

**WOODCREEK
JR. TIMBERWOLVES
YOUTH FOOTBALL**



2024 HANDBOOK

Thank you for your interest in the Woodcreek Jr. Timberwolves Football Program!

The Woodcreek Jr. Timberwolves are committed to promoting sportsmanship, teamwork, responsibility and fun on and off the field. The success of our young people will be defined as the self-satisfaction in knowing they have done the best they are capable of. We strive to create an atmosphere where our players understand that hard work, teamwork, and a positive attitude are the keys to success.

Our Board of Directors will always be available for every person involved in this league, parent or player. The Woodcreek Jr. Timberwolves are committed to providing a program that maintains the highest standards and guarantees a fun, positive experience for everyone involved.

Welcome to the WJT Family!

Ashley Smallridge
President
Woodcreek Jr Timberwolves

Michael Bliss
Vice President - Football
Woodcreek Jr. Timberwolves

Sierra Athletic Conference (SAC)

The SAC is dedicated to the athletic, academic, and mental development of our youth through football and cheerleading. We conduct all organizational activities while embracing a single team concept. The success of the SAC is measured by the fun, achievement, sportsmanship and competition that each of us experience as a result of pulling together to develop the children of our community. The SAC invites your support in leading the character of our youth toward responsibility, self-discipline, respect, integrity and sportsmanship.

Program Goals

The SAC shall consist of football and cheerleading associations in the Northern California area, each of whom have committed to competing the given SAC season for Football and Cheerleading in the SAC league. The SAC will consist of associations that have a close working and historical relationship with their local High School Football or High School Cheerleading programs. In conjunction with the SAC mission the Woodcreek Jr. Timberwolves is proud to be the feeder program for Woodcreek High School. While promoting a fun and inviting environment for youth football and cheerleading we are working closely with the High School Program to ensure our athletes are gaining the knowledge and skills that will promote growth to the next level of play.

The SAC consists of three divisions and 18 Teams:

Sierra Division	Pacific Division	Capital Division
Cosumnes Oaks Jr. Wolfpack	Twelve Bridges Jr. Rhinos	Woodcreek Jr. Timberwolves
Jesuit Jr. Marauders	Granite Bay Jr. Grizzlies	Destiny Christian Jr. Lions
Folsom Jr. Bulldogs	Inderkum Jr. Tigers	Lindhurst Jr. Blazers
Oak Ridge Jr. Trojans	Vista Del Lago Jr. Eagles	Roseville Jr. Tigers
Rocklin Jr. Thunder	Whitney Jr. Wildcats	Christian Brothers Jr. Falcons
St. Mary's Jr. Rams	Del Oro Jr. Golden Eagles	Lincoln Jr. Zebras

SAC League Age Eligibility

All children between the ages of 8 -14 are eligible to join our program. We are a competitive youth football program that consist of the following levels:

- Jr. PeeWee - 3rd and 4th Grade
- PeeWee - 5th and 6th Grade
- Jr. Midgets - 7th Grade
- Midget - 8th Grade

Weight and Age Rules

AGE	Grade	Jr. Pee Wee	Pee Wee	Junior Midget	Midget
8	3 rd Grade	Up to 110			
9	4 th Grade	Up to 110	Up to 130		
10	5 th Grade	**Up to 65	Up to 130	Up to 150	
11	6 th Grade		Up to 130	Up to 150	Up to 175
12	7 th Grade		**Up to 75	Up to 150	Up to 175
13	8 th Grade			**Up to 95	Up to 175
14	8 th Grade				Up to 175

AGE	8	9	10	11	12	13	14	X-MAN
Jr. Pee Wee	110	110	110					No Limit
Pee Wee		130	130	130				No Limit
Jr. Midget			150	150	150			No Limit
Midget				175	175	175	175	No Limit

Cost – Registration

Registration Cost

Jr. Pee Wee - Midget:

- January 19th – February 2nd: \$350.00 paid in full by February 2nd
- February 3rd – August 17th: \$400.00 optional payment plan

WJT Registration includes:

- Spirit Pack prior to May 31st Registration
 - Spirit pack includes a practice jersey (additional jersey's can be purchased)
- Game Day Socks (1) pair
- Game Film fees and Hudl video registration
- Insurance
- Facility rental fees, Woodcreek High School (WHS) practice field fees, and game day costs (field usage, referees, etc.)
- Helmet Decals
- End of the season party, coaches', instructors', and team parent gift, and trophy

Registration fees can be paid online or paid in person. In person dates/time will be posted on the WJT website www.jrtwolves.com.

