

South Buffalo Football Association



WELCOME TO THE 2026 SEASON

**** The South Buffalo Football Association name and emblems CANNOT be reproduced without the expressed written consent of the SBFA Board. ****

South Buffalo Football Association Inc.

www.sbfootball.org

Team Commissioners duties are strictly for handling the collection of information, registrations, registration fees and all other moneys owed to the organization. Assistant coaches are there to assist the head coach. If a problem, question, or issue arises, you must first see **your** team head coach. If you are not able to see the head coach of **your** team, please see, Football Commissioner, Nick Woodward, or the Cheerleading Coordinator, Sonia LaMarti-Miller. Please **do not** bring or discuss any problems or issues with anyone besides the people we have listed. Again, **DO NOT** discuss any problems or issues with a team commissioner, assistant coach or a head coach that is not from your team.

Thank you,
South Buffalo Football Association Board

President of SBFA	Mike Wintringer: 254-1234
Vice President of SBFA	Mike Zgoda: 481-4227
Board Secretary	AnnMarie Scheck: 912-7853
Board Treasurer	Richard Kittinger: 361-9897
Board Sergeant at Arms	Mikie Seagrave: 559-5131
Football Commissioner	Nick Woodward: 388-4880
Assistant Football Commissioner	Mike Zgoda: 481-4227
Cheerleading Coordinator	Sonia LaMarti-Miller: 604-5300
Shamrocks Commissioner	Lynn Bader: 698-7893
Shamrocks Head Football Coach	AJ Leonard: 949-1700
Shamrocks Head Cheerleading Coach	Taylor Leonard: 864-6204
Tigers Commissioner	Katie Host: 310-0465
Tigers Head Football Coach	Harold Millender: 563-7366
Tigers Head Cheerleading Coach	Tracy Wintringer: 948-6182
Leprechauns Commissioner	Jill Bartz: 864-5314
Leprechauns Head Football Coach	Jay Cudney: 573-3097
Leprechauns Head Cheerleading Coach	Hayleigh Pilarski: 431-9322
Saints Commissioner	Tammy Tait: 498-2391
Saints Head Football Coach	Ricky Tait: 498-2186
Saints Head Cheerleading Coach	Marissa LaMarti: 697-1430
Concession Stand Coordinator	Amanda Pilarski: 748-1305
Assistant Concession Stand Coordinator	Cali Williams: 553-5184

Tifft Field

255 Tifft St, Buffalo, NY 14203

Our field is on a Nature Preserve. Please do not litter, and respect the environment.

NO SMOKING ANYWHERE AT THE FIELD- STREET ONLY

Thank you for making a safe and smoke free environment for the young athletes at our field

