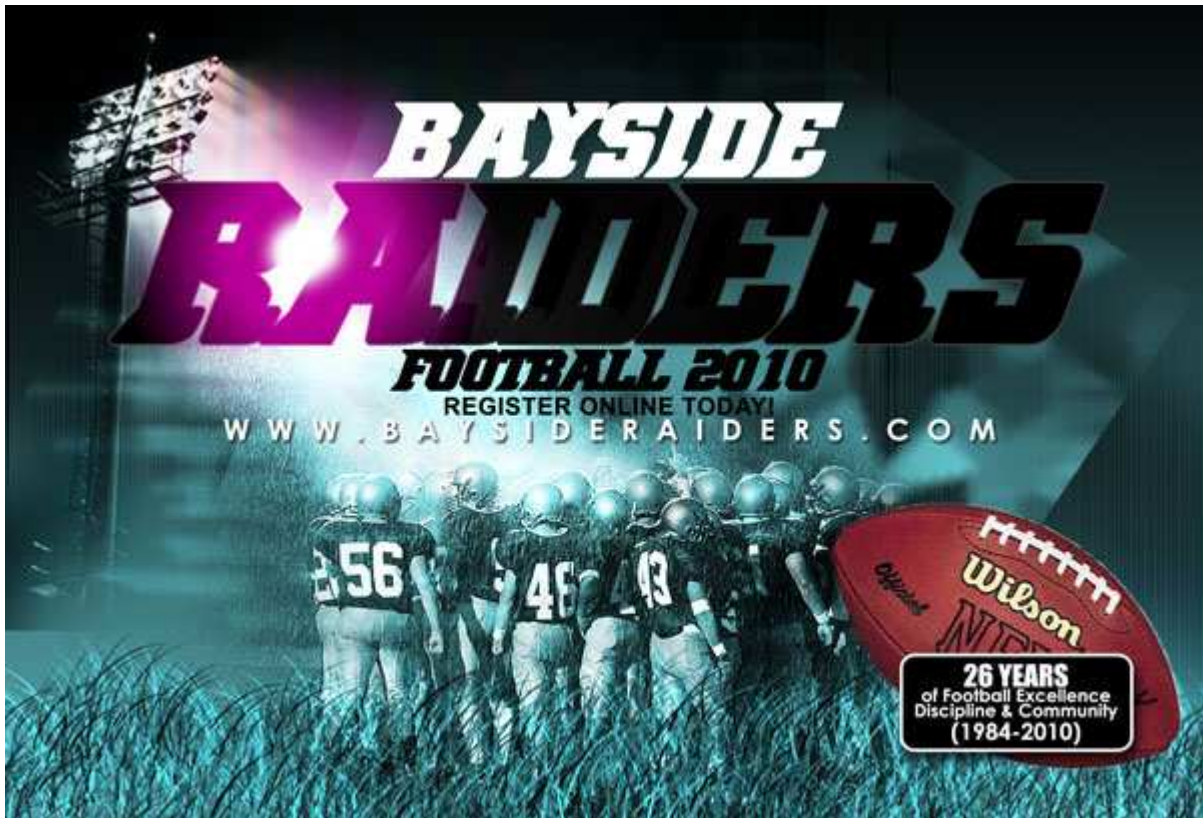


BAYSIDE RAIDERS



2010 HANDBOOK

Celebrating 26 Years Of Football Excellence (1984-2010)

In 1984 the Bayside Raider Nation was born. From a small group of players and coaches, the foundation of the program was built. 2009 marked the Bayside Raiders 25th Anniversary.

Over the course of the past twenty five years, thousands of young men have learned to take their first snap and make their first tackle. Many of these young men who graced the field as players have come back to coach and administer in the program. Yesterday's youth have become today's leaders.

Today the Bayside Raiders have teams ranging in age from 6 thru 16 years of age. Over 250 players annually call Kissena Corridor Field their home. All administrators and coaches are volunteers who donate their time and energy. Together all of us take great pride in continuing to build upon this great Raider tradition.

This year we look to our past. A time to celebrate what once was. We encourage you to stop by the field this year and to see what the program has become. In addition there will be many forms of celebration this year commemorating our 25th Anniversary. From Raider Day Weekend in August to Homecoming Weekend in the fall, and finally culminating with the Bayside Raiders 25 Year Dinner Celebration in October.

