to oversee the players without completing an application and background check.
- Coaches will not criticize the officials; the opposing team, spirit participants, the coaches, volunteers or parents through language or gesture as sports is an opportunity to develop character in our children. Your technique is effective when you improve performance while keeping the player / spirit participant still passionate about the sport.
- Coaches will emphasize that good athletes are good students. Sports provide the ideal opportunity for teaching life lessons. Place education and character before wins.
- Coaches will refrain from running up the score against the opponent. When there is more than a 24 point spread, coaches MUST rotate in their reserve players. Every effort should be made to allow ALL players to play. Winning a game is result of teamwork
- The coach will set an example in personal conduct on and off the field as coaches are among the most influential adult in the lives of youth athletes. Coaches have a higher responsibility than a parent.
- Coaches will acknowledge there is only one team. Coaches are to collaborate and partner with other coaches for personal and game improvement.
- Coaches will not engage in excessive sideline coaching and not leave the bench or shout instructions from the sideline. Coaches will focus on mastery of skills over winning.
- Coaches need to have one united front representing the entire organization not just the level coached.
- Coaches are not allowed on the sideline if their team is not playing. Please refrain from shouting suggestions or criticism at other coaches while their team is playing.
- Coaches will uphold the rules and regulation of the Chicago Blitz Youth Football and Cheerleading Organization and the River Valley Youth Football League

How to care for your uniforms

Cheerleaders

Cheer Uniform:

- Wash garment alone
- Prior to washing, **turn the garment inside out** to help preserve the twill or Perma-print lettering.
- Machine wash **cold water**
- Do NOT USE CHLORINE BLEACH
- Wash on permanent press cycle
- Remove uniform **immediately** after washing
- Hang dry all garments

Warm Up Suits:

- Wash separately
- Machine wash **cold water**
- Wash on delicate cycle
- DO NOT USE CHLORINE BLEACH
- Tumble dry on **low**
- **DO NOT IRON**

Help your uniform remain the “Finest in the Field”®

Football:

- Uniforms should be washed **immediately** after each use, in **cold water**
- Rinse cycle should likewise be set for **cold water**.
- We recommend a detergent similar to Tide® for Coldwater (no fabric softener additive)
- Do not wash uniforms with other items, such as towels.
- **DO NOT USE CHLORINE BLEACH!**
- Heavily soiled garments (grass, dirt, clay mud), pretreatment is recommended
- Spray on products such as Spray'n Wash® or Shout® and leave for about 15 minutes to absorb before washing.
- Products such as Stick Stain® or Shout Gel® can be rubbed on stubborn stains and left overnight for washing the next day as well.
- For blood stains, it is best to rinse in cold water as soon as possible, and if necessary, soak in cold water before washing. One of the above pre-treatments can also be used, or an oxygen based laundry booster such as Oxy Clean® can also be used for blood stains.
- An oxygen based laundry booster such as Oxy Clean® can also be used to eliminate odor.
- For ink stains, use hair spray. Simply spray on and rub until the ink is gone.
- Then wash as normal.
- **DO NOT OVERLOAD WASHER.**
- Remove uniforms immediately after washing and hand dry all garments if at all possible.
- **DO NOT DRY UNIFORMS ON HIGH HEAT.**
- If you must use a dryer, use a damp dry or air dry setting. High heat can cause shrinkage, perma-print ink to crack, twill to wrinkle, etc.
- Or simply hang to dry.
- **DO NOT OVERLOAD THE DRYER.**
- The uniforms will stick together, especially those with perma-print ink. Remove the garments immediately after the dryer has finished.
- **DO NOT DRY CLEAN OR IRON.**
- To avoid static and lint build up, use an anti-static agent such as Bounce Dryer sheets. Store in a cool, dry area, protected from sunlight & fluorescent lighting.

PARENT CODE OF CONDUCT

1. Absolutely **NO** alcohol or drugs are allowed at any games.
2. Children have more need of example than criticism.
3. **NO** profanity is allowed at any time, on and/or off the field.
4. **NO** acts of abusive or violence will be tolerated against any child, parent, coach, official, board member, volunteer and/or fan during any Blitz events (practice, home/away games, cheer competitions, etc.).
5. Attempt to relieve the pressure of competition, not increase it. A child is easily affected by outside influences.
6. Be supportive of the coach. The coach is a volunteer giving of personal time and money to provide a recreational activity for your child.
7. The opponents are necessary friends. Without them your child could not participate. Always display good sportsmanship.
8. Applaud good plays by our team and by members of the opposing team.
9. **DO NOT** openly question an official's judgment and honesty. Officials are symbols of fair play, integrity and sportsmanship.
10. Accept the results of each game. Encourage your child to be gracious in victory, and to turn defeat into victory by working towards improvement.
11. Prioritize the emotional and physical well-being of all players above my own personal desires acknowledging that the games and/or competitions are held for the youth.
12. Encourage good sportsmanship by demonstrating positive support for all players, coaches, board members, parents and officials during every game, practice and sporting event.
13. Encourage my child to be a respectful fan and a team player by actively participating in the various Blitz sponsored activities (concessions, chains, announcer, pep rally, homecoming, etc.).

Failure to comply with any of the above can result in the immediate dismissal of your child from the program.

Signature: _____

Date:

VOLUNTEER OPPORTUNITES

As part of your commitment to this Organization, we encourage you to volunteer for one or more of the following Committees or a game day position.

- Fundraising Committee
- Equipment Committee
- Concession Committee
- Special Event Committee
- Team Parents
- Team Medic **Must be BLS Certified
- Game Day Positions: Chain Gang, Announcer, Split the Pot, Score Board, Set up and Clean Up

SPECIAL EVENTS

Please be on the lookout for the following Special Events:

- Picture Day
- Season Opener
- Pep Rally
- Homecoming
- Month of October - Breast Cancer Awareness
- Awards Banquet

POINTS OF CONTACT

Issues regarding Coaches, Commissioner of Coaches:

President or Vice President

Ray Richardson

Glenn Harston

Issues regarding Volunteering:

Volunteer Coordinator

Issues regarding Fundraising, and Payments:

Treasurer

Issues regarding Documentation & Weigh-in:

See your team's rep

Issues regarding Metro League Rules, Weigh-in:

Tartane Hutchinson

Issues regarding Communications:

Lisa Richardson - blitzfootballorg@gmail.com