

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

Dear Parents:

Welcome to the 2009 season of Lower Loudoun Boys Football/Cheerleading season. In order for our program to be successful we require the support of all our parents and children. Our program has grown and with the rising cost of energy and transportation affecting our league, going forward must be a joint effort by everyone involved. That includes Board members, coaches, parents and children. We are making positive changes to our fundraising to allow our revenues to increase to the level that will sustain our program and insure that we will continue to play an active part in our community. Please keep in mind that we do not receive financial support from the County. Our league consists of many volunteers that invest numerous hours of their personal time to make sure that your children enjoy the season. 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!

AGE REQUIREMENTS – Any child ages 7 -13 years old may participate in our contact cheer program. A league – 12 & 13 yrs, B league – 10 & 11 yrs. And C league 7, 8 & 9 yrs.

EARLY REGISTRATION – Early registration will be April 1, 2009 through May 31, 2009 and will be available online or by mail only. The early registration fee is \$100.00 for each cheerleader and must be paid prior to being assigned to a squad.

REGISTRATION FEE – We will be having regular registration on June 13th from 9am to Noon, June 20th from 9am to Noon, July 18th from 9am to Noon and July 25th from 9am to Noon. The registration fee is \$110.00 for each cheerleader and must be paid prior to being assigned to a squad. No multiple sibling discounts. The registration fee will not cover the full cost of the uniform. You will need to pay the Cheerleading Coach promptly for any additional items that need to be ordered to complete your child's uniform. If you fail to pay the Cheerleading Coach, your child may be delayed in receiving the uniform and will not be allowed to cheer. **NOTE: Registration forms require the signature of the parent/guardian only! Returning cheerleaders not registered by July 25, 2009 will not return to the previous years' squad and will be placed on the next available squad. There will be no refunds issued after July 25, 2009. In the event that your child is unable to participate, you must contact the league prior to July 25, 2009 to request a refund.**

LATE REGISTRATION – A \$25.00 late fee will be charged for anyone who registers after July 25, 2009. Late registration will be subject to availability and approval by the board.

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

BIRTH CERTIFICATES – Cheerleaders entering the league for the first time or cheerleaders that have missed a year, must provide a photocopy of their birth certificate by July 25, 2009.

PRACTICE – Practice will start as soon as squads are distributed and after the parent meetings are completed on August 10, 2009 and may be held Monday through Friday until school starts. There will be no practice on Tuesday, September 8, 2009. Practice will be limited to three (3) times per week from September 7, 2009 until the end of the season. Exact days of practice will be announced later. Your child will be required to attend all practices and games at the scheduled times. If you have a lot of scheduled plans or family commitments during the football/cheerleading season, you may want to reconsider getting involved in cheerleading. Cheerleading is a team sport just as football is and it is **VERY IMPORTANT** that every child attends **EVERY** practice. By missing practice, not only is the cheerleader penalized by not being able to perform the half-time routine or sitting out the entire game,

but the whole squad is also penalized because they may not be able to perform a stunt which your child may be a part of. Every child is an integral part of the squad, whether they are a flyer, a base or a spotter. As you can see, Cheerleading is a huge commitment and due to the importance of attending every practice, we ask that all of our cheerleaders commit to the sport and limit any other activities that would interfere with scheduled practices or games. If your child will miss practice or a game due to a scheduled vacation, religious training or illness, it is the responsibility of that cheerleader to get with another cheerleader on the squad to learn the material that they may have missed. Our Cheerleading Coaches have the right to have a cheerleader sit out the first game if she is not totally prepared due to missed practices. Please be aware that once the season starts, any unexcused absences will be treated as outlined above. Any cheerleader that has been suspended from school will not be allowed to participate in any Lower Loudoun Boys Football activity, including, but not limited to practices and games. Please keep in mind that while your child is in uniform, on or off the field, she must conduct herself/himself appropriately.

OPENING DAY – The regular season will begin on Saturday, September 5, 2009 (Labor Day Weekend).

UNIFORMS - The league will provide the basic cheerleading uniform. All league uniforms will consist of a knife pleat skirt and vest. Parents will be responsible for providing shoes, socks, bloomers, a turtleneck and sweatshirt/sweatpants (colors of which may vary depending upon the squad your child is placed on). Pom Poms, jackets, and wind suits are optional. **The maximum cost involved will not exceed \$180.00 not including their athletic shoes.** The shoes must be white, preferably leather with good support in the soles. No Keds or canvas shoes will be allowed. Please make sure your child is in proper uniform as directed by the Cheerleading Coach (all cheerleaders must be dressed the same). If your child is not in proper uniform they may not be allowed to cheer.

