

VIRGINIA RANDOLPH



PARENT AND PARTICIPANT HANDBOOK

VIRGINIA RANDOLPH ATHLETIC ASSOCIATION
2175 MOUNTAIN ROAD
PO BOX 1784
GLEN ALLEN VA 23060

HOME OF THE RAMS

MISSION STATEMENT

Virginia Randolph Athletic Association has a mission to provide a positive atmosphere of teamwork, guidance and fun for the children of the community. Our program philosophy has been “Academics and Athletics Go Hand In Hand”. Beginning at the age of 5 years and continuing up to 14 years of age, VRAA seeks to develop and inspire youth- regardless of race, creed, national origin, or religion; to practice the ideals of good sportsmanship, leadership, and physical fitness. We provide a comprehensive athletic football program during the fall and basketball program during the winter.

Today’s youth struggle with pressures like never before. They combat negatives in all areas of their lives. Therefore, we endure to help our youth stay focused and provide the proper guidance and do so in order to have a secure future for everyone. Each member of this program shall be of good moral character and interested in the goal of our association. We aspire to:

- *Encourage the parents of our children to have a more active role in the football and basketball programs with their child/children*
- *Provide a positive and fun environment for the children in our community while learning the game of football or basketball as well as cheering etiquette/stunts*
- *Inspire our youth through “pep” sessions/rallies*
- *Keep all members up to date on all rules, regulations, activities, and events that may occur during the season*
- *Appoint, evaluate and instruct the coaching staff in keeping the best interest of our children*



VIRGINIA RANDOLPH ATHLETIC ASSOCIATION
HOME OF THE MIGHTY RAMS

FOR FIELD CANCELLATIONS:
COUNTY OF HENRICO HOTLINE NUMBER: 501-5132 (OPTION 1)

WEBSITE: www.varandolph.org
E-MAIL: varandolph2@verizon.net

MAILING ADDRESS:
VIRGINIA RANDOLPH ATHLETIC ASSOCIATION
PO BOX 1784
GLEN ALLEN VA 23060

CURRENT BOARD MEMBERS
2009-2010

TITLE	NAME	PHONE
CHAIRMAN/FUNDRAISING DIRECTOR	ANDRE BRIMMAGE	804-502-9762
PRESIDENT/ METRO REP	KEVIN ROBERTSON	804-389-2737
VICE PRESIDENT	CARLTON "TRUMP" STEVENS	804-868-0005
SECRETARY	SONYA MATTHEWS	804-291-9360
FINANCIAL SECRETARY	PAULA BRIMMAGE	804-502-9214
TREASURER	DONNA BROWN	804-357-9742
ASST METRO REP		
ATHLETIC DIRECTOR	MAURICE TYLER	804-479-7386
EQUIPMENT DIRECTOR	ERIC ALEXANDER	804-539-4435
CHEERING DIRECTOR	TERESA MELTON	804-248-3665
ASST CHEERING DIRECTOR	MICHAELA WELLS	804-274-0919
CHEERING EQUIPMENT DIRECTOR	TARA SUTTON	804-305-0380
TEAM PARENT DIRECTOR	ROSALYN HENLEY	804-839-0654
PUBLIC RELATIONS DIRECTOR	YVETTE DORSEY	804-617-6266
CHAPLAIN	AYO ROBINSON	804-878-7181
CHAIN CREW/FIELD MAINTENANCE	ZEKE MILLS	
CONCESSION DIRECTOR	NORMA ASHCRAFT	804-755-6583

VIRGINIA RANDOLPH ATHLETIC ASSOCIATION TERMS OF AGREEMENT

Your child is registering with our football/basketball, or cheering program here at Virginia Randolph. We would like to notify you of certain responsibilities and obligations that are required of members of this great organization. Failure to abide by these terms or bringing harm to our association in any way could result in suspension or dismissal from the association and possibly the Metro Youth Football League. “You” and “your” refers to the parent/legal guardian of participating child/children. “We” and “our” refers to Virginia Randolph Athletic Association.

