

CVMFA Parent Meeting
July 20, 2026
Important Points

Program priorities

The organization's top goal is to provide a safe, positive football experience that helps players continue to enjoy the game. CVMFA is run entirely by volunteers, including board members, coaches and team staff.

Teams and playing time

CVMFA hopes to field National, Liberty and JV teams at each age level, depending on registration numbers.

- **National:** Most competitive varsity team. The goal is to win, and playing time is not guaranteed.
- **Liberty:** Competitive varsity team with a greater emphasis on player development and playing opportunities.
- **JV:** Developmental team focused primarily on learning and playing time.

Registration numbers are lower this year. Most levels are expected to have National and Liberty teams, but JV teams may not be available. Some age groups may also be at risk of not having a Liberty team. Families are encouraged to invite other players to register. Payment plans and financial assistance options may be available.

Coaches and oversight

Head coaches are selected through an interview process. Assistant coaches are chosen by the head coaches, with oversight from the general manager and board. All coaches and volunteers who work directly with players must complete required background checks. Coaches must also complete annual USA Football training covering topics such as:

- Concussion protocols
- Heat illness and acclimation
- Safe tackling
- Player safety

Practice schedule

Practices are scheduled from **6–8 p.m.**

- **Week of July 27:** Monday–Friday
- **Week of August 3:** Monday–Friday
- **Week of August 10:** Monday–Friday
- **Week of August 17:** Monday–Thursday, with a possible fifth practice at the coach's discretion
- **Week of August 24:** Tuesday–Thursday
- Beginning with the school year: Practices will generally be Tuesday–Thursday

Practice will still be held on the first day of school, September 1.

The August 4 practice will move to the high school fields because of National Night Out at Stony Ridge Park.

The first three weeks of practice are especially important for heat acclimation, learning plays and becoming comfortable with equipment. Previously scheduled vacations are understood, but families should communicate absences with their coaches.

Scrimmages and games

Two preseason scrimmages are scheduled at Stony Ridge:

- **August 8, 9 a.m.–noon**
- **August 15, 9 a.m.–noon**

All players and teams are expected to participate.

Games are expected to begin around August 22. Game schedules for National and Liberty teams are available on the CVMFA website. Liberty may be listed as **CV Red**, while National may be listed as **CV Eagles**.

For home games, Liberty teams will play Saturday mornings and National teams will play Saturday afternoons. Home games will run throughout the day on Saturdays, reducing the need to host games on both Saturday and Sunday.

If JV teams are formed, their games may all be away.

Player safety

A medical professional or trainer will be available during practices and games whenever possible.

Important safety policies include:

- Practices may be canceled because of excessive heat.
- A player diagnosed with a concussion must have written medical clearance before returning.
- Parents should inform coaches about injuries.
- Players should begin hydrating well before practice, especially during the first weeks of the season.
- Every player must bring a water bottle.
- Players must wear an approved mouthguard.
- Players should not use two mouthguards, decorative “spinner” mouthpieces or gum.
- Players with braces may need top and bottom mouthguards, based on orthodontist guidance.

Equipment

The final equipment handout is scheduled for **Sunday, July 26, from 10 a.m.–2 p.m.**

Players receive:

- Helmet
- Shoulder pads
- Two pairs of pants
- Other assigned equipment

Families must provide a shirt or practice jersey that covers the shoulder pads. Equipment should be treated carefully. Players should not throw helmets, sit on helmets or intentionally damage equipment. Families may be financially responsible for lost, unreturned or excessively damaged equipment. The estimated value of a full set is approximately \$750.

Helmets should fit snugly. Players are encouraged to wear their helmets at home for short periods before practice to become comfortable with the fit and weight.

Game pants and jerseys should not be placed in the dryer because heat can damage the fabric, stitching and built-in pads. Players should rotate between both pairs of pants.

Registration documents

Required documents include:

- Birth certificate
- CFA player registration and physical form
- Enrollment verification, such as a screenshot from the child's Skyward profile
- PIAA physical for seventh- and eighth-grade players, along with the signed CFA form

Players who do not attend Cumberland Valley schools need an official waiver.

CVMFA has moved from Sports Connect to **TeamSideline**. Families will need to create an account, upload documents and download the TeamSideline app. Once teams are assigned, the app will be used for team-specific schedules, updates and communication.

Communication

CVMFA will use several communication channels:

- **Weekly Huddle email:** General weekly information and upcoming dates
- **TeamSideline app:** Team-specific practices, games and updates
- **Facebook:** Reminders, celebrations, weather cancellations and quick announcements
- **SportsYou:** Used primarily by the Midget team
- **Communications email:** General questions can be sent to Comms@CVMFA.org.
- **General manager:** Coaching or team concerns can be sent to the general manager at GeneralManager@cvmfa.org.

Parents should first bring concerns to the head coach. If the issue involves the head coach or is not resolved, families may contact the general manager. Unless an issue is

urgent, parents are encouraged to wait 24 hours before raising a concern and to communicate calmly. Coaches and board members are volunteers and may not respond immediately.

Volunteer requirements

Each family is required to complete **six volunteer hours** to receive the return of its **\$200 volunteer deposit**.

Assistant coaches and team parents may have a reduced requirement of three hours.

Volunteer opportunities include:

- Concessions
- Gate and field support
- Scrimmages
- Home games
- Practice concessions
- JV Jam
- Other event support

Volunteer sign-ups are available through our website. Raffle volunteer hours are separate from the six regular-season hours.

For the August 1 raffle:

- Four volunteer hours may earn half of a player's registration fee back.
- Eight volunteer hours may earn the full registration fee back.

Financial information and fundraising

CVMFA spent approximately **\$290,000 in 2025**. Major expenses included:

- \$60,000 for equipment
- \$15,000 for officials
- \$12,000 for insurance
- \$12,000 for field rentals

The organization operates on a very small financial margin. No board members are paid.

The Sportsman Raffle is CVMFA's largest fundraiser and is essential to keeping the organization financially sustainable. Last year, the event generated approximately \$30,000 in net proceeds. Funds support equipment, fields, officials, insurance, scholarships and player programs.

Families are encouraged to:

- Buy or sell raffle tickets
- Volunteer at the raffle
- Seek business sponsorships
- Donate concession products such as soda and water

- Help connect CVMFA with potential donors

Families may still be able to sign out packs of 10 raffle tickets. Selling 10 tickets may provide an opportunity to earn back a registration fee. If CVMFA sells every available raffle ticket, the organization's stated goal is to refund registration fees for all players.

Sportsmanship

CVMFA and the league have a zero-tolerance policy for poor sportsmanship. Parents, players and coaches are expected to behave respectfully.

The league has previously suspended coaches, players and even portions of team seasons because of misconduct. Poor behavior by an adult can directly affect a child's ability to participate. Families may be asked to leave an event, and their child may need to leave with them.

Upcoming events

- **Pool party:** July 23, 8–10 p.m., following the final night of Futures Camp
- **Equipment handout:** July 26, 10 a.m.–2 p.m.
- **First practice:** July 27, 6–8 p.m.
- **Sportsman Raffle:** August 1
- **National Night Out practice relocation to CV High Fields:** August 4
- **Scrimmages:** August 8 and August 15, 9 a.m.–noon
- **Picture night:** August 17
- **Picture makeup date:** August 20
- **Sub and pizza fundraiser:** Order forms will be distributed during practice
- **JV Jam:** October 17. This is a large end-of-season tournament requiring significant volunteer support.

The main requests from the board were for families to volunteer, recruit additional players, support the raffle and communicate openly throughout the season.