Registration fees may be paid using cash, check, credit card, or money order. Any payment using credit or debit card will incur a convenience fee of 2.59% + \$0.30.

A one-time \$25 sibling discount is available, as well as decreased registration fees for sponsorship. Please see www.jrtwolves.com for details.

Registration Payment Plan

We offer payment plan options if you register prior to after February 2nd - July 1st 2024. Registration will be broken over 3 months and will automatically be charged to your credit card through *TeamSideline*. Email the registrar@jrtwolves.com with any questions.

Refunds

We will provide a refund of your registration fee, according to the date schedule below:

- Prior to June 1st: full refund
- June 1st – July 31st: full refund minus \$75.00 to account for items already purchased (i.e. Spirit Pack)
- August 1st and after: no refund

Click on this link and complete the cancellation request form: <https://forms.gle/AaPyXYVaMaVGCi5T6>

Equipment Check out and Game Day Uniforms

Equipment Check out for 2024 will be as follows:

Prior to receiving equipment all required forms and payments must be turned in. Along with an equipment check deposit of \$400 and a Volunteer Check deposit of \$500.

Parents are not allowed in the shed during equipment check out. Coaches will be available for proper fittings.

Equipment will be provided right after camp on the following days for each team:

- Midgets, Monday 7/8/2024 @ 7:00pm
- Jr Midgets, Tuesday 7/9/2024 @ 7:00pm
- Pee Wees, Wednesday 7/10/2024 @ 7:00pm
- Jr. Pee Wees, Thursday 7/11/2024 @ 7:00pm

WJT will provide the following equipment:

- Helmet
- Shoulder Pads
- Guardian Cap (required at all practices)
- Uniform bag

Athletes will need to obtain the following equipment:

- Cleats
- Integrated football pants (*Practice Pants are available if needed*)
- Mouthguard
- Practice Socks

Optional Items:

- Visors – Must Be Clear (*no tint*)
- Gloves for Lineman or Skilled players are okay

Lost Equipment Cost:

- Helmet - \$280
- Guardian Cap - \$50
- Shoulder Pads - \$100
- Practice Pants - \$35
- Pads (set of 7) - \$20
- Game Jersey - \$60 (per jersey)
- Game Pants - \$40 (per pants)

WJT will provide the following Game Day Uniforms:

- (2) Game Jerseys: (1) maroon for home and (1) white for away games
- (2) Game Day Pants: (1) maroon for home and (1) white for away games
- Game Day white socks (1) pair – additional pairs are available for \$20
- Uniform bag

Please note that Game Day uniforms will be distributed to athletes at an alternative time to Equipment but prior to Opening Day.

Head Coaches Roster Size – Team Evaluation and Redshirts 2024 Football Season

Roster Size Per Team

Maximum roster is 35 active players, plus 5 inactive “Redshirt” players.

Redshirts will dress each week and be eligible for play time if one of the following two criteria are met:

1. The play clock goes to a running clock, redshirts can play as long as Play Allotted Requirement (PAR) is met.
2. All 35 active Roster players have met Play Allotted Requirement (PAR), and the head coach feels the outcome of the game is decided and no there are no safety issues.

Redshirt Evaluation

- Redshirt evaluations will be completed by coaches during the first two weeks of practice.
- Redshirt will be given to those athletes that may have a safety issue, need an extra year, or instruction and repetition to be able to fully participate in the game safely.
- Redshirt families will be notified by the head coach prior to August 1st.
- Redshirt Athletes will be expected to participate in practice and dress in games
- Redshirt families will be expected to fulfill volunteer obligations
- Athletes that are selected as redshirt will receive a reduction of registration cost.

Practice and Attendance

Practice

ALL PRACTICES ARE MANDATORY.

