

2025 Registration Checklist

Participant's Name _____

Return all forms to:
Lodi Jr. Flames
1024 Industrial Way Suite B
Lodi, CA 95240

or deliver to a board member at any registration/clinic event



2025 Club Handbook

The following forms are needed to complete your registration:

- 2025 player/cheerleader application (digital/online)
- Registration Fees
- Volunteer Deposit \$150 (per child – max \$300 per family)
- CVYFC Medical Release / Physical Form
- Original Birth Certificate (first year player only)
- CVYFC Concussion Release Form
- CVYFC Participant Application – League Form

What You Need to Know

The Lodi Jr. Flames is a non-profit organization operated by caring and involved parents and volunteers. This program was developed for the growth and benefit of our youth, ages 3-5 (Flag Football & Cheer) 6-14 (Tackle Football & Cheer). We are very excited and look forward to working with your son and/or daughter. The following information should help you better understand our program.

Cost

Tackle Football – (6-14 yrs.) \$480.00

Sparks Football – (3-5 yrs.) \$ 110.00

Tackle Cheer – (6-14) \$330.00 (+ cost of uniform & camp/competitions) (Estimated total = \$1055.00)

Sparks Cheer – (3-5 yrs.) \$75.00 (uniform additional cost)
Estimated total = \$325

(For multiple players in a family we offer a \$20 sibling discount. This discount applies to all participants in the same family enrolled in the tackle Football or Cheer Program.)

The above registration fees pay for secondary insurance, football uniforms, helmets, pads, officials at each home game, practice fields, game day fields, documentation costs, playoff costs, trophies, and other required expenses. All Board members, coaches and volunteers are unpaid, and their hours are donated. No equipment and/or uniform will be given until the balance is paid in full.

Registration & Refund Policy

Total football registration and all fees are due on July 1, 2025. Cheer registration and fees including all costs must be paid as follows: ½ paid on or before fittings and balance must be paid on July 1, 2025. There will be no refunds on registration fees for self-removal. There are no refunds for

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camp, clinics, competitions, no refund on cheer uniforms and/or Jerseys once ordered. Once the season starts, a partial refund can be given if you drop after Round Robin but before the start of the first game. No refund for injuries after the 3rd event. Prior to the 3rd event, if injured, a partial refund can be granted for the Volunteer Deposit

Equipment Policies

All equipment/items issued to any participant, unless specifically deemed otherwise, is the property of Lodi Jr. Flames. All equipment must be returned within 7 days of the end of the season, upon dropping from the program or upon request from an authorized representative of the Board. Failure to return all items when they are due and in good working condition may result in you having to replace said equipment at your expense. You are responsible for any legal expenses incurred by the organization to retrieve said equipment.

Practices

Practices begin early to mid July. They will be from 6:00 p.m. to 8:00 p.m. at Reese Elementary School. At that time, all fees must be verified "paid in full" along with all verification of all required documents (See Registration Checklist in handbook).

Drop off should not be more than 15 minutes before the start of practice. Participants need to be prompt but should never be dropped off or left unattended if a known board member is not present. All parents need to be at practice before 8pm for pick up.

Starting Week 1: Practices will be held every night. (Monday through Friday)

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After Round Robin: Practices will drop to three (3) nights per week for the remainder of the regular season. (*Tuesday, Wednesday, & Thursday*) Practice Length: 2 hours (times may change). Additional dates may be added as needed. Days of practice and locations of practice may also change to accommodate other events as needed.

After the regular season, Football players and Cheerleaders will continue to practice if their team continues to participate in playoff games and Championships.

