Parent Meeting 8/8/18

1. Intro
2. Attendance – expected to attend all practices. When one person is missing, it affects the whole team. Communication is imperative, don’t rely on your child to let the coach know. Mandatory practices 2 weeks prior means your child position may change if they do not attend and there is no prior communication.
3. Chain of command
	1. Team parent-head coach-cheer coordinator/FB director-commissioner-then Mid FL-Regionals-Nationals
4. Communications – Shutterfly, Remind 101-please be on league texts, social media @avalonpopwarner, emails
5. Scholastics…lots of money given out. Starts at 5th grade with two national scholars. Usually two weeks to fill out addendum (5th grade and higher). Volunteer or other activities. Other sports don’t usually count. 8th grade and above… BIG money! Last years Avalon scholar-athletes were awarded over $5,000 in scholarship money!!
6. Conditioning and skills progression
	1. Work hard, win easy. First few weeks are the toughest, especially if they’re out of shape.
7. Support your athletes
	1. No tolerance for negativity, bullying, demeaning behavior from others. Know and understand the expected behavior from all. We have Pop Warner rules that are reinforced by our Code of Conducts (parent and athlete)
	2. Issues may arise – team parent is your first resource (we will address any issues… resolution may not be to your satisfaction, but we will address)
	3. Goal – for every athlete to come back next year. Can’t do it without TEAM (Together Everyone Achieves More)
	4. All coaches want to win. Keep that in mind.
	5. Learn to know the difference between coaching and being mean.
8. Volunteers
	1. All coaches/jr coaches/team parents are volunteers. We dedicate a minimum of 148 hours between now and mid-October. That doesn’t include planning, brainstorming, watching tape, choreography, etc. Many of us have full times jobs too. We love seeing these athletes grow and excel. Your volunteerism comes in the form of water, grapes, concession stand duties, and other assorted requests throughout the season.
	2. Respect their coaching duties. Don’t interrupt practice. Schedule a meeting or wait until after practice
	3. Want to be involved? Contact a board member. New board voted in every December!
9. Bad Weather
	1. Don’t leave your child if the weather looks iffy.
	2. We practice until practice gets called either by Jeff (FB Director) or me (commissioner). If football is practicing, then cheer is practicing. If football is playing a game, then cheerleaders are cheering. The school and league have access to the lightening detector that does text notifications (have to wait for the all clear to retake the field). Kids must stay in cars.
	3. Head coaches don’t cancel practice. Wait for the notification. We will then let you know that we are activating the weather plan.
	4. We will wait usually up to 45 minutes. Practice time is valuable. If we can get practice in, and if there is a chance we will be able to get back on the field, then we will.
	5. Only time cheer will alter from football is if the standing water makes it unsafe. Cheer does lots of standing, football runs through the water.
10. Injuries
	1. If something happens, we will contact you ASAP. Make sure Team Parent has most recent contact info.
	2. If your child needs to sit out a full practice for any reason, we need a doctors note.
		1. They don’t come to practice and sit without a doctors note.
	3. Most if not all coaches are parents. We’re not mean or unfeeling. If they aren’t feeling well, have a body part that is bothering them, etc., let us know. We have the athlete’s best interest in mind.
11. Heat
	1. It’s VERY hot during our outside practices and during games.
	2. No dairy or greasy foods
	3. Lots of water (cold). Very important for hydration.
	4. Recommended to bring two jugs if they want a sports drink. One water, one sports drink.
12. Independence
	1. Get themselves ready (water, gear, towel, bow, bloomers, etc)
	2. On time, attend every practice
	3. Eat a snack before practice (no dairy or greasy food)
	4. Eat breakfast before morning games
	5. Parents can’t buy them food during games
13. Uniform Fittings
	1. Cheer and football have already put in some work on this front. Stay tuned to your team parents/coaches for specific details.
14. Cafeteria Practices/Use of TCHS
	1. We are here because of the generosity of TCHS. Keep that in mind.
	2. Follow OCPS policies at all times.
	3. No parents in the cafeteria.
	4. No bus loop pick up or parking. TCHS Regiment has first dibs on that area. No crowding the band parents, don’t walk through their practice.
	5. No animals on property
	6. No smoking
15. Sunday/other day of week practices
	1. We will start mid-September for cheer
	2. Football uses other days to make up for rain delays
	3. Mandatory for cheer – the only time to practice the routine on full mats.
		* 1. Important for spacing and formations
			2. If Sundays are at TCHS in the gym, there are no parents allowed.
16. Mandatory Practices
	1. Cheer-starts two weeks prior to any competition/exhibition TM/MM-10/13, MF-11/3
	2. Football-two weeks prior to any playoff game
	3. Comp cheer teams-Thanksgiving week – no family travel. We will practice. Comp is either Fri, Sat or Sun. MM is hopefully that weekend as well.
	4. Nationals – MM exhibiting (hopefully), all other teams, incl. Challenger will be on a weekday (school).
17. Etiquette
	1. No tolerance for heckling, name calling, etc. Ref’s will throw a penalty on head coach for any issues coming from stands. Two penalties—no head coach following week.
	2. You be the higher standard if confronted with negativity
18. Housekeeping
	1. Team donation – covers all other expenses throughout season so we don’t nickel and dime you. (team treats, spirit items, end of year party items, candy exchange, etc)
19. Any questions?