Practice starts Monday, July 15th with the following schedule:

July 15th – July 18th (Monday – Thursday) and July 22nd – July 25th (Monday – Thursday): 5:30 – 8:00pm

	PRESEASON HOURS			
	1 – 4	5 - 10	11 – 14	15+
PERIOD	Conditioning	Conditioning	Acclimatization	Contact
EQUIPMENT	None	Helmets only	Helmets and shoulder pads	Full equipment
CONTACT	None	Blocking sled, bags, shields, etc. for technique, agility, and conditioning only	Contact only with blocking sleds, bags, and shields.	Live contact drills

Weeks of July 29th, August 5th, and August 12th: Monday – Thursday 6pm – 8pm

Jamboree August 17th Woodcreek will be hosting

Week of August 19th and through the regular season: Tuesday – Thursday 6pm – 8pm

1st Round of Playoffs Practice Schedule: October 14th Monday – Thursday 6pm – 8pm

2nd Round of Playoffs Practice Schedule: October 21st Monday – Thursday 6pm – 8pm

Championship Practice Schedule: October 28th Monday – Thursday 6pm – 8pm

WJT Football practices at the following location:

- Woodcreek High School on the Grass behind the basketball courts – Back Soccer field

Athletes MUST:

- Attend and arrive to practice on time **AND** ready to practice.
- Early outs start 15 minutes prior to practice
- Wear appropriate practice clothes
- Not wear jewelry
- Have water for breaks (label water containers)

You can drop your player off at the front of the school and they can walk back, please allow time for the walk.

There is **no driving or parking** on the Basketball courts. Park only in areas that do not block Woodcreek High School staff from doing their jobs.

All practices are mandatory, if your player is going to miss a practice, please contact the head coach at least **2 hours in advance**.

Practices are Open for Parents

For outdoor practices held at the WHS field, parents may watch, however, **DO NOT** disrupt practice by interfering in any way. Maintain your distance and remain on the opposite side of the field from the

Player's water break area. **DO NOT** stop to talk to your player as this becomes a distraction to your player and the team. **DO NOT** bring pets to practice, the school does not allow pets on campus. If you have questions or concerns, you may talk to your head coach at a different time.

Cell phones are allowed at practice but **MUST** be kept in their bags and not used unless directed to do so by the coach. The coach may exercise the right to collect all cell phones at the beginning of practice. If your player cannot adhere to the rules surrounding cell phones at practice, the coach will take the cell phone and only return it to a parent after practice.

Practice Apparel

- Athletes should wear WJT colors (maroon, black, and white)
- Non-Pad Days: only shorts, shirt, and cleats
- Full Contact Days: full pads: practice jersey, shoulder pads, guardian caps, and practice pants
- If we practice inside adhere to non-pad days and wear tennis shoes

Attendance

ALL EVENTS, GAMES, and Practices are MANDATORY

Football is VERY much a team sport. Missing one practice can put the athlete as well as other teammates behind. It is at the discretion of the coach to include/remove your athlete from formations, lineups, etc. based on attendance and safety.

The coach must be contacted at least 2 hours prior to the start of practice. If the head coach or assistant coach is unavailable, please contact the team parent and VP of football via email: vpfootball@jrtwolves.com.

Tardies are disruptive. Be on time, early, every time! – Early outs start 15 minutes prior to practice.

Football Attendance Policy

There are no excuses for absences and the consequences of absences are for the players and teams safety. If a player misses practice they will not understand new assignments/schemes being implemented and this can lead to injuries. Additionally, remember coaches are all volunteers and have obligations to their families outside of WJT! Please be respectful of their time and drop-off and pick up your player promptly.

Consequences of absences:

<i>1 absence in a week</i>	<i>= Player will sit out the first quarter of the game</i>
<i>2 or more absences in a week</i>	<i>= Player will be suspended for the upcoming game. Player will be expected to dress in game jersey and support the team, if the player misses the suspended game they will be suspended the following game</i>
<i>2 or more suspensions in a season</i>	<i>= Player will be moved onto the redshirt roster and not be eligible to play any regular season or post season games.</i>

COVID-19 Absences*

The health and safety of our athletes and coaches is our top priority. If your athlete is exposed to a person with COVID-19 and is asymptomatic (without symptoms,) your athlete will need to attend practice, a mask should be worn during full contact drills regardless of vaccination status. If distance can be maintained during drills no mask is required.