Thank you to all who have contributed in making the Bayside Raiders the premier Youth Football Program in New York.

Here's to another 25 years of Football Excellence!

Welcome

Dear Parents:

Welcome to another year of Raider Football. This year the Bayside Raiders begin their 26th consecutive year of football instruction to the youth of New York City.

If you are new to the Raider program, we hope that your first year is filled with all of the excitement and results that you have hoped for. For all returning parents, we look to continue to build on our relationship with you.

Please find listed below, reminders for all parents. We ask that you read each of them over carefully.

1. Parental Involvement:

The success of the Bayside Raiders is based on the commitment of dedicated administrators, coaches and parents. Our program has been fortunate to have so many parents that are willing to get involved and give of their time to all of the children within our program.

Upon registering with the program parents will be asked to sign up for a particular committee (i.e. merchandise sales, concession stand, etc.). Many of these functions are of vital importance to our program. Fundraising is essential in helping to keep the costs of the program down.

Please take the time to review all of the different Parent Committees. There is a sign up sheet at the end of this booklet.

2. Punctuality for practices and games:

It is essential that each parent do their very best to be on time with their child for practices and games. Of course at times this may not always be the case. If you know that you will be late, please contact either the Head Coach or one of the assistant coaches on your child's team.

3. Parental Behavior and Field Conduct:

Over the past few years, we have all read about and watched on the news many of the unacceptable incidents that have taken place at youth sporting events as it relates to parental behavior. With that in mind it is essential that each parent understand fully the following guidelines:

- At no time are parents permitted on the field during practices or games unless a Raider Coach or administrator of the program has given prior approval. This relates to the outside practice area and the home field. During home games all spectators are asked to remain in the stands and not on the field.
- Cheer for your child's team or any Raider team. Please refrain from using abusive language towards an opposing coach, player or parent from another organization. Always be mindful of your surroundings and pay close attention to who may be in earshot.
- Although Kissena Corridor is a public field, the Bayside Raiders have to secure permits that make the Bayside Organization, its administrators and coaches solely responsible for the activities and actions that take place during those designated times.
- Alcohol consumption is **STRICTLY PROHIBITED** on the practice field, game field and surrounding areas. Failure to comply could result in the loss of field permits for the Bayside Raider Organization and the expulsion of your child from the program.
- The Bayside Raider Organization reserves the right to terminate its relationship with any parent and or player if it deems their conduct to be **detrimental** to the Bayside Organization.
- If you have a problem that you would like to discuss with your child's coach, please take the time to see that coach either before or after practice. Coaches are always available to speak with parents to discuss any concerns that you may have.
- Please keep in mind that this is youth football. Although it is competitive and exciting, we must all understand that in the end, it is the children that play the game. Any parents that are interested in helping out (assistant coaches) should please see an administrator of the program for more details. **Be supportive of your child, their teammates and coaches!**

Bayside Raiders & the Football Community

The Bayside Raiders are very proud of their continuing strong relationship with many of the local high school football programs and coaches. Over the years many former Bayside Raider players have gone on to play Varsity Football and at the college level.

In addition the Bayside Raiders continue to work with many prep schools offering wonderful academic and athletic opportunities to the young men within the Raider Program. Some of these schools include Salisbury in Connecticut, Kimball Union Academy and New Hampton in New Hampshire and Kents Hill in Maine.

Raiders Organization

President -	Anthony Griffin	917-662-1039	peewees@baysideraiders.com
Vice President	Doug Rowen	917-862-5080	
Registrar -	Rachael Godfrey	917-603-0123	rach219@yahoo.com
Merchandising -	Doug Rowen	917-862-5080	
Raiderettes -	Katina Wingate	646-201-2651	raiderettes@baysideraiders.com
Administration -	Jim Palumbo	917-337-4227	admin@baysideraiders.com
Website -	WWW.BAYSIDERAIDERS.COM		