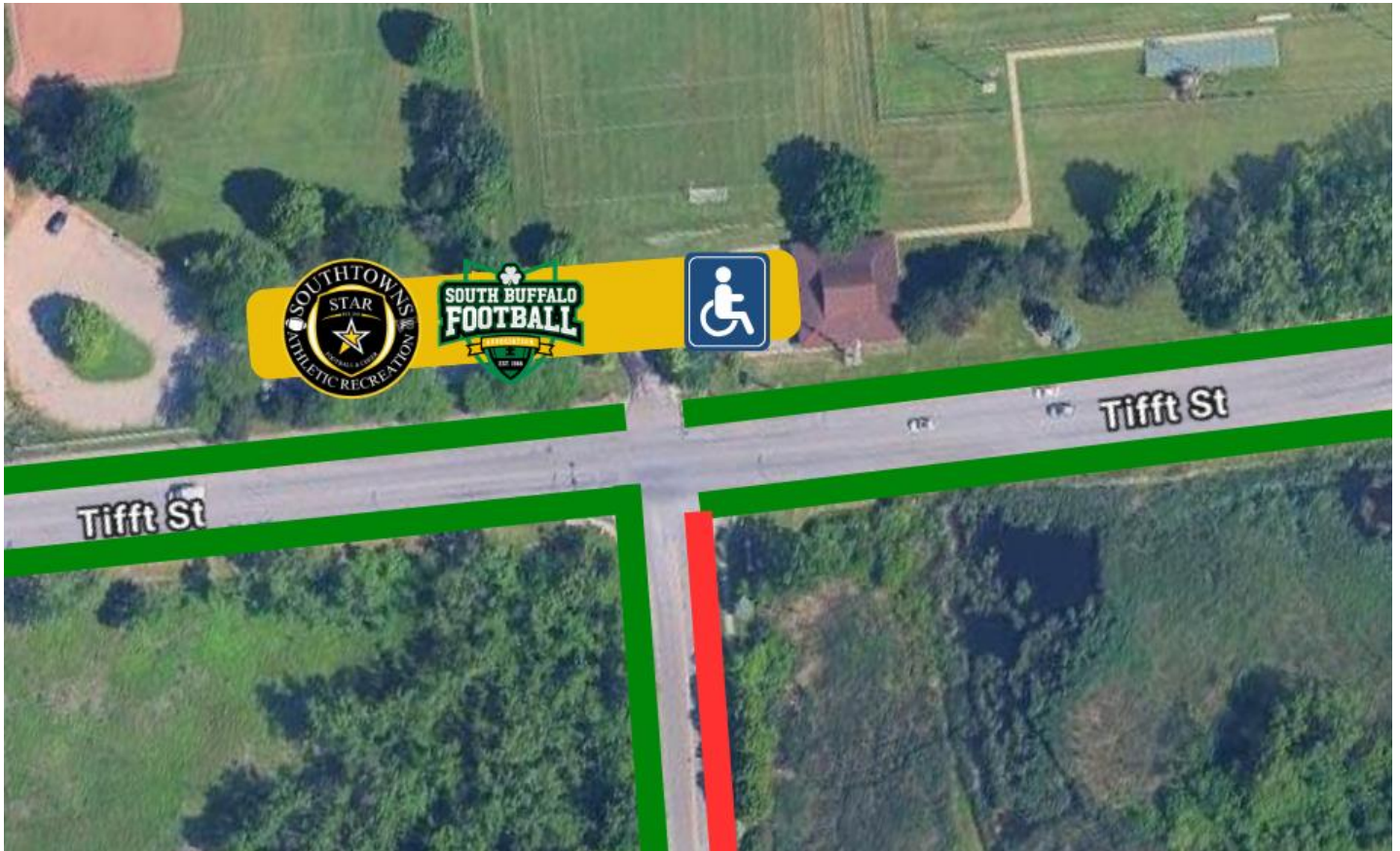
PRACTICE DAYS

When you pull in, unless it's for handicapped parking, it will be SBFA Board members only to the right. All traffic will go to the left. We highly recommend car pooling. All areas marked in **GREEN** are open. Do not take up 2 spots with your car. Be courteous of others. We're all trying to make it work as best we can. Do not block the circle, you are to park in the spots shown below. We cannot park on the grass! Spill over can go up Tifft.



GAME DAYS

The City of Buffalo strongly enforces no parking on grass and ticketing. For Game Days, the parking lot will be designated for Handicap, SBFA staff, visiting staff, and officials. Parking will be on both sides of Tifft in Green and the ONE side of Ship Canal Parkway that is closer to the water in **GREEN**. If you are parked on the **RED** side, you will be ticketed and/or towed. There is a light and crosswalk at the corner.



Field Addresses

All home games will be at our field. Away games will be held at the opposing team's field. The head coach of your athlete's team will let you know what time you will need to be at either field for the game.