1. **Terms of the Agreement:** You give your child/children the approval to participate in any and all activities provided during the season. You hereby waive, release, absolve, indemnify, and hold harmless to the organization, Board of Directors, coaches, participants, and person’s transporting your child to/from activities, for any claim that might arise from injury to our child, whether it be the result of negligence or any other cause, except to the extent and in the amount covered by our accident and liability insurance.
2. **Guidelines for the Children:** You, the parents, should take the utmost pride in the appearance of your child while participating in our programs at Virginia Randolph. You will keep their uniform clean and be neat at all times. They should show pride in being a Virginia Randolph Ram and their appearance should reflect this. They will be a reliable member to their team/squad. They will attend and be on time for all scheduled practices and games during the season.
 - **Cheerleaders, Basketball and Football Players:**
 - a. Will not use foul language
 - b. Will show respect for other squad/team members
 - c. Will show respect for parents, coaches, other adults, and opponents
 - d. Will control temper at all times
 - e. Will display a good attitude and willingness to learn
 - f. Will report any injuries or illnesses immediately to a coach or board member, if parent is not available
 - g. Will follow rules of good sportsmanship
 - h. Will do their best at all times in school, home, and at Virginia Randolph programs
 - **Parents:**
 - a. When your child is at the Virginia Randolph basketball gym or football field, there will need to be a parent/guardian present at all times to supervise your child/children. **Please Do Not Drop Your Child Off At The Field When They Have Activities, Games, Or Practices.** If you are unable to attend, please make sure that you have a friend or relative to supervise your child.
 - b. You are responsible for the transportation of your child/children to and from their practices and/or games.

TERMS OF AGREEMENT, CONTINUED

- c. You are responsible for the return of any loaned football equipment, per the signed “Football Equipment Agreement”. This could include the practice uniform, game uniform, shoulder pads, helmet, etc. For cheerleaders, per the signed “Cheerleader Equipment Agreement,” this will include the game uniform, which consists of the sleeveless crop and skirt.
 - d. We need our parents/guardians to volunteer during the season. Please feel free to contact one of the board members to offer your assistance. We welcome it!
- **MYFL Rules:**

MYFL rules and regulations have a required mandatory playing time of 2 plays for each football player per game. It is important; however, that your child attends all practices scheduled by coaches in order for your child/children to learn and experience the football, basketball, or cheering programs that Virginia Randolph Athletic Association offers. If you are unable to attend or have to leave early, please contact and discuss this with your child’s coach.
 - **Registration Fees:**

All Registration fees and cheerleading equipment fees are NON-Refundable. We will accept cash and money orders only for payments. The Fundraising fee of \$25 per child/ family is also a part of the registration.
 - **Fundraising:**

Because we are a not for profit organization, we insist that all parents/guardians participate in fundraising activities. One area that we need the most assistance in is our Concession Stand, which is our largest source of income after the season begins. Each year, our Team Parent Director coordinates with each squad’s Team Parent (Football and Cheer) to schedule volunteers to work during the game prior to their child’s game- this is usually no more than 1-1/2 hours. You will receive a free meal (hot dog/hamburger, fries, and drink) or if you wish to have chicken or fish with your meal, we ask that you contribute \$2.00.
 - **Homecoming**

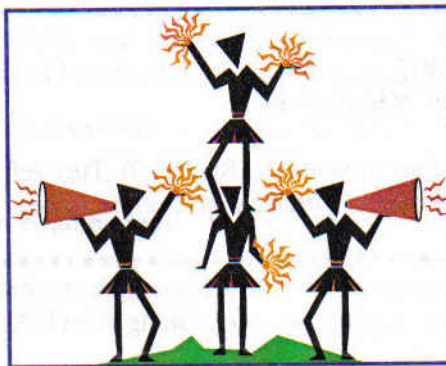
Homecoming is a big deal at Virginia Randolph. We ask for as much participation as possible. Please see the Team Parent Director or any board member if you are interested in helping out.
 - **Uniforms/Equipment:**
 - **Football Players:** Football players will be issued one game uniform, one practice uniform, and shoulder pads to use during the season. These must be returned at the end of the season. Please be aware that football players will be responsible for purchasing their own cleats. Helmets, girdles, and socks are available for “rental” through the association and are also to be returned at the end of the season.
 - **Cheerleaders:** Cheerleaders will be issued an association cheering uniform to use during the season. These must be returned at the end of the season. Parents are responsible for purchasing additional accessories, such as turtlenecks, sweat suits, lollies, pom poms, sneakers, and socks. Gym bags may also be purchased optionally. All accessories purchased are to be kept by the child.