All **Football players** are required to have ten (10) hours of conditioning prior to practicing in full gear. All football players should wear appropriate length shorts, a T-shirt & football cleats during this period. **Cheerleaders** are required to have ten (10) hours of conditioning prior to being allowed to participate in stunts or tumbling. Cheerleaders are to wear their practice clothing with tennis shoes. If the player/cheerleader is coming from another sport with less than a 2-week break, that will account for their conditioning, however, it is highly recommended they still attend the first 10 hours of practice with LJF to avoid falling behind. When the ten hours of conditioning are completed, Football players will need to wear practice pants, shoulder pads, helmet, practice jersey, mouth guard and cleats. All items are supplied by Lodi Jr. Flames except for the cleats. Cleats must meet certain requirements-please discuss this with a Board member or coach. All players and cheerleaders should bring at least a half-gallon container of water to drink and/or pour on them to cool down. Only water and sports drinks may be consumed by participants at practices and only water during game times. Food and soda may not be consumed during practice or while playing/cheering at games. Gum chewing and seeds are always prohibited.

Friends and siblings **MAY NOT** be left unattended at practice and/or game sites. Insurance coverage does not extend itself to non-participants. **All players must receive a sports**

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clearance prior to attending the first season practice. Cheerleaders must have clearance prior to cheer camp. No participant will be allowed on the practice field or camp without medical clearance documentation. (No Exceptions)

Attendance

Attendance & punctuality are critical to the development of our teams. Coaching staff design new plays and routines daily. The unexcused absence of any participant is unfair to your child's coaches and teammates and will place him/her in a "catch up" position while other participants are moving forward.

Attendance at all practices, games and designated spirit competitions is mandatory unless a participant is sick, injured, there is a family medical emergency, religious reason, or school function. Absences for any other unusual circumstances must be approved in advance by your child's Head Coach **and** a Board member. *Any participant who has been under the care of a Physician for extended illness or injury must present a medical release prior to returning to participation in practice sessions or games.*

Participants must be on time for both practices and games. Arriving late is unfair to both the team and coaching staff. Rollcall will be taken at each practice, and attendance records will be turned in at each week's end to the Football Athletic Director and the Cheer Director. Tardiness and/or unexcused absenteeism may result in disciplinary action including being benched or waived from the squad.

Once the game season begins the following attendance policy is in place for both football and cheer:

1 practice missed = inability to start game, or play the 1st quarter

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2 practices missed = cannot play in 1st half and cheer may not participate in half time.

3 practices missed = your player is ineligible to play in that week's game. They will still be required to show up in uniform on time and sit with their team. If they do not show at the game they are to sit out, it will be carried over to the following week's game. Please speak to your Head Coach if you have a circumstance that you want the Board to review for exception. If an exception is made, it is not necessarily extended to all.

Games

The season will officially begin with a "Certification Round Robin" (This is a mandatory event for both cheer & football). Date, times, and location will be announced in the Team Newsletter provided to each participant via text, email and/or social media on Thursdays. At the Round Robin, each participant is matched against their ID and all required paperwork is verified. All participants must have provided a birth certificate that has either a raised seal or purple ink verifying it as a certified copy.

Regular season games will start in August/September and extend through the month of October. Playoff games and Championships games are held in November. Games are usually held every Saturday during the season. All associations are at the mercy of the field on which they play and the league schedules; therefore, Sunday games are possible. "Home" games are played at a nearby Sports Field. Games may be cancelled or rescheduled due to unforeseen circumstances. In the event of cancellation, no refunds, partial or otherwise, will be given.

Transportation to and from all games and practices is the responsibility of the parent. If you have difficulty transporting

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your child to practices or games on time, please reach out to the Coaches or Team Parent to see if they can assist you in arranging carpooling. The team Newsletter can also be used in communicating your transportation needs.

Team Sizes/Waivers

Although we can only carry a maximum of 40 football players per team and 25 cheerleaders per squad, it is at the Board discretion to limit the number of football players to 35. Due to these restrictions, spots will be filled in the order of registrations and fees paid. While it is common to have more sign-ups than openings, a few participants will decide that this sport is not for them within the first two weeks and will decide not to participate. We will take a wait list and fill it from the top of that list as spots become available. Our goal is to allow as many youths as possible to participate in our program.

Coaching/Staff

The Coaching Staff is carefully screened, and/or background/fingerprint checked. Each football teams' staff consists of a Head Coach and up to seven (7) assistant coaches, and a team parent. Squads with 12 or less Cheerleaders may have 3 coaches. Squads with 13 or more may have 5 coaches with a minimum of 2 coaches per level and a team mom.