If your athlete is showing signs of COVID-19, with a pending test, your athlete will need to attend practice and wear a mask for the safety of their fellow teammates no matter vaccination status.

Since isolation guidelines are constantly changing, if your athlete tests positive for COVID-19, please submit a doctor's note or school clearance to your coach stating when your athlete may return to football. Absences due to a positive COVID-19 test will not count against attendance. *However, due to the number of practices missed with COVID isolation, it is at the discretion of the coach whether they need to move, remove lineups, or positions to ensure the safety and success of the team..*

***Please note that these guidelines may change at any time.**

Games

Our home field is WHS. Should a home game need to be played at a location other than WHS, parents will be notified. A list of away sites can soon be found on the SAC or WJT website.

All active roster members must play their allotted number of plays (PAR) this number will be determined by roster size and will be maintained by our PAR volunteers.

All Football players are to arrive in full uniform 60 minutes prior to the start of the game. Games are held on Saturday and begin in August.

Game times are as follows:

Team	Game Time	Arrival Time
Jr. Pee Wee	10:00am	9:00am
Pee Wee	12:00pm	11:00am
Jr. Midget	2:00pm	1:00pm
Midget	4:00pm	3:00pm

Play-offs will be determined by the football teams' performance during the season. Should our teams make it to the play-offs, game times will still be the same.

Appearance

All athletes must understand that they are representing the entire organization while in uniform. Each athlete receives two sets of clean uniforms and must be returned laundered. All athletes are a reflection of WJT, their coach, and their team! Uniforms must be kept clean and neatly mended. Stains must be removed. If a uniform is torn or in need of repair, please notify your Coach and Team Parent so we can get a replacement.

All Teams should maintain similar Uniform Practices this includes:

- Maroon Jersey, Pants, and Belt for Home Games
- White Jersey, Pants, and Belt for Away Games
- Game Socks must be worn at all games
- Keep the uniform clean, pressed, free of tears and stains.
- Game Jerseys can be worn on Fridays to School

Uniform and Appearance DON'Ts:

- Don't wear bright socks or uniform altering items
- We do not have a "Pink Game" and all pink game items in the month of October will be at the discretion of the coach and all players should have the same items.

Volunteer Hours

WJT is operated solely on volunteers. The Board of Directors, Coaches, & Instructors are all volunteers. **We do NOT receive payment for our work & we DO pay registration for our athletes.** During the football season, cheerleaders are performing just as much as the football players are playing! Cheer and Football are equal parts of our program. For each athlete participating in the program, a minimum of 12 hours of parent volunteer time is required with a max of 20 hours for families with multiple athletes in the program. Team Parents are required to complete 6 hours of volunteer time in addition to the Team Parent duties. Volunteer shifts are either before or after your child's game or at fundraising events.

WJT requires a volunteer deposit check of \$500.00 per athlete. This deposit check is held until all volunteer hours have been fulfilled or a volunteer shift is missed. When a volunteer shift is missed, the deposit check is cashed. All volunteer shifts are coordinated by the Team Parent & Volunteer Coordinator. It is the parent's responsibility to work out a trade if one is needed. Most shifts are worked at our home games. Each day of home games takes about 40 volunteers to run, so please plan ahead and be prepared to volunteer once the season begins!

- All volunteer hours must be completed even after an injury.
- Volunteer hours can be rescheduled, but must be done 72 hours prior to the shift. If you need to cancel in less than 72 hours, your volunteer check will be deposited. You have the option to swap shifts with another parent to avoid the deposit of your check & can reach out to your team parent or Volunteer Coordinator for assistance with shift swap volunteercoordinator@jrtwolves.com
- You must show up 15 minutes prior to the start of your shift to allow a hand-off & the off-going parent to make it to the start of the athlete's game.
- An email will be sent to sign-up for volunteer shifts. It will include a due date to sign-up for **ALL** volunteer hours. After that date, if you have not signed up for all your hours, it will be assumed that you are not going to complete your required hours & your deposit check will be cashed.

Fundraisers

Fundraisers are a way that the program makes up the costs that registration fees do not cover. Our Sponsor and Fundraising Coordinator will notify WJT of any planned fundraisers. Some volunteer hours may be completed at these fundraisers. More to come closer to the season.