Parents Responsibilities & Guidelines

1. Support Virginia Randolph Athletic Association by contributing your time and effort. All work at VRAA is done on a volunteer basis, and our success of this association depends on everyone doing their share of work.
2. Parents should always attend all practices and games. Your presence has a positive effect on your child's performance.
3. Cheer for our teams during the games. It means a lot to the players and cheerleaders to hear and see that they have supporters on the sidelines.
4. Praise your child for their efforts, and offer encouragement at every opportunity possible.
5. Please do not criticize your child for mistakes that you feel he/she may have made in practices and games. Positive reinforcement and corrective actions are the responsibility of the coaches.
6. Please do not drop your child/children off at the field. A parent and/or adult needs to be present at all times.
7. Parents must **always** display good sportsmanship. The shouting of uncomplimentary remarks at the opposing team or officials will not help our teams and could subject us to fines and team penalization. **Abusive behavior, including profane or derogatory language will not be tolerated.**
8. If you have any problems concerning your child/children, please feel free to discuss it the head coach *following practice* and **NOT DURING PRACTICE!** If you are dissatisfied with any aspect of this program, please feel free to discuss it with the Athletic Director or Metro Representative at any time.
9. There will absolutely be **no "side-line" coaching.** The Board of Directors/Athletic Director appoints the coaches. *Unless you are a designated coach, you will not be allowed on the field or to participate in any manner in the coaching of the team or squad at practices or games.* This is very distracting to the coaches and the team.
10. Parents will be held accountable for negligent damage to, and for the loss of, association property.
11. Parents will also be held responsible for the behavior of their guests. We encourage support from all persons, but vehemently detest negative behavior and use of bad language.
12. All pets **must** be restrained by a leash and with the owner at all times.

HEALTH & SAFETY

1. Please advise your child's coach of any health problems in which your child may have. It is extremely important that the coaching staff is aware of these conditions.
2. Please advise the coaching staff of any injuries or illness that may affect your child's performance during practices or games.
3. Please try to feed and hydrate your child at least 2 hours before practice or games. Avoid milk early in the season when the weather is hot. Do not feed your child during practices or games.
4. Cheerleading coaches may teach your child/children various cheerleading stunts. Your child should not practice these stunts without proper supervision and spotters. This will help prevent injuries. Remind your child to always do warm-up exercises before attempting to do any stunts in order to prevent injuries.
5. Your child/children should come to practice with the proper attire.
6. If your child wears braces, please be aware that a special mouthpiece is needed for sports- see your orthodontist for instruction.



CHILDREN'S PAGE

In order for Virginia Randolph to have a successful year, we need to adhere to rules set by the Metro Youth Football League and the Board of VRAA.

MYFL Rules

Metro Youth Football League rules and regulations have required mandatory playing time of 2 plays for each football player per game. It is very important that you attend all practices scheduled by coaches in order to learn and experience the football, basketball, or cheering programs that Virginia Randolph offers. If you are unable to attend or have to leave practice early, please contact and discuss this with your coach.

Guidelines for the Children: You will take the utmost pride in your appearance while participating in our programs at Virginia Randolph. You will keep your uniform clean and be neat at all times. You should show pride in being a Virginia Randolph Ram and your appearance should reflect this. You will be a reliable member to your team/squad. You will attend and be on time for all scheduled practices and games during the season.

Cheerleaders, Basketball and Football Players:

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- d. Will control temper at all times
- e. Will display a good attitude and willingness to learn
- f. Will report any injuries or illnesses immediately to a coach or board member, if parent is not available
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- h. Will do their best at all times in school, home, and at Virginia Randolph programs



Directions to all MYFL Football Fields

Ashland “Vikings”

Home Field-Poor Farm Park

North on US1 or I-95 to VA54 (Ashland exit). West on VA 54 through Ashland. Go approximately 8 miles; turn left on Liberty Middle School Road. Go past the school and enter Poor Farm Park, the field is straight ahead.

Bethlehem “Bears”

Home Field- J. Sergeant Reynolds’s Recreation Area

Take Parham Road East/West to Sanctuary Road (beside Aspen Station Apartments). Turn right and take the next right onto the college campus. Follow signs to the recreation area behind the college. Field will be located on the left in the recreation area.

