



# Palmyra Midget Football and Cheerleading



## Athlete Registration Form

**ATHLETE INFORMATION:**

Circle: Football Cheer Team / Squad: \_\_\_\_\_

Name: \_\_\_\_\_  
First Last Nickname Child Prefers

Date of Birth: \_\_\_\_\_ Age on August 31st: \_\_\_\_\_ Boy: \_\_\_\_\_ Girl: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City Zip

**PARENT(S)/GUARDIAN INFORMATION:**

Athlete lives with: Mother Father Both Other Explain: \_\_\_\_\_

Father's Information

Name: _____	Email Address: _____
Phone #1: _____	Phone #2: _____ Is it OK to Send Texts? _____
Address: _____	City Zip
Street	

Mother's Information

Name: _____	Email Address: _____
Phone #1: _____	Phone #2: _____ Is it OK to Send Texts? _____
Address: _____	City Zip
Street	

I, the parent/legal guardian of \_\_\_\_\_, a participant in the Palmyra Midget Football Association, do hereby grant permission for his/her participation in any and all football/cheerleading activities. I also give permission for Palmyra Midget Football & Cheerleading to use photos/video of my child or myself for promotional purposes and/or posting on social media sites.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_



# Palmyra Midget Football and Cheerleading



## Athlete Code of Conduct

- 1.** Good grades are a must. Football practice is not an excuse to miss homework assignments or other school responsibilities. Do your best to manage time to complete all required schoolwork.
- 2.** Vulgarity, temper tantrums, and fighting is absolutely prohibited. Good citizenship is a must. Any player who has an altercation with school or law enforcement officials, as a result of their misconduct, or are observed displaying conduct (anywhere, anytime) below acceptable standards of a player or cheerleader can face suspension from the team.
- 3.** If you are going to miss a practice or game, you must notify your coach prior to the beginning of practice/game. During school season, players are expected to attend all practices prior to the weekend's game. Failure to do so may limit playing time.
- 4.** Practices are scheduled before the beginning of the season. There is no excuse for being late, if for some reason you will be late, please notify your coach in advance.
- 5.** I am making a commitment to the PMFA, the coaches and my teammates by registering to play football for the PMFA. It is my responsibility to attend every practice and game and perform to the best of my ability.
- 6.** I understand that any player may be benched or not allowed to participate in a game at the discretion of the coach. Missing practices, not knowing your plays, insubordination to a coach, being out of condition, and other disciplinary violations can result in your being benched or suspended.
- 7.** During instructional periods you will speak when spoken to or with permission. When addressing or replying to a coach, you will address him as "Coach". Game officials should always be addressed as "Sir".
- 8.** I will wear all assigned equipment or uniforms and make no alterations to them. Failure to have all your equipment or uniform on for practice or games may result in being benched and not participating.
- 9.** Report any equipment in need of repair to your coach immediately.
- 10.** I understand that I am representing the PMFA, my team, and my hometown when in uniform. I will always look my best and perform my best when wearing the Cougar uniform. This includes having my uniform clean and neat and having my shirt tucked in during game time.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_



# Palmyra Midget Football and Cheerleading



## Parent's Code of Conduct

"Coaches coach, Players play, and Parents parent." This saying has been around for decades and holds more weight now in today's modern society where youth sports have become the main focal point for athletic grooming, social positioning, and over zealotry. It is extremely important for every parent to understand their child is one of many on their team as well as the teams they compete against. Football and cheerleading are team sports!

The PMFA is dedicated to providing a positive and safe environment for every child, coach, spectator, and referee attending all PMFA activities, including practices and competitive games. The following is not intended to punish any kids in any way. The pure intent is to focus adult behavior toward the positives of youth sports and away from the negatives that could ruin their child's, as well as many other children's experience. The PMFA has hundreds of kids every year. To best protect everyone, this is a cumulative effort. Indiscretions and violations will be tallied and recorded across seasons and will not reset year to year.

---

**Minor Indiscretions:** *All indiscretions and penalties are subject to the full discretion of the PMFA.*

- 1<sup>st</sup> Offense** – Meeting with the team/squad head coach, PMFA head coach(es), and the PMFA Executive Board.
- 2<sup>nd</sup> Offense** – The child/children of the parent must "sit out" the first half of the next game.
- 3<sup>rd</sup> Offense** – The child/children of the parent must "sit out" the entire next game.

Examples are but are not limited to:

- Requesting specific positions or unfair treatment.
- Openly criticizing coaches or referees during or after games.
- Not allowing coaches 30 min "cool down" after games
- Unsportsmanlike conduct or uncontrollable emotions.
- Openly criticizing other athletes, parents, coaches and/or teams at any time.
- Use of social media to publicly defame other athletes, parents, coaches and/or teams at any time.

---

**Major Violations:** *All violations and penalties are subject to the full discretion of the PMFA.*

- 1<sup>st</sup> Offense** – Meeting with the team/squad head coach, PMFA head coach(es), and the PMFA Executive Board.
- 2<sup>nd</sup> Offense** – The child/children of the parent must "sit out" the entire next game.
- 3<sup>rd</sup> Offense** – Banned from all remaining PMFA activities for that season. (Use of police may be required.)

Examples are but are not limited to:

- Swearing in the presence of the kids.
- Arguing or raising your voice around the kids.
- Physical threats of any kind towards anyone.
- Spectators walking onto the field or sidelines.
- Alcohol, tobacco, or drug use at PMFA activities.
- Illegal behavior at any PMFA activities.

---

The Palmyra Midget Football Association reserves the right to take appropriate disciplinary actions involving any parent in violation of this code of conduct.