West Seneca Little Loop Football & Cheerleading

4620 Seneca St, West Seneca, NY 14224



Lackawanna Little Loop Football & Cheerleading

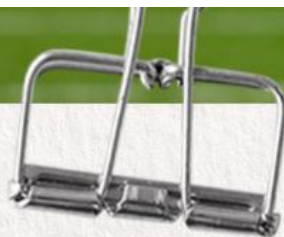
1882 Electric Ave, Lackawanna, NY 14219



Boston Patriots Little Loop Football & Cheerleading

8500 Boston State Road, Boston, NY 14025

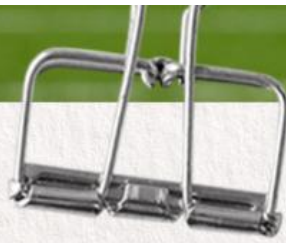




AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	All Paperwork due! 27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	@Tiff 19	BOWS AND BANDS BY JC 20	21	22
PICTURE DAYS 23	SAINTS football 24	SAINTS cheer 25	26	27	CLEAN UP THE PARK 28	GAME 1 PRIDE L HOME 29
30	@Tiff 31		#1	ONE DAY ONLY!	Cereal & Oatmeal Drive	

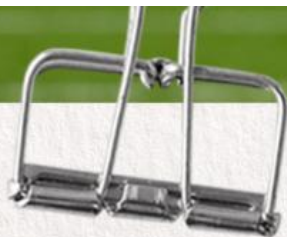




SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
FIELD DAY BYE WEEK						
Gift Card Calendar Ticket Hand out @Tiff						
6	7	8	9	10	11	12
	Labor Day					GAME 2 @
13	14	15	16	17	18	19
				MEAT RAFFLE ITEMS DUE		GAME 3 HOME
20	21	22	23	24	25	26
				Gift Card Calendar Tickets DUE		GAME 4 @
				MEAT RAFFLE @ Dave McKeever Post		PRIDE L
27	28	29	30		Doors Open 6PM First Spin 7PM	

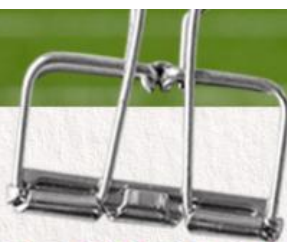




OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 GAME 5 @ 
4	5	6	7	8 TRUNK OR TREAT  6:30 PM @ Tiff	9 GAME 6  HOME	10
11	12	13	14	15 BANQUET TICKETS DUE	16	17 PLAYOFFS Location TBD
18 UB SPIRIT CHALLENGE 	19	20	21 	22	23 CHAMPIONSHIP Location TBD	24
25 QUEEN OF THE JUNGLE CHEER COMPETITION	26 YEARBOOK ADS DUE	27	28	29	30 Happy Halloween 	31





NOVEMBER- DECEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 Equipment Turn in Location & Time TBD	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Happy Thanksgiving 	26	27	28
29	30	1	2	3	4	5
6 	7	8	9	10 	11 	12

MANDATORY FUNDRAISER- GIFT CARD CALENDAR 2026

This is our mandatory fundraiser for all football players and cheerleaders as this is the money used for their end of the year gifts, trophies, yearbooks and any additional costs for the banquet.

This year we are doing a Gift Card Calendar. We will be using the month of November which is 30 days long. We will be raffling off 4 - \$25 gift cards each day of the month, equaling \$100 in prizes each day!

This is a chance at 120 prizes total. (30 days x 4/day).

-Each athlete will receive minimum 15 tickets to sell.

-The organization will have a log of which number tickets were given to which athletes.

-Tickets are \$10 ea. or 3/\$20

-Each ticket will have a tear off tab where the buyers name, phone number, and email will need to be clearly legible. These 3 items need to be filled out on each ticket. If they do not have an email address, they can put no email on the line.

-Winners will be contacted directly by the organization to make arrangements for them to collect their winnings.

-Athletes are allowed to sell more than their 15 tickets if they choose to do so.

-If an athlete needs more tickets to sell, please contact Katie Host to obtain them.

The top selling athlete(s) will receive an additional surprise at the banquet for selling the most tickets.