Blue Star “Colts”

Home Field-Washington Henry ES

From Western Hanover, Ashland or West Richmond

- (1) Take I-295 south to Route 301 north
- (2) Travel north on 301 until the third stoplight (Route 640)
- (3) Turn right onto Route 640 (Shady Grove Road)
- (4) Washington-Henry Elementary is about a mile down the road on the right

From Eastern Hanover or East Richmond:

- (1) Take I-295 north to the Meadowbridge Road exit (Route 627 west)
 - (2) At the first stoplight turn right onto Shady Grove Road (Route 640)
 - (3) Washington-Henry Elementary is about a mile down the road on the left.
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Blue Star “Cowboys”

Home Field-Hanover Courthouse Park

Take I-295 to Route 301 North. Travel north on 301 for approximately 8 miles. The Park is on the right hand side, surrounded by soccer fields.

Take I-295 north to the Meadowbridge Road exit (Route 627 west). At the first stoplight turn right onto Shady Grove Road (Route 640). Turn right at route 301 heading north approximately 8 miles. The Park is on the right hand side.

Travel on 301 North (Chamberlayne Ave) for approximately 10 miles until you see the Park on the right hand side.

Chamberlayne “Packers”
Home Field- Klehr Field

Take Parham Road or I-295 to US 301 (Chamberlayne). South on US301 to Wilkinson Road. Go east on Wilkinson Road, turn left on Diane, and field is on the left; OR Take Azalea Avenue to Wilkinson Road, make a right on Diane, and field on the left.

Charles City “Jaguars”
Home Field-Harrison Park

I-295S to Route 5 East (Charles City). Go east on Route 5 to Route 607; approximately 6 miles. Turn left on Route 607 (Wayside Road). Go approximately 3 miles to Harrison Park, which is on the right.

Chesterfield “Giants”
Home Field-Carver Middle School

Take I-95 South to the Chester exit (Route 10). Turn left on Harrowgate Road (Route 144). Go approximately 4 miles. Turn right on Cougar Lane.

East End “Tigers”

Home Field- Dorey Park

From the North: Take I64 East to the Laburnum Avenue Exit. Make a right onto Laburnum Avenue. Go approximately 4 miles and then make a left onto Darbytown Road. Go approximately 1 mile and the entrance to Dorey Park will be on your right.

From the South: Take Chippenham Parkway South to 895 (toll road). After going through toll take the first exit, Laburnum Avenue. Go approximately 2 miles and then make a right onto Darbytown Road. Go approximately 1 mile and the entrance to Dorey Park will be on your right.

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Glen Allen “Ravens”
Home Field- RF& P Park

Take Staples Mills Road (Route 33) west towards Montpelier. Turn right on Mountain Road and follow it to Crump Park. Turn left into the park. Follow road towards your right and take a right into the RF&O Complex (at sign); OR Take I-295N to the Richmond/Montpelier exit (Richmond ramp). Follow Staples Mill Road (Route 33) to first light, which is Mountain Road and make a left hand turn and follow directions above.

Glen Lea “Lions”
Home Field- Glen Lea Recreation Area

Take US301 South, US 1 or East on I-64 to Laburnum Avenue. Go east on Laburnum pass the Fairgrounds. Turn left on Vawter Avenue to the field/OR go west on Laburnum pass Route 360 and Glen Lea Elementary to Vawter, make a right on Vawter to the field.

Goochland “Bull Dogs”
Home Field-Goochland High School

Take I-95 to I-64 west. Take Oilville exit and turn left to Route 250 and turn right. Approximately 1 mile, turn left onto Route 532 (Fairground Road). Turn left at Goochland CH sign and go approximately 6 miles (till road dead ends) and turn left. The high school is 1 block on the right.

Highland Springs “Saints”
Home Field-Old Highland Springs Elementary

East or West on Laburnum Avenue to Nine Mile Road (VA 33). Go east on Nine Mile Road to Highland Springs. The field is on the right, behind the School Board building (old school building).

Kanawha “Redskins”
Home Field-Short Pump Recreation Field

Take I-64 West to the Short Pump exit. Take US 250 (Broad Street) west to Pump Road and turn left. The field is on the left beside Short Pump Elementary.

King William “Raiders”
Home Field-King William High School

Take East 360 to Tappahannock, approximately 10 miles pass Old Church. Turn right on Route 30 towards West Point. The High School is on the right approximately 1,000 feet.

Laurel “Panthers”
Home Field-Laurel Recreation Field

Go west on Staples Mill Road to Old Staples Mill Road and turn right. Turn left on Hungary Road and field is located on the right side; OR take I-295 to Woodman Road South and turn right on Hungary Road. Cross railroad tracks and turn right at first street. Field is on the right.