PARENTS: Cheerleading uniforms are to be worn at games and league approved events only! Any cheerleader found wearing their uniform at the field at any other time than their scheduled game, will be asked to change or relinquish their uniform immediately. Any cheerleader found in violation of this rule may be subject to suspension.

UNIFORM CARE - Care must be taken when washing/cleaning your child's uniform. **Do not use a hot iron applied directly to the uniform. You must use a damp pressing cloth!** If necessary, you may have your child's uniform professionally laundered – NOT DRY CLEANED. Do not use bleach when washing the uniform. At the end of the season, your child will need to turn in the uniform at the last game so please come prepared with a change of clothes, as the uniforms will be collected immediately. Anyone that does not turn in their uniform will be billed by the league for the full replacement cost of the uniform which can range between \$80.00 - \$160.00.

NOTE: When picking up your child's uniform, parents will be required to place a deposit which will be returned after your child's uniform is returned. If the uniform is returned damaged or badly stained, the league shall reserve the right to keep the deposit to cover the damage or possible replacement. Any alterations made to the uniforms will constitute an automatic forfeiture of the deposit.

VOLUNTEERS – You will be assigned from time to time to work in our snack bar, work the gate and chains along with other parents on your team or even volunteer to be team mother or team father. We realize this is difficult for some parents' due to other obligations, however we simply cannot pay the expenses of the league without the help of every parent. **This is not a choice - it is a requirement.**

FUNDRAISERS – Each cheerleader will be responsible for a mandatory \$100.00 fundraiser unless the parent chooses to opt-out of participating and pay the additional fee of \$100.00 prior to July 25, 2009. The cost of purchasing equipment, insurance and maintaining our facility is enormous. Not to mention the cost of transportation adding to the cost of every item we utilize for our

program. **If your child does not fully participate in the fundraisers he/she could be withheld from participation until such time that the financial obligation for the fundraiser is met.** We have attached an outline of our budget for the season and hope that it explains our financial requirements. **Remember, the success of our program depends on the help of everyone. The only other alternative is to significantly raise the registration fees.**

L.L.B.F. RULES AND REGULATIONS – The following rules have been established for Lower Loudoun Boys Football 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, rollerblades, bikes, bags or backpacks will be allowed,
No pets.

All players/cheerleaders, spectators and parents are expected to abide by all rules and regulations concerning L.L.B.F and Bill Allen Field as set forth by the Executive Board of Lower Loudoun Boys Football. 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. Lower Loudoun Boys Football will not tolerate abusive language or offensive behavior towards the officials at any time. Any person who violates this rule will be suspended immediately.

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.

Please keep in mind that the cost of operating our program is great. Without football, there would be no cheerleading. Please volunteer to assist with fundraisers and the snack bar when you are asked. You will be expected to pay \$1.00 to enter the gate, even if you are only watching the cheerleaders. Please remember, support your children, be a part of their lives and if they are willing to make the commitment then you need to make the commitment too.

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

Respectfully yours,

Gary Kidwell
President

LOWER LOUDOUN BOYS FOOTBALL

P.O. Box 163, Sterling, Virginia 20167

LLBFL Use Only

2009 Cheerleading Registration

Complete **all** the information on **front and back** legibly and **sign where applicable**.

CHEERLEADER INFORMATION: Please list only ONE child per form – Proof of age is required from new participants.

Name: _____

Returning LLBF Cheerleader: ____ Yes ____ No

Birthdate: _____

2008 Squad: _____ Dress Size: _____

Address: _____

AGE as of August 31st _____ September Grade: _____

Town & Zip: _____

School Name: _____

Home Phone: _____

Other siblings registered in 2009 with LLBFL:

Name

Age

Please list any pertinent medical info or allergies:

Insurance Co.: _____

Policy #: _____

PARENT INFORMATION - LLBF is run by volunteers. Parents may be assigned to volunteer on game day.

Father: _____

Mother: _____

Home Phone: _____

Home Phone: _____

Work Phone: _____

Work Phone: _____

E-Mail: _____

E-Mail: _____

Emergency Contact (other than parents): _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

2009 Registration Fee: \$110.00 for each Cheerleader

Refund requests must be received by July 25, 2009. No refunds will be issued after that date. No exceptions.

Please Make Checks Payable to LLBFL

LLBF USE ONLY

Date Received: _____

Cash/Check#: _____

Amount Paid: \$ _____

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 participates, 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 will furnish a Certified Birth Certificate. I/We agree to be financially responsible for Lower Loudoun Boys Football uniforms issued to applicant other than the normal wear during games and practice and I/We will reimburse Lower Loudoun Boys Football for the loss and damage to said uniform. I/We as the parent of said candidate understand it is the responsibility of the parent, candidate and squad 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 squad 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.

Signature of Parent/Legal Guardian

Date: ____/____/____

Printed Name of Parent/Legal Guardian