Ticket buyers are allowed to win more than once. If their name is chosen for a prize, their name will be put back into the drawing. This means each ticket buyer has a chance at up to 120 wins.

*Winners are posted on the SBFA Facebook page, SBFA Heja, along with the winner being contacted directly. If the winner or seller of the ticket does not acknowledge the winnings prior to **Feb 1st**, the winnings will be forfeited back to the organization and the winner is no longer entitled to their winnings.*

The fundraiser will be handed out the week of September 1st. All ticket stubs & money for ticket sales will need to be turned into your commissioner, in an envelope or plastic bag with the athlete's name & team name on it, by Friday, September 25th. Things can be turned in sooner if they are done selling.

If there is any feedback or questions, please feel free to contact Katie Host, Tigers Commissioner.

SBFA Annual Meat Raffle

Friday, September 25, 2026

Where: David McKeeever Post #64

1770 South Park Ave,

Buffalo, NY 14220

Time: Doors open at 6pm

Drawing starts at 7pm

\$15 Admission includes draft beer!

50/50, Joker's Wild, & Basket Raffle!

Cooler of Booze raffle. Tickets are \$10 each and will be available at the concession stand closer to the event, as well as at the meat raffle. The winner will be announced at the meat raffle.

It's a great time out *without* the players and cheerleaders.

ADULTS ONLY!

To assure our Meat Raffle is a success we are asking our parents for a donation to support our Basket Raffle. We have assigned themes to each team. We ask that each child contributes an item valued at a **minimum of \$5**. (Cash donations are also accepted.) ***Please label your submission by team and turn into your team commissioner by September 17, 2026.***

Donations can also be dropped off to the concession stand in a bag with your athlete's name and team written on it.

Saints Cheer	Kid's Play- Slime, Play-Doh, Fidgets, Kinetic Sand, Toys etc.	Tigers Football Last Name A-L	Game Night (For both Adults & Kids)- Card Games, Board Games, Dice Games, Snacks, etc.
Saints Football	Buffalo & Buffalo Sports- Buffalo Foods, Sponge Candy, Loganberry, Weber's, etc. or Bills, Sabres, Bandits, Bisons, etc.	Tigers Football Last Name M-Z	Movie Night – Snacks, Movies, Candy, Popcorn bucket, etc.
Leprechauns Cheer	Arts & Crafts – Stencils, Scrapbook, Crayons, Stamps, Markers, Fun Scissors, Foam Sheets, Paint, Coloring books, etc.	Shamrocks Cheer Last Name A-L	Pets & Kitchen Supplies- Dogs & Cats Treats, Toys, etc., or Kitchen Gadgets, Hand towels, Pans/Molds, Utensils, Potholders, Tupperware, etc.
Leprechauns Football	Outside Fun for Kids (All seasons)- Chalk, Bubbles, Games, Sand/Beach Toys, Snow Toys, etc.	Shamrocks Cheer Last Name M-Z	Baking Supplies- Baking Mixes, Cupcake/Muffin Liners, Spatulas, Frosting, Oven Mitts, Hot Pads, etc.
Tigers Cheer Last Name A-L	Gift Wrap – Bows, Wrapping Paper, Gift Bags, Ribbon, Scissors, Tape, Gift Tags, etc.	Shamrocks Football Last Name A-L	Lottery Basket – Lottery Tickets
Tigers Cheer Last Name M-Z	Seasonal Decor – Decorations related to Winter/ Christmas or Fall/Halloween	Shamrocks Football Last Name M-Z	Outdoors- Camping supplies, Grilling supplies, Tailgating supplies, etc.

South Buffalo Football Association Inc.

