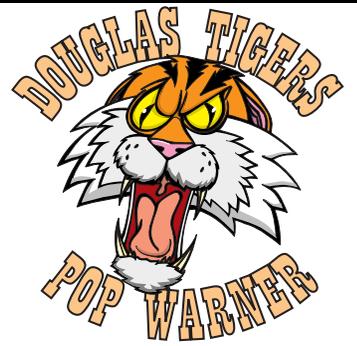


# Tiger Beat

DOUGLAS POP WARNER PARENT'S NEWSLETTER

Week of August 9, 2016



## Practice

This first week is Conditioning Week. Contact or stunting is forbidden until a player/cheerleader has ten hours of conditioning practice. Any athlete that misses a practice this week will be required to complete the required ten hours before he/she can contact or stunt - no exceptions.

Practices before Labor Day shall be no more than 10 hours per week. Practice sessions are 2 hours per day, 5 days per week. After Labor Day there shall be no more than 6 hours total practice per week. Ten minute breaks after, or during, each hour of practice are mandatory and do not count against the total practice time. Hot weather practice regulations mandate 15 minute increments.

Practice times are from 5:30 to 7:30.

During this warm weather **make sure that your athlete drinks plenty of water BEFORE reporting to practice. Make sure it is water and NOT a soda or other sugar-based or energy drink.**

Be punctual when you drop off and pick up your child. Our coaches volunteer a lot of time and we do not expect them to sit around after practice waiting for parents. Our coaches are instructed to call the Sheriff's Office if a child is not picked up after practice. This is not just for our protection, but for your child's well-being as well as this minimizes the opportunity for social transgressions - actual or contrived.

## Cuts

Involuntary cuts (excessive lap running for an individual, etc.) are prohibited in Pop Warner, however cuts are mandatory for the following: 1) Participants found to have signed up as a result of parental pressure or who tells team mgt. he/she does not really want to play/cheer, 2) Refuses or cannot furnish: Parental Consent, Physical, birth certificate, report card, 3) One who attempts to intimidate fellow participants in practice by word and/or physical deed. 4) An extreme discipline problem. If a participant no longer shows up at practices or games of his/her own free-will it is considered a voluntary cut.

## Tiger Beat

The Tiger Beat is the "official" publication of Douglas Pop Warner. Published once a week during the season, it will keep you, the parent, informed about Pop Warner happenings. It is given to the players/cheerleaders every Tuesday. Be sure to look for it - ask your child for it if they don't give it to you on Tuesday. **If it's in the Beat we assume that you know about it. Be sure to read your Tiger Beat each week!** You can find the latest Tiger Beat online at [douglaspopwarner.com](http://douglaspopwarner.com).

## Parent Meeting

Every team will have a Board Parent Meeting next week. Attendance is VERY important as discussion include your parent training on Heads Up Football. It is a good opportunity for you to learn a about Douglas Pop Warner and what you can expect at your level of play. Topics include travel, safety, the Heads Up Football program being implemented this year, and more. Your Business Manager will let you know when your meeting is.

## Tigerthon

Tigerthon is coming next week! See other side for details.

## Heads Up Football

Heads Up Football is a National program conducted by USA Football in conjunction with the National Football League. It is a comprehensive effort to make the game of football safer for its participants. Coaches receive special training that focuses on minimizing impacts involving the head/helmet. Additionally, there is training for parents,

athletes as well as coaches to establish the proper protocols to follow in the event there is an injury involving the head of an athlete. There are mandatory minimum sit out times and medical releases that must be received before an athlete is allowed on the field. Coaches and parents can no longer encourage an athlete to re-enter the game if there is any question that he/she may have been concussed. Parent cooperation is essential for the protection of their child. No game, no play, is worth risking the future well-being of your child. Pop Warner implemented policies and procedures several years back to protect the athletes. This is another big step along the way of making the game safer and fun.

## facebook

Connect with Douglas Pop Warner and Sagebrush Empire on facebook. Keep your comments positive in the spirit of good sportsmanship.

## SNACKBAR

For the first time in many, many years we are without a snackbar manager. We've had a long run of wonderful managers, but are now caught with the position open. We have key people that will help with shopping and opening, but we need someone to be in charge. We are working on it and hope to have the situation resolved soon. In the mean time we apologize for you missing your cold drinks, hot coffee and dogs, and the opportunity to buy gear bags and spirit merchandise. We'll get it on track - keep checking back. If you or someone you know can help with this situation please contact a Board member.