Transportation

Parents and/or guardians are responsible for securing their own transportation to and from practices, events, and games. Your Team Parent may share a contact list roster to allow for carpools.

Athlete Code of Conduct, Academic Standards, Attitude and Discipline

WJT wants your athlete to grow as an individual, as a teammate, and as a player. To provide an environment where this development can take place, all athletes are expected to maintain a positive attitude toward their teammates, coaches and instructors. In addition, WJT athletes are expected to:

- Maintain an academic standard at 2.0 with no failing grades during the season or risk being benched or dismissed from the team/organization. Grade checks may be performed at random.
- Maintain good citizenship and sportsmanship. Fighting, misconduct, vulgar or derogatory language, cursing, or disrespect can lead to being dismissed from WJT.
- Conduct themselves as an upstanding athlete in the community. Any athlete who has an altercation at school or with law enforcement authorities or is observed displaying conduct below the acceptable standards of a WJT athlete may face dismissal from the WJT program at the discretion of the WJT board.
- Come to all practices and games prepared and ready to give 100%.

When discipline is needed due to the athlete acting outside of what is acceptable, WJT reserves the right to remove the athlete from the team. This will be a last resort. Prior to removing the athlete from the team, the coach will work with the player, the parent, and the VP of Football to find the best solution to the behavioral issue.

If behavior is an issue at a practice or a WJT event and results in your athlete being benched or asked to leave, this will count as an absence no matter how far into the event it happens to be at the time the decision is made. Unacceptable behavior can be described as, but is not limited to:

- Failure to take instruction
- Defiance
- Rudeness
- Profane/foul language
- Disregard for safety
- Inappropriate chanting
- Taunting or unsportsmanlike, comments, or acts

Football Season Crowd and Expectations

All WJT teams will participate in the SAC Scheduled League games. Game entry fees for football players are included in the season registration fee. Spectators will have to pay admission to attend. We have Referees at all games that follow the SAC and NFHS Rules. Please be respectful of our staff, coaches, opponents, and Referees.

The games are FUN and competitive. We encourage parents to attend, wear our colors, sit together, and CHEER for your athlete, other players, the team and good plays. It is not okay to yell at the coaches from the sideline, yell at the referees, use profanity, etc.

This is a youth sports program; we want everyone to have fun, continue to learn, and grow in this great sport.

Unless arranged otherwise, a parent/or guardian must be present at all games.

Parents, Guardians, and guests, please refer to the Parent/Guardian code of conduct.

Social Media Rule

WJT supports the athletes' right to Freedom of Speech, expression, and association, including the use of social networks. However, athletes must remember that they are representing WJT, the Roseville community, your school, family, coaches, and team. This responsibility requires athletes to be socially conscientious and to maintain a positive image.

Please remember the following:

- Everything you post or send becomes **public record**. Any text or photo placed online is completely out of your control the moment it is placed online - even if you limit access to your accounts or only send it to a single person. Once you post a photo or comment on a social networking site, the photo or comment becomes the property of the person or site to which it was sent to.
- Your posts **may affect your future**. Many employers, college admission officers, and recruiters review social networking sites as part of their overall evaluation of an athlete.
- Be appropriate and mindful of how you and your athlete represent WJT. If any WJT gear is displayed **you are representing** the organization, whether or not you intended to.

WJT will not tolerate insubordinate, disrespectful, illegal, bullying and intimidating postings online such as:

- Derogatory language or remarks that may professionally or socially damage or embarrass your teammates, coaches, teachers, parents, or opponents.
- Incriminating photos or statements depicting violence, hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, selling or possessing or using controlled substances, or any other inappropriate behaviors.
- Comments that create the impression that another person is in danger of physical harm or words/pictures that are intended to intimidate or inflict emotional injury on another person.
- Words or pictures that show knowledge of an unreported team violation regardless if the violation was unintentional or intentional.

Any social media posts that violate these policies may result in immediate disciplinary action, up to and potentially including dismissal from the team. Due process policies of the WJT Board will be followed. The final decision will then be at the discretion of the WJT Executive Board.