Sport Parent Code of Conduct

I hereby pledge to provide positive support, care, and encouragement for my team participating in South Buffalo Football Organization by following this Parents Code of Conduct pledge:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I and my guests will be positive role models for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches and spectators at every game, practice or other sporting event.
5. I and my guests will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will teach my child that doing one's best is more important than winning so that my child will never feel defeated by the outcome of a game or his/her performance.
10. I will praise my child for competing fairly and trying hard; and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will direct all my comments and criticisms of parents, participants, officials, board members away from the children participating in the league, and conduct myself in a calm, civilized manner when doing so.
15. I will respect the officials and their authority during games and will never question, discuss or confront coaches at the game field and will take time to speak with coaches at an agreed upon time and place.
16. I understand that illegal drugs, alcohol and weapons are not allowed at any game, practice or other sporting event.

17. I will refrain from coaching my child or other players during games and practices unless I am an official coach.
18. I will understand that it is my responsibility to get my child to practices on time and to pick up my child by the end of practice.
19. I understand that I am responsible for the care and upkeep of my child's uniform and equipment. I further understand that I must return a clean uniform and equipment at the end of the season or within five days should my child stop his/her participation in this organization.
20. I understand that it is my responsibility to clean up the park during practices, games and other sporting events.
21. I understand that if my child quits the team during the season, the cost of registration and uniforms will not be returned, they will not be permitted to return the following season. – quits at all or just after a specific time, and the forfeit the right to any year end gifts.
22. I will respect the South Buffalo Football Association Inc.'s rules and regulations and agree to abide by those rules, responsibilities and Code of Conduct. Violations of these rules could result in disciplinary action up to and including permanent dismissal from SBFA.

Reminder of Rules

- Parents/Guardians cannot contact South Buffalo Football Association staff between the hours of **9pm and 8am**.
- **Zero tolerance** policy for physical violence/physical confrontations. If a parent or child engages in a physical confrontation with SBFA Staff, Officials, STAR staff, another parent, or child they will be removed from South Buffalo Football Association immediately for the season without a refund. Any future involvement within SBFA will be under review of the board.
- **Zero tolerance** policy for *any* member of SBFA bullying, cyberbullying, promoting threats or acts of violence, racial slurs, discrimination, harassment, derogatory remarks, and the like.
- Parents or anyone other than SBFA staff are not allowed on the SBFA practice and game fields.
- Parents must wait to retrieve their athlete once the coaches dismiss the team, (excluding medical/family emergencies) unless previously arranged with the Head Coach.
- If a child quits or gets removed from the organization, SBFA equipment/uniforms must be turned in within 24-48 hours.
- If a Parent/Guardian removes their child from a sideline and/or game, the athlete may not participate in play for the next game. They are to attend the game and sit. If they do not attend and sit, they will be removed from the team.
- Practice the week of a cheerleading competition, and competition days are **MANDATORY**. With the exception of medical situations (with a note from a doctor), an emergency situation, and notice beginning of the season to your head coach. Coaches reserve the right to not allow a cheerleader to compete for fairness to the team in these circumstances.
- **48 Hour Cool Down Rule**- Parents/Guardians must wait to contact a coach until 48 hours after a game/competition day if there is a concern.

THE '48' HOUR RULE

Youth sports can be an emotional experience. The physical activity of the kids can often spill onto the sidelines and into the stands and create strong reactions in coaches and parents. Each year 2.5 million people volunteer their time to help coach youth sports. These coaches are just one vehicle that provide organized youth athletics an existence. As parents, we will not always agree with a coach's decision. However, it is important to recognize that the coach's role is to make decisions for the team first and a player second. Also, we need to understand that most players are not aware of any problem until we, as parents, bring it to their attention. For parents, it is important to separate their child's sports development from game time emotions. For this reason, we adopted the "48 HOUR RULE" which simply states, that coaches will not discuss a game, or situation in a game, until at least 48 hours after the fact. Parents/guardians are not allowed to confront a coach, team, player, board member, or league official to discuss any "negative" game or practice situation(s) with the coaching and Board of Directors until at least 48 hours has passed from the completion of the game or practice. A confrontation shall consist of any conversation, which elevated from a normal speaking tone and demeanor to one which involves yelling, profanity, or derogatory comments toward said coach, team, player, board member or official.