## Helpful Hints

You are welcome and even encouraged to attend your child's practice sessions. You may not, however, enter on the field and we ask that you don't coach your child contrary to what is being taught on the field. If you have questions of, or suggestions for, your coaching staff, contact them after practice or on a break. Breaks are used by coaches to coordinate the balance of the practice so don't take the coach away for the whole break, you can impact the entire team/squad.

Ask a lot of questions - many parents around you have been involved for a long time - ask questions about the program, what is happening, what to expect. The sooner you get up to speed the more fun you'll have.

Of course, there is **NO** drinking of alcoholic beverages, or smoking while you are watching practice sessions or games. Any violation of this policy will result in your being removed from the premises. Please be considerate if you are vaping and understand where you are and the values we are trying to impart in the children. Thank you.

If you have questions about what is going on, not going on, is going to happen, etc., call your coach or one of the following: Parent Advocate: Lisa Wetzel- 781-5472; Director of Football Operations: Mike Dillon-690-3388, Cheer Coordinator: Tasha Hamilton- 354-5613, or Jim Valentine- 781-3704, [dpwtigers@hotmail.com](mailto:dpwtigers@hotmail.com).

[douglaspopwarner.com](http://douglaspopwarner.com)

**Thanks for your participation and cooperation!**

## **SNACKBAR**

**We are in need of a Snackbar Coordinator. Please contact Patti Romanelli, 720-0990, or Wendy Stegemann, 781-2591 to discuss the details.**

# TIGERTHON

Our primary fund-raiser is the Tigerthon. For every \$100 your participant earns he/she will receive this year's exceptional prize. Don't let your child miss out on this opportunity to own one, or more, of these fine, fine worthy Pop Warner symbols of accomplishment! Many of our athletes outfit their entire family with the wonderful Tiger spirit gear rewards! Football players that earn \$500, or more, earn FIVE prizes PLUS *they can keep their game jersey at the end of the year!!!* Cheer also has a special prize for such exceptional performances.

It's easy...here's how it works: Every player/cheerleader will receive a Tigerthon envelope. Write his/her name and team on the envelope. Your child gets donations. Those that get enough donations will enjoy the coveted prizes!

**Tigerthon envelopes will be distributed Tuesday, August 16th.** Tigerthon envelopes and money will be collected on **Tuesdays** and **Wednesdays** at the Stodick snackbar area between 5:15 and 7:00 starting on **Tuesday, August 23rd**. Don't give it to your coach, or anybody else - take it to the snackbar area and give it only to the Tigerthon volunteers. **Be sure to get a receipt for your money when you turn it in.** All envelopes must be returned.

The Tigerthon is a way for DPW and the participants to both win, and we seriously need the funds in order to keep our registration costs down. With a successful Tigerthon we avoid candy sales, or other such onerous fund-raising activities. Get your donors lined out today!

The Tigerthon helps athletes develop many skills that will help them throughout their life. As they explain the program and its benefits to potential donors they learn how to present and market. The donors appreciate contributing to the success of the youth of our community, and gladly donate.

The Tigerthon has been part of Douglas Pop Warner for over 20 years. It is what enables us to keep our sign up fees low by allowing families to bridge the gap between the actual cost of putting the athlete on the field, \$330+, and the sign up cost, \$160-180, without writing a check. It is a win/win program where the athlete gets great Tiger swag while supporting our single most important fundraiser.

The minimum standard is 100% participation per team at a \$100 average. Without 100%/\$100 the team is not allowed to participate in post season play. It is important that everybody participate to a good level, not just the super-achievers. Don't rely on your teammates to carry you, do your Tigerthon. Understand, the minimum is just that, a minimum. The net to DPW from a \$100 contributor does not cover off the shortfall of the sign-up fee. Let's keep this excellent tradition going.

## **LET'S HAVE A GREAT TIGERTHON, TIGERS!**

The Legend Continues

Great to earn spirit Prizes    Great for Contribution

Great for Self-Esteem

The DPW financial backbone

It likes you ... you LOVE it!

Earn your Jersey - football!

Earn ultra special prize - Cheer    It's easy

Help your Team    Help DPW

Help yourself    Highly Accountable

Avoid Candy sales    Proven winner

Key to Quality Equipment

Key to Quality Coach Training

Self-satisfaction of Achievement

Tradition - Participation - Pride