Mechanicsville “Rebels”
Home Field- Pole Green Park

I-295 north to Pole Green Park. Park is located 4 miles on left; OR 360 west from Richmond. Left at Lee Davis High School (Lee Davis Rd) to Pole Green Rd. Turn right and go approximately 1.2 miles to park on left. Alt, 360 East from King William, right on Walnut Grove Rd to Pole Green Rd. Take a left and park is located approx. 3 miles on the right.

New Kent “Falcons”

Home Field- New Kent Middle School

East on I-64 to VA 155 (exit 214, toward New Kent/Providence Forge). Turn left on N. Courthouse Rd. Go approx 1 mile to VA249 (New Kent Hwy), turn right, go approx 8 miles to New Kent Middle School. Field is located behind Middle School. Alt, north on Courthouse Rd (VA155), turn right on N Courthouse Rd and follow previous directions.

Sandston “Jets”

Home Field- Seven Pines Elementary

Take I-64 East or US50 to Sandston. Turn right at stoplight, Beulah Road. The field is next to the school, 3 blocks on the right. Alt, 1-295 to Sandston. At stoplight, turn left on Beulah Road, the follow directions above.

Tuckahoe “Tomahawks”

Home Field- Pouncey Tract Park

I-64 West to Short Pump exit (Route 250 West, Broad Street). Go west on Broad Street approx 1 mile and make a right on Pouncey Tract Road. Pouncey Tract Park is located on the right approximately 1 mile ahead. Field is on the left beside Short Pump Middle School.

Varina “Blue Devils”

Home Field- Varina Recreation Field

East & South on Laburnum Avenue to New Market Road (VA-5). Go east on New Market Road approximately 2 miles to Recreation Road. Turn right onto Recreation Road, field is on the left.

Virginia Randolph “Rams”

Home Field- Henrico Complex Field

North on US1 (Brook Road) to Mountain Road, turn left. Field is on the left across from Virginia Randolph High School. Alt, Take I-295 to Woodman Road South exit. Turn left on Mountain Road (first light). Field is on the right hand side across from Virginia Randolph High School.

Western “Wildcats”

Home Field- Byrd Middle School

I-64 East or West to Gaskins Road South (exit 180). Take Gaskins Road to Quioccasin Road. Turn left; Byrd Middle School will be on the left approximately ½ mile. Alt, Take Parham Road to Quioccasin Road (towards Regency Square Mall). Byrd Middle School is on the right, approximately 2 miles.

VRAA RAMS

2009 PRACTICE SCHEDULE

WEEK OF AUGUST 10-AUGUST 14, 2009

MONDAY-FRIDAY

6:00-8:00PM

WEEK OF AUGUST 17-AUGUST 20, 2009

MONDAY-THURSDAY

6:00-8:00PM

WEEK OF AUGUST 24-AUGUST 27, 2009

MONDAY-THURSDAY

6:00-8:00PM

WEEK OF SEPTEMBER 7, 2009

MONDAY, LABOR DAY

NO PRACTICE

TUESDAY (FIRST DAY OF SCHOOL)

6:00-8:00PM

WEDNESDAY

6:00-8:00PM

THURSDAY

6:00-8:00PM

WEEKLY PRACTICE SCHEDULE DURING SCHOOL YEAR

TUESDAY, WEDNESDAY & THURSDAY

6:00-8:00PM

***RAIN DATES-** PRACTICE WILL BE POSTPONED AND RESCHEDULE BY THE
HENRICO COUNTY RECREATION & PARKS

**** SCHOOL HOLIDAYS****- THERE WILL BE NO PRACTICE

VRAA RAMS

2009 VARSITY GAME SCHEDULE

<u><i>DATE</i></u>	<u><i>TEAM</i></u>	<u><i>OPPONENT</i></u>	<u><i>LOCATION</i></u>
09/05/09	VA Randolph	Highland Springs Saints	Old Highland Springs Elementary
09/12/09	VA Randolph	Varina Blue Devils	Varina Recreation
09/19/09	VA Randolph	Ashland Vikings	VA Randolph
09/26/09	VA Randolph	Glen Lea Lions	VA Randolph
10/03/09	VA Randolph	Blue Star "Cowboys"	VA Randolph
10/10/09	VA Randolph	Blue Star "Colts"	Washington Henry
10/17/09	BYE	BYE	BYE
10/24/09	VA Randolph	Chamberlayne Packers	Klehr Field
10/31/09	VA Randolph	Laurel Panthers	VA Randolph