Football and cheerleading are physical and emotional sports. Physical battles and tough calls among other things can spill on to the bench and tends to create strong reactions from coaches and parents. The intense emotional aspect of these sports is one of the reasons it makes exciting entertainment, but it is important to have a 'cooling off' period so that emotions do not cloud judgment.

If parents respect the 48-hour rule, their concerns are MORE likely to be fully addressed in a reasonable discussion. More importantly, the kid's enjoyment of a game won't be marred by an ill-timed confrontation. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to 'cool off', compose themselves, and put the incident or situation that occurred in the game in perspective before meeting to discuss it.

****NEW COMMUNICATIONS IN 2026****

This season, we will begin implementing an SBFA Heja team. The communications will be for **ALL** teams. This will be **in addition** to your athlete's team on Heja. Please join the team using the code below:



AS-210162

We will continue the current communication systems between your Head Coaches and Commissioners. This will be running alongside the current systems. If there are any questions with anything received, please reach out to your team's Head Coach or Commissioner. We appreciate your understanding and patience as we implement this new system.

South Buffalo Football Association strives to ensure a safe space for the children and families in our organization. Our field is our home; where our athletes can play and enjoy the sports they love. For our young athletes to thrive, we ask that the conduct of everyone in our organization respect one another on and off the field. In the unfortunate cases that an issue does arise, we have created the below rubric and index to provide transparency of how we will determine how it is resolved. This will also be followed for all athletes, their families, staff, and spectators at any event/game/practice, etc.

Disciplinary actions will be determined by the Head Coach and SBFA board.

Please join us in keeping SBFA a safe and fun outlet for our families.

Disciplinary Rubric	
Offense	Examples of Consequences
• Bullying/Cyberbullying 1 • Bullying/Cyberbullying 2 • Promoting threats or acts of violence • Discrimination • Illegal Activity • Assault • Harassment • Sexual Assault • Sexual Harassment	• Official Warning and Community Service at field on practice and/or game day. Length of time and duty determined by the infraction. • Suspended for 1 week • Removed from SBFA for the season. To be reviewed by SBFA Board for next season <i>These are examples of consequences, and all infractions will be reviewed between the Head Coach and SBFA board to be handled appropriately.</i>

Index:

Suspension- Sitting at practice/game/competition

Bullying/Cyberbullying 1- Aggressive behavior that is intentional and involves an imbalance of power or strength. Bullying involves actions such as: teasing or name-calling (verbal bullying), or intimidation through gestures or social exclusion. Occurring in person or any form of electronic communication, including, but not limited to, cell phones, computers, and tablets, or other communication tools, including social media sites, text messages, chat rooms, and websites. Harm to another athlete's emotional well-being through creation of a hostile environment that is so severe or pervasive as to unreasonably and substantially interfere with an athlete's well-being and ability to participate.

Bullying/Cyberbullying 2- Bullying/Cyberbullying 1 with actions such as: hitting or punching (physical bullying) and/or promoting threats or violence toward another individual sharing explicit pictures of another without that person's consent

Promoting threats or acts of violence-Depiction of violence or cruelty, which exceeds the limits of justified self-defense in an approving manner or for the purpose of promoting violent or cruel behavior among people

Discrimination- Discrimination against any person including, but not limited to, discrimination based on a person's actual or perceived race, color, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex. Including but not limited to any racial slurs or derogatory language.

