

**LOWER LOUDOUN BOYS FOOTBALL
P.O. BOX 163
STERLING, VIRGINIA 20167**

Dear Parents:

Welcome to the 2009 Pom Pom Squad Cheerleading program. We look forward to a fun and rewarding season. Any child ages 5 & 6 years old will be eligible to participate in the Pom Pom Squad. The following information will be of importance to you and your child. We have included some information to hopefully make this an enjoyable and fun season for your entire family!

REGISTRATION – June 13th, June 20th, July 18th and July 25th from 9am to Noon. Availability will be limited.

ONLINE REGISTRATION – Online registration will be available through our website at llbf.org beginning April 1, 2009 through July 25, 2009 or when the league has reached its maximum capacity. You may use a credit or debit card for online registration only!

REGISTRATION FEE/UNIFORMS - The registration fee is \$50.00 and each child will receive a basic uniform consisting of a T-shirt and shorts or skirt as part of the registration fee. The parents will be required to cover the cost of a turtleneck, plain white socks, sweatpants and tennis shoes. Please do not purchase a special pair of shoes for your child as they may wear any tennis shoe that is mainly white in color.

SERVICE CHARGE – A \$30.00 service charge will be imposed on all returned checks.

SEASON STARTS - Our Pom Pom Squad will be cheering for our flag football program and the season will begin after opening day of the regular football season (September 5, 2009) with practice to start approximately September 7, 2009. Your coach should notify you during the week of September 1, 2009 with the practice schedule and location.

GAME SCHEDULE – The game schedule will be announced at a later date. All games will be played at Bill Allen Field, 333 S. Sterling Boulevard, Sterling, Virginia on Friday evenings. Detailed information concerning game times will be provided at a later date.

PICTURES – Individual and Squad pictures will be taken this season with dates to be determined by the Board. You will receive information on the exact date and time for your team to arrive at Bill Allen Field at a later date.

SNACK BAR – Please feel free to visit our snack bar during the games. This is a fundraiser for our league and fundraisers are an important part of our league. The cost of purchasing equipment, insurance and maintaining our facility is enormous.

L.L.B.F.L. RULES AND REGULATIONS – The following rules have been established for Lower Loudoun Boys Football League and Bill Allen Field:

No use of foul or abusive language,
No use of drugs or alcoholic beverages,
No smoking by minors,
No fighting,
No skates, skateboards, roller blades, bikes, bags or backpacks will be allowed,
No pets.

All players/cheerleaders and spectators are expected to abide by all rules and regulations concerning L.L.B.F.L. and Bill Allen Field as set forth by the Executive Board of Lower Loudoun Boys Football League. Any player, cheerleader, parent, or spectator who violates any rule, either during their game or as a spectator will face suspension for one (1) game or possible removal from the league without exception.

PARKING – Parking will be limited to the upper parking lot only. At the request of Sterling Golf, Tennis & Swim Club, anyone who is not a member may not use their parking area. Anyone in violation may be towed at the owner's expense.

We are looking forward to an exciting and successful season. Your support is appreciated.

Respectfully yours,

Gary S. Kidwell, Sr.
President

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2009 Pom Pom Cheerleading Registration

Please complete all the information on front and back legibly and sign where applicable.

CHEERLEADER INFORMATION: (Please list only ONE child per form).

Name: _____ Returning Cheerleader ___ Yes ___ No

Address: _____

City & Zip: _____ School: _____

Home Phone: _____

Birthdate: _____ AGE as of August 31st _____ Dress Size: _____ **(Must Have)**

of years in League: _____ Last yr's team: _____

PARENT INFORMATION:

Father: _____ Mother: _____

Home Phone: _____ Home Phone: _____

Work Phone: _____ Work Phone: _____

E-Mail: _____ E-Mail: _____

Please list any pertinent medical info or problems:

Allergies:

Emergency Contact (other than parents):

_____ Phone: _____

*****Make Checks Payable to LLBF*****

Pom Pom Squad: \$50.00 per child

Parents/Guardians Authorization to Participate: I/We the parents of the above named applicant to the Lower Loudoun Boys Football League hereby give my/our approval to said applicant's participation in any and all activities during the current season. The undersigned acknowledges, appreciates, and agrees that: The risk of injury to my child from the activities involved in this program is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and for myself, spouse and child, I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my child's participation; and I myself, my spouse, my child and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby release the other participants, sponsoring agencies, sponsors, advisors, and if applicable, owners and lessors of premises used to conduct the event (releases), with respect to any and all injury, disability, death, or loss or damage to person or property incident to my child's involvement or participation in this program, whether arising from the negligence of the releases or otherwise, to the fullest extent permitted by law. I, for myself, my spouse, my child and on behalf of my/our heirs, assigns, personal representatives and next of kin, hereby indemnify and hold harmless all the above from any and all liabilities to my involvement or participation in the program, even if arising from their negligence, to the fullest extent permitted by law.

Rules & Regulations: I/We willingly agree to comply with the program's stated and customary terms and conditions for participation. I/We as the parent of said candidate understand it is the responsibility of the parent, candidate and team to comply with any and all Rules & Regulations of Lower Loudoun Boys Football. Any noncompliance with Rules & Regulations shall be cause for disciplinary action to be taken against said candidate, parent or team by Lower Loudoun Boys Football, Inc.

Insurance Disclosure: The medical expense benefits of this plan are an "EXCESS" type benefit that picks up where other coverage's leave off. If the parent has any other Primary Coverage, whether individual, blanket or group coverage which provides benefits or services for, or by reason of, medical or dental care or treatment, then this plan, subject to the limits of the plan, will pay only the medical expenses not provided or reimbursable under your coverage. If the parent has no Primary Insurance coverage then this plan, subject to the limitations and deductibles (if any) of the plan will provide insurance coverage. If the parent has coverage with any Pre-Paid Medical Plans, such as (but not limited to) Cigna, FHP, Aetna, Kaiser, Blue Cross, the injured person must be taken to the prepaid medical facilities for treatment. All claims must be filed within 90 days of the injury/accident.

Emergency Medical Release: I/We the parents of applicant give our permission for Any Emergency Treatment Necessary either on the practice field or on the game field. I/We authorize any hospital and/or physician to perform emergency treatment for any injuries resulting from any scheduled Lower Loudoun Boys Football, Inc function including the supervised travel to and from said functions.

Parent's Acknowledgement: I/We certify, that to the best of my/our knowledge, all of the above information is accurate and correct and that any false information may be cause for disqualification of the applicant. I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without inducement.

Date: ___/___/___

Signature of Parent/Legal Guardian Printed Name of Parent/Legal Guardian