Divisions and Age Groups

PEANUTS

Ages 6-8 110 lbs Weight Limit

Head Coach – Rah Giovantes – 646-491-5488

JR. PEE WEES

Ages 9-10 120 lbs Weight Limit plus 1 lb per week

Head Coach – Orlando Osorio – 347-393-6574

PEE WEES

Ages 11-12 140 lbs Weight Limit plus 1 lb per week

Head Coach – Anthony Griffin – 917-662-1039

MIDGETS

Ages 13-14 160 lbs Weight Limit plus 1 lb per Week

Head Coach - Jon Serrette -917589-3050

INTERMEDIATES

Ages 15-16 Weight is Unlimited

Head Coach – Karim Davis – 917-731-6798

If a player would move to the next age category at anytime during that calendar year, they will be placed into that category from the beginning of the season. (i.e.: if my 12 year old is turning 13 on December 1st, 2009 he is a Midget.

Important Dates to Remember

2010 Registration

Online registration is now available! Please visit our website and register your child online.

- During every practice at Kissena Corridor Park

Practice Schedule

Practices are held at the Raiders home field located at 150th Street and Booth Memorial Avenue in Flushing at Kissena Corridor Park.

Spring Workouts will be on Saturdays from 12 pm to 3 pm

- April 10th, 17th & 24th
- May 1st, 8th, 15th & 22nd ** No Practice Memorial Day Weekend**
- June 5th, 10th, 12th, 17th, 19th, 24th & 26th
- June 10th, 17th & 24th are Thursdays, 5:30pm to 8pm

Beginning Tuesday, July 6th, practices are held every Tuesday and Thursday (5:30-8pm) and on Saturdays. The practice times on Saturday will be determined by the Head Coach.

Important Dates

- Week of June 28th – Equipment will be issued. Medicals & Payment in full is due.
- August 8th – Camp forms are due
- August 14th – Mandatory League Certification.
- August 21st – Raider Day
- September 3rd – Teams Depart for Camp
- September 6th - Teams Return from Camp
- Picture day - TBD

Homecoming Weekend - TBD

Dates for Raider Day, League Certification & Picture day are subject to change.

Tips for Raider Parents

- Always have weather appropriate gear and a comfortable folding chair. You will be spending many hours at the practice field and being comfortable will allow you to enjoy the experience with your child.
- The Raiders practice in ALL weather except for lightning. Practice will only be cancelled if you receive a phone call from your coach. Be prepared! Your Head Coach will have a voicemail notification on his contact phone if there is a probability that practice will be cancelled.
- There are going to be times when your child is practicing on a muddy field and you will not want to put him in your car when he is done. You should keep a tarp in your trunk.
- Bring enough water or Gatorade for your child. Starting in June both will be available for purchase at the equipment trailer but we do sometimes run out. Please make sure that all of your empties and all trash leaves the field with you at the end of practice.
- While at the field please do not block the driveways of the residences across the street. 150th street is narrow and double parking during practices is not recommended. Cars will be towed.
- Please stay off the practice field. The coaches need to have the full attention of the players during practice. Football is a mental game and there is much for them to learn. If you feel you need to talk to your coach or child, please, wait until one of the scheduled water breaks.
- The coaches are the final arbiters of positions and playing time. All of the coaches have many years of experience and will assign positions and allocate playing time depending on what is best for the team.
- You must notify your child's head coach of any medical conditions he may have. Asthma pumps must be left with the head coach before each practice or game.
- Until equipment is issued, practice attire consists of; cleats, sweats or shorts and an athletic supporter. All shirts and pants should be grey, white or black.
- Once the players begin contact in practice their uniform will consist of; helmet, mouthpiece, shoulder pads, rib guards, practice jersey, football pants, lower pad set (hips, thighs, knees), cleats and an athletic supporter. The Raiders will supply the helmet, mouthpiece, shoulder pads and practice jersey. The pants and lower pad set are available through the Raiders. Please see Coach Doug at the equipment trailer.
- Please make sure that you fit your child's mouthpiece properly. This is probably the most important piece of equipment and fitted properly will help reduce the chances of your child sustaining a concussion.
- If you bring your players younger siblings to the practice field please be very careful, for their safety, that they do not go on or near the practice field.
- The Raider organization is committed to your child's development, not only on the football field but first and foremost in school. If your child is experiencing problems scholastically please inform his coach.