Parent/Guardian Code of Conduct

Like the athletes, the conduct of WJT parents/guardians are a reflection of the WJT program. The parent/guardians must understand that they are expected to promote themselves and the league in a positive manner. As a parent/guardian of a WJT athlete it is expected that:

- You agree to complete the appropriate paperwork required for registration and understand that failure to do so will result in your athlete being unable to participate in practice or games until complete.
- You agree to always be courteous when dealing with members of the organization, league officials, referees, and opposing teams.
- You agree to respect the decisions of the WJT Board and coaching staff.
- You agree to encourage and guide your athlete to accept responsibility for their own actions and never condone unacceptable behavior.
- You will encourage good sportsmanship by demonstrating positive support for all athletes, coaches, and officials at every game, practice, or other WJT events recognizing that youth and adult participation is a privilege and not a right.
- You agree to read and abide by the WJT bylaws, WJT handbook, and the SAC rulebook.
- You agree and understand that if parent/guardian or athlete fail to abide by the WJT bylaws, WJT handbook, or SAC rulebook, you, the parent/guardian or athlete will be subject to disciplinary action that could include, but is not limited to the following:
 - Immediate removal from practice or game
 - Suspension from practice(s) or game(s)
 - Suspension for the season
 - Removal from the WJT program without an invitation to return
- You understand that written documentation of any incident(s) will be kept on file with the WJT Board.
- You understand that as a parent/guardian failure to comply with the above **Code of Conduct** may result in not being allowed to participate in all WJT events and functions including attendance at home and away games.

Escalation Pathway and 24 - Hour Waiting Period

The WJT Board and SAC League expect the coaching staff and junior coaching staff to promote themselves and the league in a positive manner. In addition to safety training, the WJT coaching staff completes training on how to appropriately coach the various age groups and skill levels they are working with.

Should an issue arise with the coaching staff, the expectation is that parent/guardian will wait **24 hours** before communication between the parent/guardian and coaching staff.

Should an issue with an athlete arise, the coaching staff will work with the athlete and parent/guardian to seek resolution.

If the issue cannot be resolved between the parent/guardian and coaching staff, the escalation pathway for parent(s)/guardian(s) is located in the By-Laws handbook.

Escalation Pathway:

- Head Coach
- VP of Football
- WJT President

If necessary, the WJT President will escalate the issue to the WJT Executive Board.

Upcoming Dates and Contacts

2024 Head Coaches:

- **Jr Pee Wee:** Joseph Rodriguez, joseph.rodriquez05@yahoo.com
- **Pee Wee:** Michael Bliss, vpfootball@jrtwolves.com
- **Jr Midgets:** Dave Gonzales, theycallmedave20@gmail.com
- **Midgets:** Mike Morales, moralesmimo@hotmail.com

Ashley Smallridge, President: president@jrtwolves.com

Mike Bliss, Vice President of Football: vpfootball@jrtwolves.com

Event	Date	Location/Time
Parent Meeting	June 17th and June 21st	Silverado Middle School 6:00pm to 8:00 pm
Football Camp	July 8 th - July 11 th	WHS Main Field
Practice Begins	Week of July 15 th	WHS 5:30-8 pm, first 2 wks of practice
Pass Out Equipment after practice	July 8 th - July 11 th	WHS - WJT's football shed
WJT Opening Day	August 10 th	Roseville Aquatic Center 6:00pm to 9:00pm
Jamboree	August 17th	WHS
First Game	August 24th	WHS
Picture Day	TBD	WHS
Grade Checks	Pending	Return to Coaches
8th Grade Recognition Game	TBD	WHS
End of Season Banquets and equipment/game uniforms returned	November/December	TBD - Equipment will be returned at the football shed

WJT Football Handbook, Parent and Athlete Attestation

By voluntarily signing, you are acknowledging that you have read, understand, agree and will abide by the WJT Bylaws, WJT Football Handbook and SAC Rulebook.

Initialing below attests that I have reviewed and agree to the:

- _____ Attendance requirements
- _____ Volunteer hour requirements
- _____ Athlete Code of Conduct
- _____ Athlete academic standards
- _____ Parent/Guardian Code of Conduct
- _____ Social Media Rules
- _____ 24 Hour waiting period
- _____ Escalation Pathway

Athlete's Name Athlete's Signature Date

Parent/Guardian Name Parent/Guardian Signature Date