

ROCHESTER RAIDERS

Attendance & Participation Policy

Both football and cheerleading are physically intensive, team-oriented sports that depend on a high level of physical conditioning and group coordination for success. As such, attendance at every practice and game is expected by the Board and the respective coaching staff.

ATTENDANCE POLICY

Once the Rochester Football & Cheer season begins, every participant is expected to attend every practice and game. There are instances where absences from practice may be excused; all of these instances should be discussed with the appropriate VP of Football or VP of Cheer beforehand (whenever possible).

Examples:

- Death in the family
- Child Sickness (with doctor's note on the 3rd day)
- Academic Commitments
- Religious Commitments

If any child incurs three (3) unexcused absences during the year, they are subject to dismissal from the team. Additionally, if any cheerleader incurs more than three (3) absences, they are subject to removal from competition rounds.

Our organization prides itself on instilling the value of time into our athletes. We refer to this as "Raider Time". All athletes will strive to adhere to "Raider Time", which is 15 minutes prior to the scheduled time. This allows athletes to prepare for practice, tie shoes, and be ready to start promptly at the scheduled time.

PARTICIPATION POLICY

Any child who misses two or more practices during the week will not participate in that week's game but is expected to attend. Additionally, any cheerleader with an unexcused absence will not participate in the first half of that week's game but is expected to attend.

This form should be read as part of the online registration process and will be agreed to upon completion of registration

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IRON MAN & SPIRIT AWARD ELIGIBILITY

Any athlete who achieves perfect attendance will be rewarded with an Iron Man (Football) or Spirit Award (Cheer) at the year-end banquet. There are several circumstances where participants cannot attend every practice or game because of a more important family, religious, or academic commitment or requirement. Although these instances count as excused absences for Attendance Policy purposes, they are not exceptions to the Iron Man and Spirit Award eligibility. The Iron Man and Spirit Awards are not meant to punish those who cannot attend every practice and every game but instead to recognize those participants who are able to attend 100% of every required practice and every game.

Iron Man Award

Recipients must attend every practice in its entirety and the entirety of every game, including playoff games and Super Bowl, to be eligible for the Iron Man Award. Please note that walk through practices for Freshman, JV, and Varsity count as a regularly scheduled practice and will take place either on Friday night or Saturday before the games as determined by the Head Coach. The only exception for a missed practice is an unscheduled voluntary practice.

Spirit Award

Cheer participants are required to attend every scheduled practice in its entirety, the entirety of every game where they are scheduled to cheer, the entirety of dress rehearsal and the entirety of Super Cheer to be eligible for the Spirit Award. Cheer participants are also required to attend every playoff game in its entirety with the exception of Super Cheer weekend. The only exception for a missed practice is an unscheduled voluntary practice.

Lifetime Achievement Award

Football Lifetime Achievement

Any football player who gave **six (6) consecutive** years of hard work and dedication to the Rochester Raiders organization will be given a Lifetime Achievement Award at the year-end banquet. In order to receive the Lifetime Achievement Award, a player must have completed the required years in the program and exhausted, due to age or grade, his eligibility as set forth by the current year League Rules.

Cheer Lifetime Achievement

Any cheerleader who gave **six (6) consecutive** years of hard work and dedication to the Rochester Raiders organization will be given a Lifetime Achievement Award at the year-end banquet. In order to receive the Lifetime Achievement Award, a participant must have completed the required years in the program and exhausted, due to age or grade, his or her eligibility as set forth by the current year League rules. (Example: Must Cheer through the 8th grade if eligible).

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