Cheerleading

BAYSIDE RAIDERETTES

The goal of the Raiderettes is to build character in the youth of the participating communities, through the ideals of good citizenship, sportsmanship, honesty, loyalty, courage, respect, and fellowship, and to keep the welfare of the cheerleaders foremost and free of ambition for personal glory. We work hand in hand with the Raider Youth Football Organization.

We are also here to allow youths (8 and older), who may never have an opportunity in Junior High, High School or College, a chance to participate in a cheerleading program. Teach sportsmanship, love of the sport and the skills necessary to participate fully and competitively in a program designed to strengthen the individual youth both physically and mentally. Generate safe play. Encourage scholastic achievement and stress the importance of such throughout the duration of the season. And place the safety and well being of the youth first and foremost.

We are very proud of our organization and we feel we have a lot to offer your child. The Bayside Raiderette Organization is a volunteer, non-profit organization, based on parent involvement, without which we could not operate.

Being a cheerleader is very time consuming. It takes 100% participation from the child, parent and Coach. Your participation as a Raiderette, as in any other athletic activity, requires you to place priority on being in our organization.

Contact Information

Katina Wingate – 646-201-2651

La Tarsha Hayes – 718-607-2387

Dedra Barker – 718-490-6058

Shanette Toney – 718-712-2732

Jovonne Bell – 646-464-7423

Email: baysideraiderettes@yahoo.com

League Information

The New York City Youth Football League

www.nycyfl.com

The New York City Youth Football League is open to children and teens ages 6-16 in the New York area. The NYCYFL is comprised of the eight largest and most accomplished programs in New York City. The league is dedicated to teaching and playing the game of football the right way; to acquaint the players with the fundamentals of game rules, running, kicking, blocking and tackling. League rules and membership reflect a philosophy of fair competition while teaching, through the game, sportsmanship and discipline.

The NYCYFL teams currently include:

The Bayside Raiders
Brooklyn Skyhawks
Kings Bay
The Lynvets
The Queens Falcons
Whitepoint
Jamaica Bulldogs

Field Locations & Directions

Complete directions and maps for all fields are available through our website.

Queens falcons - Forest Hills- Juniper Valley Park

Take LIE to Woodhaven Blvd exit. Take Woodhaven blvd to 63rd. Make Right. Take ½ mile straight to field.

Kings Bay - Kings Bay Boys Club

Take Van Wyck to the Belt Pkwy (West to Brooklyn) Take Belt Pkwy to exit 9 Knapp Street. Take service road past the 2 lights and make a right on Coyle Street (You will see a Baseball Complex that says Kings Bay Boys Club) Take this about 2 blocks to field

Skyhawks- Prospect Park

Take the Van Wyck to the Belt Pkwy West (To Brooklyn) Take the Belt Pkwy to No. Conduit Ave. Stay in left hand lane for about a mile. Go up ramp that says Linden Blvd (If you stay to the right you will be on Atlantic) Take Linden All the way down until Linden turns in Caton Ave (This is about a 15-20 minute ride) Merge onto Caton Ave. Take Caton Ave to Argyle Rd. (You will see the park on your right but Argyle is the entrance to the Parade Grounds and the Fields)

Lynvets-Cross Bay Oval

Take the Van Wyck Expressway to Belt Pkwy West (To Brooklyn). Stay on the Belt until Cross Bay Blvd exit. Stay in the left lane and proceed past 2 lights. After second light, the field will be on the left.

Raider Equipment & Merchandise

All orders are custom and are not returnable. Please be exact on your sizes, spelling and numbers. Delivery time is about 3 weeks. All merchandise orders must be paid for in cash. All proceeds go back into the Raiders Organization and benefit your children. Please note that we will not embroider offensive names or slogans.

Additional items, not on this list, are available upon request.

Please see Coach Doug at the Merchandise table during practice.

Raider Merchandise

All items, except Tee Shirts, are embroidered with the Raiders Logo.

