



## Maple Valley Junior Football and Cheer (MVJFC) 2010 Football Season Information

This document is being provided in order to give football players and their families' information about the requirements and expectations for MVJFC football program.

### **Commitment**

In order for the Raiders to have a quality program and to support all of our members we ask that all football players and their families commit to the program. Practices are 5 days a week August- September, once school starts will be 3-4 days per week. Games are either on Saturdays or Sundays. It is important that football players understand the responsibility and commit to the program in order to participate.

MVFC is a 501C3 not for profit organization. No child is turned away for inability to pay. If you need help with player fees, please contact a board member for information for a scholarship application.

Volunteers make MVJFC a great organization. Each Family is required to volunteer at least 4 hours per season, per child. There are many opportunities to fulfill the volunteer requirements. Volunteer opportunities are: Concessions, Announcer, and Field help on home game day, spaghetti feed & auction.

Please remember all board members and coaches are volunteers, we are here for the kids and for the MVJF&C program. Participating in MVJFC is a privilege and members are required to follow the code of conduct.

### **General information**

- Athletes between the ages 7-14 (by July 31) are eligible.
- Space is limited by team--Football up to 45 with a waiting list established.
- Raiders that play for school programs (Tahoma, Kent School Districts, etc) will not have to repeat conditioning exercises at practice if they practiced prior. Players will practice with teams for plays, drills and team building only. MVJFC recognizes the commitment of young athletes that play with other programs.
- Practice begins August 2, Monday –Friday for the month of August. Practices are generally three days a week September-October. Coaches may call optional practices.
- Games start August 29th and go through the beginning of November (including playoffs/championships). There is no game Labor Day weekend.
- Weigh ins are tentatively scheduled August 24<sup>th</sup> at Tahoma Middle School.
- Pictures-- are tentatively scheduled Football and buddy pics August 24<sup>th</sup> (in conjunction with weigh ins), Cheer scheduled for August 25th.
- **Generally first year and 7 years old players generally play 5<sup>th</sup> quarter/Monday night games.** Often times first year players play at these times so that they have the opportunity to learn the game while being safe. 5<sup>th</sup> Quarter is a great way for the kids to learn as the coaches are in there working with the kids.

**Costs:**

Registration \$175.00+\$25.00 uniform deposit=total \$200.00.

Registration Fees pay for:

- Practice jersey, trophy, socks, and mouth guard.
- Misc. operating expenses including, not but limited to: operating expenses, field fees, referee's, insurance, league fees & championship costs.

Registration fee does not included:

- \$25.00 uniform deposit. Deposits will be refunded provided uniform/equipment is returned undamaged and is promptly returned. Equipment/uniforms return will be approximately one week after season ends.
- \$20.00 of the registration is non-refundable. Remaining registration cost will not be pro-rated after season starts, and non-refundable after weigh ins.
- Non-sufficient funds fee\$30.00 and all bank charges

Visa and Mastercard will be accepted.

**Uniform/equipment**

Uniform hand outs will are tentatively scheduled for the end of July. Deposits will be refunded provided uniform/equipment is returned undamaged and is promptly returned. Equipment/uniforms return will be approximately one week after season ends.

**Communications:**

Many of our communications are via e-mail and the Maple Valley Raiders web site. Please be sure to provide a current e-mail address and check the web site for updates.

**Special Events/Fundraisers:**

Special events and fundraisers are a great opportunity for members to have fun and support the program. There are several fundraisers that are encouraged to support the program. Donation of item for auction basket approximate cost \$10.00 due September 2010.

- Spaghetti Feed/Silent Auction—Fall
- Poker Party
- Maple Valley Days Parade
- Car Washes
- Other

**For updates and more information: please visit our website at  
[maplevalleyraiders.org](http://maplevalleyraiders.org)**