



What to Expect – Tackle

Welcome to the Wildcat Family! We are looking forward to an exciting 2018 season with the help of all the new and returning players as well as the awesome leadership of our coaches, support crew, and board members. Detailed below are some of the expectations and guidelines for this year's tackle season.

Registration Fees \$375 (includes the following)

- Certified Helmet w/chin strap*
- Shoulder Pads*
- Game Uniform (jersey, pants*, & socks)
- Practice Uniform (jersey & pants)*
- Mouthpiece
- Spirit Gear (shirt & shorts)
- League Fees
- Referee Fees
- Game & Practice Field Fees
- Player Trophy
- Team Pictures

*Helmets, shoulder pads, game pants, and practice uniforms are property of MJAAF and are to be returned at the end of the season. Parents will be responsible for lost/abused equipment.

Items not covered by registration fees

- Cleats – rubber molded (no metal or screws)
- 7 Piece Girdle and knee pads
- Jock with cup
- Team Fundraising

If you choose to provide your own equipment (helmet, shoulder pads) please see the Equipment Manager for safety check.

Refund Policy

\$185 NON-REFUNDABLE

After May 31st – NO REFUNDS. This includes but is not limited to: weight gain / loss, lack of transportation, conflict of schedules, or suspension from program. Your payment will be considered a donation to Menifee Wildcats JAAF program. Written refund requests prior to June 1st will be handled on a case-by-case basis and reviewed by the board members.

Practices

Practices will begin July 24th at the Paloma Valley High School back field. Practices will run from 6pm to 8pm. Please encourage your child to be ready and on the field by 5:45pm. Players are expected to attend and participate in **EVERY** practice. Missed practices without prior notification to the coach or repeated tardiness can result in loss of playtime and/or position selection during the games. Practices will be held in the rain, wind, and sunshine. The only time we will not practice is in the event of lightning. Please do not allow your player to wear GAME uniforms to practice. During Grass Week have your player wear shorts, t-shirt, and cleats. **PLEASE NOTE THAT YOUR CHILD WILL NOT BE ALLOWED TO PRACTICE IF THEIR PHYSICAL HAS NOT BEEN TURNED IN.**

Practice Schedule:

5 Days Per Week

July 23 – August 31st

Practice M-F from 6pm – 8pm

3 Days Per Week plus Saturday Game

September 4 – End of Season

Practice T/W/Th from 6pm – 8pm

Saturday games begin September 8th

Grass Week

Grass Week is the first week of practice and each division will practice together. There will be no contact during this first week, only conditioning. It is required that each player must complete 10 hours of conditioning prior to participating in contact drills. If a player misses a day during Grass Week, they will NOT be allowed to dress in pads until the conditioning time is made up. There will be **NO EXCEPTIONS.**

Please keep in mind Grass Week consists of running and exercise. Here are a few suggestions to help your player.

- Stay Hydrated – drink plenty of water the entire week. Water / Gatorade are best. Please avoid sodas.
- Eat a light meal no later than 5pm prior to practice.
- Make sure your child gets plenty of rest – they will be exhausted!

Weight Certification

Age cut off is as of July 31, 2018

- Jr. Micro – Age 7, Max Weight 100 lbs
- Jr. Micro – Age 8, Max Weight 90 lbs
- Micro – Ages 8 & 9, Max Weight 110 lbs
- Micro – Age 10, Max Weight 95 lbs
- Jr. PeeWee – Ages 9, 10, & 11, Max Weight 130 lbs
- Jr. PeeWee Age 12, Max Weight 115 lbs
- PeeWee – Ages 10, 11, & 12, Max Weight 150 lbs
- PeeWee – Age 13, Max Weight 135 lbs
- Midget – Ages 11, 12, & 13, Unlimited Weight
- Midget – Age 14, Unlimited Weight

Players will be placed on a division team according to the SCJAAF Weight and Age Chart. Any player weighing 5% or more over the maximum weight at time of official physical will be moved to the next higher division as age allows. Weight certification attire consists of shorts, t-shirt, and socks. Once a player passes weight certification, they are certified for the remainder of the season.

Paper Certification

Each player must provide the Athletic Director with an ORIGINAL birth certificate. The Athletic Director will need to keep the birth certificate until the team is paper certified (usually by August 27th).

Games

Games will be played Saturdays beginning September 8th at varying times throughout the day. All home games will be played at Paloma Valley High School unless noted otherwise. Away games may be as far as Palm Desert, Hesperia, and Chino Hills. Please keep in mind that if your player's team makes the playoffs, games may continue through the first week of December. Per SCJAAF Conference rules, every child is to play 10 plays each game. There will be a designated volunteer that will count each child's plays every game. The only thing that does not count as a play is a dead ball. Your player might be docked plays by their coach as a disciplinary measure for being late, missing practice, etc. The rule changes to five plays per game during playoff season. Exceptions to this rule may include: injury, discipline, and/or player's refusal to participate.

Injuries

Football is a contact sport and injuries are always a possibility. The Team Athletic Director is to oversee all injuries. The Team Athletic Director has the final word concerning all injuries. Precautionary measures will be enforced by the Chapter Athletic Director to ensure your player's safety. Any player who leaves the practice or game field due to an injury must return with a doctor's note prior to resuming participation in practice or games. Player's will not be allowed to participate in practices or games with a cast of any kind on any extremity.