Coaching candidates must complete an official Coach Application. Completion of said application does not guarantee a position or interview with the Board. Participation as a Staff member requires clearance of a background check. The remainder of the staff will be chosen from interested parents.

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Head Coach must be at least 18 years old, Assistant coaches at least 18 and Jr. Assistants must be 15-17 years old. Younger assistants may be brought on at the discretion of the Board.

Communication

A "Club Newsletter" is posted on GroupMe on Thursdays. Participants and parents are responsible for reading the information included in the newsletter. Items in this publication may include game dates, times, field maps, event announcements, and all "need to know" information.

You will also need to provide your current email address and join our GroupMe app to ensure you are receiving all communications.

Complaint/Grievance

The procedure for filing a complaint/Grievance regarding all issues involving the Lodi Jr. Flames is as follows: (1) Football player or Cheerleader discusses the issue with the Head Coach before or after practice. (2) Parent(s) and participant discuss issue with the Head Coach before or after practice. (3) Parent(s) and participant discuss issues with Athletic Director or Cheer Director before or after practice. (4) Parent(s) discuss issue with the President of the Lodi Jr. Flames and/or entire Board. No complaint will be honored if out of this sequence.

Parent/Guardian Participation

Parents agree to donate a minimum of eight (8) volunteer hours per child per season to the Lodi Jr. Flames. Parent participation is essential to the operation of our program.

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Volunteer Sign-ups will be made available for various positions (snack bar, chain gang, MPR, gate keeper, etc.) prior to Round Robin. **A deposit of \$150 per child is to be paid at registration to the Lodi Jr. Flames. If you complete your required volunteer hours and are in good standing, your volunteer deposit will be refunded to you at the end of the season. For football, it also requires all your equipment be returned clean. If your equipment is turned in unwashed \$25 will be taken off your refund. There are no exceptions to this policy. Failure to complete your volunteer hours will prohibit you from voting for new Board members. Without parent participation, this organization cannot exist. As you complete your hours you must sign the volunteer log to verify your hours. It is your responsibility to make sure you sign off for your hours and not the responsibility of the Volunteer Coordinator. You are responsible for tracking your volunteer hours and ensure they are completed. You may only sign up for the number of hours you must complete. You may fill open spots the day before a game if there are still spots open. This is to allow everyone an opportunity to volunteer to get their deposit back.**

Game day snacks/drinks are also asked of each participant. We try to limit it to one time during the season, but this does depend on team size. We ask you please be conscious of your date. Keep in mind, others provide for your child(ren) on their week and rely on you to do the same on yours.

Team parents act as administrator/coordinator for the Head Coach as well as organize participants/parents' participation in fundraisers, snack schedule and game schedules.

Dress Code

Cheerleaders:

Proper attire includes your LJF issued practice shorts (leggings are ok if they are black or red) & LJF or Cheer

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affiliated T-shirts, tennis-type shoes with socks and shoelaces (i.e., no sandals, boots, dress shoes, high tops, converse, skate shoes, Crocs or Vans or any other type of shoe deemed inappropriate for the occasion). Tank tops are allowed only if ordered as part of LJF practice clothes. No spaghetti strings allowed. No short shorts of any kind are allowed. **If anyone feels uncomfortable seeing cheerleaders in short shorts, they are not appropriate.**

Only clear nail polish may be worn. No false fingernails of any kind. Hair should be tied back in a high pony or bun and away from the face. If you must constantly tuck your hair behind your ears or swipe it from your face, the hair is not appropriately tied back. Proper attire does not include jeans or other tight-fitting garments, nylon, spandex, midriff tops, (skin may not be exposed when arms are raised). It is highly recommended that all girls wear a sports bra so as to not expose themselves during tumbling. Spandex shorts are only allowed under cheer shorts. No jewelry or make-up. No beads in hair, ankle bracelets, watches, rings, or earrings, etc. These regulations apply to all practices and at any time when cheerleader uniform is worn. No Henna or tattoos (airbrushed or otherwise) can be visible during game days or competitions. No sweatshirts with zippers. Any strings must be tucked in and stayed tucked in or the sweatshirt cannot be worn. A full uniform as indicated by the coach must be worn at all times. If one piece of uniform is removed, the entire uniform must be removed. (ie: if the skirt is removed, then the shell and spunks must be removed. It is not allowed to walk around with spunks as the only bottoms being worn) Cheerleaders will sit out for rules not followed and will count as an absence. Other consequences may also apply. Please ensure your cheerleader follows the rules set forth to avoid any issues.