Tee Shirts	\$15.00	
Sweat Shirt	\$20.00	Tackle Twill
Sweat Pants	\$20.00	
Under Armor	\$50.00	Cold Weather Gear
Mesh Shorts	\$20.00	
Equipment Bag	\$30.00	
Coaches Top	\$50.00	

Equipment – For Required Uniform

Raider Practice Jersey	\$20.00
Black Football Pants	\$20.00
7 Piece Lower Pad Set	\$15.00
Adult Knee Pads	\$10.00
Adult Thigh Pads	\$12.00
Adult Girdles	\$15.00
Girdle Pad Set	\$15.00
Youth Rib Guards	\$25.00
Adult Rib Guards	\$35.00

2010 Raiders - NYCYFL Schedule

Start Days & Times for Home Games are Standard for Each Division

Saturdays

Peanuts – 10am
Intermediates – 2pm

Sundays

Jr. Pee Wee's – 9am
Pee Wee's – 11pm
Midgets – 1pm

Fill Out Your Team Information & Maintain Through Out the Season

September (11) – (12)

Home Away

VS: _____

September (18) – (19)

Home Away

VS: _____

September (25) – (26)

Home Away

VS: _____

October (2) – (3)

Home Away

VS: _____

October (9) – (10)

Home Away

VS: _____

October (16) – (17)

Home Away

VS: _____

October (23) – (24)

Home Away

VS: _____

October (30) – (31)

Home Away

VS: _____

Camp Checklist for Players

Players are not to bring any type of jewelry. NO I-Pods or electronic devices are permitted
(The Raider Organization is not responsible for lost property)

Standard Football Equipment:

Helmet, Chinstrap, Shoulder Pads, Lower Gear, (2) Practice Pants, (2) Practice Jersey, Mouthpiece, Athletic Supporter & Protective Cup, Cleats, T-Shirts

Clothing & Essentials

- Equipment Bag (duffle bags only, no suitcases) **
- Sneakers
- Towels (minimum 2)
- Bed Sheet, Blanket, Pillow, Sleeping Bag
- Underwear (minimum 6)
- Socks (minimum 6 pair)
- Pajamas / Sleepwear
- Raider Sweatpants or running pants (minimum 2) **
- Raider Sweatshirts (minimum 2) **
- Raider T-Shirts (minimum 3) **
- Raider Shorts (minimum 2) **
- Toilet Articles (soap w/soap dish, deodorant, shampoo, toothbrush, toothpaste)
- Flip Flops for the shower
- Light Jacket
- Sunscreen
- Insect Repellent
- Baby Powder
- Hand Sanitizer
- Laundry Bag
- Pre-paid Calling Card (Cell Phone signals are difficult to receive at the camp location)

*We recommend that players bring no more than \$20.00 in cash should they wish to purchase snacks and or additional drinks from the vending machines at camp.

**Players should be dressed in Raider attire during camp practices.

Prescription Medication: Raider coaches are First Aid & CPR qualified, not doctors, we cannot prescribe any medication including aspirin. If a player takes regular medication; provide the Head-Coach with written instructions how to administer the medication along with the medication in a zip-lock bag.

SITE: Camp Lohikan, Lake Como PA **PHONE:** (570) 798-2707 **WEB:** www.lohikan.com

REMINDER – The weather is unpredictable at camp. The mornings & evenings are usually cool requiring a light jacket or sweatshirt. There is no heating or cooling in the cabins. Player's practice 3 times per-day while at camp and will be required to change into dry clothing to eat meals in the dining facility. In the event of rain players will require multiple changes of clothing. It is strongly recommended that players attend camp with all the required equipment and clothing necessary.



RAIDER YOUTH FOOTBALL ORGANIZATION
P.O. Box 640823 © Oakland Gardens, N.Y. 11364-0823 © (718) 205-5145



Camp Permission Slip

March, 2010

Dear Parent/Guardian:

On Friday September 3, 2010 the following Raider Teams will be traveling to Football Camp to Camp Lohikan in Pennsylvania.

- ❖ Junior Pee Wee (9-10 year old team)
- ❖ Pee Wee (11-12 year old team)
- ❖ Midget (13-14 year old team)
- ❖ Intermediate (15-16 year old team)

We will be departing Kissena Corridor Field at approximately 12:30PM and will be returning on **Monday September 6th, 2010 approximately 4:30-5:00PM.** In order for any player to attend Football Camp, the following permission slip must be completed and signed.