I/we hereby pledge to adhere to the PMFA Parent's Code of Conduct. I/we fully understand if I/we do not uphold them, I/we will be held accountable for my behavior. Any violations will result in immediate action by PMFA.

Athlete's Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_



# Palmyra Midget Football and Cheerleading



## Equipment Contract & Distribution Record

Athlete's Name \_\_\_\_\_ Squad / Team \_\_\_\_\_

	Item	Replacement Cost	Date Received	Parent's Initials	Date Returned	PMFA Coach
<b>CHEER</b>	Uniform Top & Skirt	Midget – \$123 Pony – \$73 Peewee/Smurf – \$55				
	Bodysuit	\$16				
	Pompoms (2)	\$12				
	Cheer Bag	\$10				
<b>FOOTBALL</b>	Helmet	\$125				
	Shoulder Pads	\$45				
	Game Jersey	\$40				
	Practice Jersey	\$10				
	Game Pants	\$25				
	Practice Pants	\$25				
	Rib Pads	\$15				

I, the Parent/Guardian of \_\_\_\_\_, understand that these above items are the property of the PMFA for use during the PMFA season, and will be returned at the appointed time to the PMFA coaches/designated PMFA representative. I understand that I am responsible for maintaining these items and returning them back to PMFA in usable condition for the next season. I am responsible for any replacement costs if items are deemed not usable by PMFA for the next season.

\_\_\_\_\_  
Parent Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Date



# Palmyra Midget Football and Cheerleading



## Medical Release/Waiver Form

I, the parent/guardian, understand that because my child is involved in football or cheerleading, there may be an occasion when an injury occurs that requires medical treatment and we are unable to be contacted. This situation may occur before, during, or after activities while at a PMFA site or other locations. **INITIALS** \_\_\_\_\_

I, the parent/guardian, hereby give permission for any and all medical attention necessary to be administered to my child in the event of an accident, injury, sickness, etc., until such time as I may be contacted. **INITIALS** \_\_\_\_\_

Athlete's Name: (First) \_\_\_\_\_ (Last) \_\_\_\_\_ Age: \_\_\_\_\_

Legal Parent or Guardian Name: \_\_\_\_\_ Athlete's  
DOB: \_\_\_\_\_

Adult's Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

If parent or legal guardian cannot be reached, call: (Relationship) \_\_\_\_\_

Name: \_\_\_\_\_ Telephone#: \_\_\_\_\_

Athlete's Physician's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Preferred Hospital:** \_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

### ATHLETE MEDICAL HISTORY (Please circle the answer to the following questions)

- |  |     |   |    |
|--|-----|---|----|
| 1. Are there any injuries or conditions requiring medical attention?       | Yes | / | No |
| 2. Does the athlete have asthma and require the use of an inhaler?         | Yes | / | No |
| 3. Is the athlete diabetic and require medication for diabetes?            | Yes | / | No |
| 4. Does the athlete currently require medication?                          | Yes | / | No |
| 5. Does/has the athlete have/had any type of seizures?                     | Yes | / | No |
| 6. Does the athlete wear glasses or contact lenses?                        | Yes | / | No |
| 7. Does the athlete wear a brace or other medical support device?          | Yes | / | No |
| 8. Does the athlete have any allergies (i.e. penicillin, bee stings, etc)? | Yes | / | No |

If you answered yes to any of the above questions, please provide question number and an explanation:

---

---

I the parent/guardian, hereby waive any or all rights, claims for damage arising from injury received while my child is practicing, playing, walking to or from, or being transported to or from practices, games, or other PMFA activities. **INITIALS** \_\_\_\_\_

I the parent/guardian hold harmless the PMFA, its officers, board members, coaches, sponsors, volunteers, for any injury incidental to the activities, and any persons transporting my child to and from these activities, for any claim arising out of an injury to my child, whether the result of negligence or any other cause. **INITIALS** \_\_\_\_\_

**Signature of Parent/Guardian** \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

The following is a checklist of the forms provided, and payment information required for registration.

\_\_\_\_\_  
Athlete's Name

**Signed forms required:**

- Registration
- Athlete Code of Conduct
- Parent Code of Conduct
- Equipment Contract
- Medical Waiver-Release
- Football Player Contract (At Equipment Handouts)

**Athlete Proof of Age:** (All athletes are required to produce a birth certificate)

New Athlete

- Original Birth Certificate (Bring to Equipment Handouts)

Returning Athlete

- Copy of Birth Certificate

**Fee:** (*Early Discounts: Cheer = before 1<sup>st</sup> tryout practice /// Football = Aug 10<sup>th</sup> or earlier*)

- Early Registration - # of athletes (1) = \$85\_\_\_\_ (2) add \$65\_\_\_\_ (3+) add \$50 each\_\_\_\_
- Std. Registration - # of athletes (1) = \$100\_\_\_\_ (2) add \$75\_\_\_\_ (3+) add \$50 each\_\_\_\_

\*\*\* Cheerleading will have an added \$85 cheer camp fee for all Midget and Pony cheerleaders.

\$85 x \_\_\_\_ (# of cheerleaders) = \$ \_\_\_\_\_ Total

***Please make checks payable to PMFA***

Total Athletes: \_\_\_\_\_ Paid: \$ \_\_\_\_\_ Check# \_\_\_\_\_

**List any sibling(s):**

\_\_\_\_\_

\_\_\_\_\_

**Completion:** If coming to an in person Registration, please bring this completed packet. If mailing in your athlete's registration, please mail the completed packet to the address below,

**PMFA**  
**PO Box 267**  
**Palmyra, PA 17078**