Football Players:

Proper attire includes practice pants (NOT GAME PANTS) practice jersey, shoulder pads, mouth guard and helmet for

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the full range of motion of the arms and legs. Football cleats with a molded sole are required. Athletic supporters are optional. Proper attire includes NO metal or metal tipped cleats, bandanas, scarves, or jewelry (including watches). All players must wear appropriate length shirts and shorts as determined by the board and staff.

Board Members, Coaches & Badged Staff:

Proper attire includes Pants or Capris and LJF issued staff shirt. No spaghetti strap shirts. Shorts can be worn but must be no more than 4 inches above the knee. LJF staff shirts must be worn at all games. Exceptions can be made with approval from the Cheer Director, Athletic Director or the LJF Board. Athletic shoes must also be worn at all practices and games. We are to set the example to our players/cheerleaders. You will be excused from practice or games for not abiding by this rule.

Game Attire

We make every effort to order all attire for our players and cheerleaders in a timely manner. Unfortunately, there may be supply issues or other circumstances that are out of our control. Late delivery of Cheer Uniforms and Player Jerseys will not constitute a discount or refund of any kind.

Badges

The badge is a privilege and not to be abused. Badged members can only be on the practice or game field on an as needed basis to strictly conduct LJF business and must always wear appropriate attire while representing Lodi Jr. Flames. All staff regardless of volunteer position may not be

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on the practice field or game field to watch their child(ren) play or practice.

Conduct

Football players, cheerleaders and all staff are expected to represent the Lodi Jr. Flames in a manner which does not compromise the honor or integrity of the organization. While in uniform, any participant whose conduct is deemed unacceptable by either a Coach or a Board Member may be subject to disciplinary action. "Conduct" is herein defined as "any behavior or action which undermines team dynamics or the professionalism of the organization".

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2025 Board Members

Aaron Greenmyer – President
Joy Lodi – Treasurer
Rosa de Santiago – Secretary
Velina Ochoa-Vera – Cheer Director
Bill Vanderheiden – Athletic Director/Vice President
Precillia De Santiago – Cheer Coordinator
Sarah Crawford – Cheer Coordinator
Cindy Bentz – Equipment Manager
Maria Torres – Football Registration
Christine Taylor – Volunteer Coordinator
Haley Bautista – Sparks Football & Cheer
Adrianna Carrera – Cheer Coordinator
Danielle Paxton – Communications
Madison Camarillo
Tyler Babineau
Lisa Graci

At A Glance 2025 Season Calendar
(dates are subject to change)

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- **February**
 - Registration – football and cheer
 - 2/26/2025 Parent meeting at LJF Warehouse 6:30-8pm
- **March**
 - 3/10/2025 Registration
- **April**
 - Registration – football and cheer
 - Clinics – football and cheer weekly
- **May**
 - End of Cheer Registration
 - Cheer fittings and ½ of the uniform balance due
 - Registration – football and cheer
 - Clinics – football and cheer weekly
- **June**
 - Registration – football if teams are not full
- **July**
 - Cheer camp
 - Cheer & Football balances due
 - Practice begins (5 days a week) in early to mid month
- **August**
 - Round Robin (mandatory for players and cheer)
- **September**
 - Games will begin & practice goes to 3 nights a week
 - Picture day
 - Games continue each weekend
- **October**
 - Cheer participates in JAMZ/USA competition(s)
 - Games continue each weekend
 - League Cheer Competition
- **November**
 - Play offs
 - Championships
- **December**
 - End of Year Banquet
 - Off Season Cheer Competition
- **January 2026**
 - Off Season Cheer Competition
 - Off Season Cheer Nationals in Las Vegas