I give permission to my child _____ to travel to Football Camp (Camp Lohikan, Pennsylvania) with the Raider Youth Football Organization. I hereby acknowledge that I have completed the required medical form and all necessary paperwork pertaining to the above-mentioned trip. In the event of an emergency, I give permission to the Raider Youth Football Organization to administer and seek out all necessary and required medical attention that my child may need.

Name of Parent/Guardian
(Print) _____

Signature of
Parent/Guardian _____

Date _____

Phone Number _____ Cell Phone _____



RAIDER YOUTH FOOTBALL ORGANIZATION
 P.O. Box 640823 © Oakland Gardens, N.Y. 11364-0823 © (718) 205-5145



RYFO Registration / Equipment Agreement

DATE: _____

SEASON: **2010**

*Player Name: _____

*Date of Birth ____/____/____

*Address: _____

Weight: _____

*Telephone: _____

*E-Mail: _____

*Telephone 2: _____

*Guardian Name: _____

*Telephone: _____

The registration fees for the upcoming 2010 season are as follows;

Peanuts - \$300 Jr. Pee Wee - \$300 Pee Wee - \$300 Midget - \$300 Intro - \$350

The fee for Raiders Football Camp during Labor Day Weekend is \$200. Please remember that camp is mandatory for all players, Jr. Pee Wee and up. All parents paying in full (registration & camp) will receive a free camp T-shirt.

A payment plan is available. The payment plan includes the Camp fee of \$200. The plan for Jr. Pee Wee's through Intros is as follows;

At Registration - \$150 2 Monthly Payments of \$100 Final Payment of \$150 (\$200 for Intros)

Peanuts - 3 payments of \$75 & 1 of \$25. Each must be made on the same schedule noted above.

NO Equipment will be issued unless all fees are paid in full. Equipment is issued during the first week of July.

Please note that there are NO REFUNDS on any fees collected.

RYFO will issue helmets, shoulder pads, a practice jersey and a game jersey for use during this season. The jerseys are the players to keep. Helmets and shoulder pads must be returned. To insure prompt return of the equipment we ask you to sign a personal guarantee.

I * _____ personally guarantee the return of equipment issued to
 Parent or Guardian (Please Print)

* _____ . I will return equipment to RYF at the place of issuance
 Player Name (Please Print)

by the end of the season. If I have not returned or made arrangements for the return I agree to pay replacement cost of three hundred dollars (\$300.00) to RYFO.



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2010 RYFO Parent Consent Form

Player: _____ Date of Birth: _____

Division/Team: _____ Season: **2010**

Parent or Guardian Authorization:

I the parent or guardian of the named child hereby gives approval to his participation in all activities. I waive and agree to hold harmless the Raider Youth Football, Inc and its representatives for any claims arising from injury of my child resulting from any cause, except to the extent and in the amount covered by insurance.

In the event of injury, I hereby give permission to Raider Youth Football Organization and its representatives to secure medical attention for my child.

In case of emergency contact:

 Name Phone Relation

 Name Phone Relation

 Name Phone Relation

Mr./Mrs./Ms. _____
 (Authorized Parent/Guardian Signature)

Date: _____



2010 RYF Medical Release Agreement

Player Name: _____ Division: _____

Physician Release Form: (Please affix official stamp or label from physician)

Physician: _____ Phone: _____

Address: _____

Hospital Preference: _____ Phone: _____

List allergies/medical problems / medication / restrictions

<u>Diagnosis/Restrictions</u>	<u>Medication</u>	<u>Dosage</u>	<u>Frequency</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

I have examined the player mentioned herein, reviewed his/her health history and it is my opinion that he/she is physically able to practice and play football except as noted.

Physician Name (Please Print)

Signature

Date



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Parental Involvement

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Upon registering with the program parents will be asked to sign up for a particular committee (i.e. merchandise sales, concession stand, etc.) Many of these functions are of vital important to our program. Fundraising is essential in helping to keep the costs of the program down.

We need parents to volunteer for various activities during our season. Please choose which activity you would like to help with.

___ Event Assistance

___ Concession Stand

___ Filming

___ Merchandise Sale

___ Recruiting

___ Field Prep

___ Inventory Control

___ Team Mom

___ Assistant Coach

___ Team Secretary

Your support is instrumental in the success of our program.

Please do what you can.

Player: _____

Division: _____

Parent: _____

Phone #: _____