Illegal Activity- Athlete's use and/or possession of tobacco or tobacco products, alcohol, illegal drugs, or drug paraphernalia including anabolic steroids

Harassment- The creation of a hostile environment by conduct or by threats, intimidation, or abuse, including cyber bullying, that:

- a. has or would have the effect of unreasonably and substantially interfering with an athlete's performance, opportunities, or benefits, or mental, emotional or physical well-being; or
- b. reasonably causes or would reasonably be expected to cause an athlete's fear for his or her physical safety; or
- c. reasonably causes or would reasonably be expected to cause physical injury or emotional harm to an athlete; or
- d. creates or would foreseeably create a risk of substantial disruption with the environment, where it is foreseeable that the conduct, threats, intimidation, or abuse-

Acts of harassment and bullying include, but are not limited to, acts based on a person's actual or perceived race, color, height, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex. For the purposes of this definition, the term "threats, intimidation or abuse" shall include verbal and non-verbal actions.

Sexual assault- Sexual contact or behavior, usually physical, that occurs without the consent of the victim

Sexual harassment- Unwelcome sexual advances, requests for sexual favors, and other verbal and physical conduct of a sexual nature

Assault - Engaging in behavior intentionally or recklessly that causes physical injury to another person with or without a weapon

Attendance Policy

Football and Cheerleading are team sports. Each team relies on all athletes attending practices, games, and competitions. If one athlete is missing, it affects the *entire* team. Due to the increase in absences, we are implementing an organizational attendance policy. If there are 3 or more unexcused absences, the athlete will be *removed from the team*.

South Buffalo Football Association

Volunteer Responsibilities

****The required \$50 Volunteer/Equipment Fee is due with registration this season. It is one \$50 fee per athlete. Without fail it is due by August 1st for each athlete. If this fee is NOT paid by August 1st, your child WILL NOT receive their equipment until it's paid in full. Please see your teams Commissioner to get your volunteer fees in asap. Receipts will be given when these monies are turned in.**

Each player will be required to have an adult (18+) work one of the following volunteer options:

- ONE three-to-four-hour shift at a home game in the concession stand.
- TWO two-hour shifts doing chains.
- ONE three/four shift at an SBFA event.

*****This is FOR EACH CHILD THAT IS REGISTERED*****

SBFA will keep track of volunteer hours worked for every child and the team they're on. It will be the ADULTS responsibility to "sign off/out" for the hours they completed at the time the game/event is worked. Amanda Pilarski, Cali Williams, & Katie Host will manage these hours at the concession stand on game days and the event coordinator at the events.

Once the volunteering is completed for the game and/or event, the \$50 refund will be issued the Tuesday or Thursday immediately following the home game or event. Commissioners will coordinate the exchange of the refund with the person who paid for the child. The refund will need to be signed for upon pick up and will be given to the person who paid the volunteer fee. *If the full volunteer requirements are not met, the volunteer fee is forfeited and kept as a donation to the organization.*

****NEW THIS SEASON****

Over the past few years, getting volunteers for our home games has been a bit of struggle. We totally understand that not everyone is able to work the volunteer time, so we are looking to put a new idea in place to assist us with this. If someone will NOT be able to work their volunteer time, just like usual they forfeit their \$50 volunteer fee to the organization.

As the organization still has duties to fill for the volunteer times, we will be offering this up to others who may be available to fill in these time gaps. This means that if parent A is unable to work and forfeited their fee, then parent B can work in place of Parent A. Parent B would then receive the \$50 volunteer fee for their time.

South Buffalo Football Association

Volunteer Responsibilities cont.

This will absolutely come with guidelines considering it's a new process and we don't want it getting out of control. Please see the below example to assist in the new process:

- Parent A must confirm directly with Amanda, Cali or Katie that they are unable to work their volunteer time this season. This will be monitored on our end, so we have a clear idea of those who are forfeiting their \$50 volunteer fee.
- Parents who need to fulfill their volunteer time we'll have priority over Parent B who is looking to do the additional time. Doing it this way allows for all parents who want to receive their volunteer fee back, the opportunity to do so. We are not trying to fulfill volunteer spots with parents who are looking to do additional work over those parents who still need to get their first volunteer time in.
- If parent B works for parent A, the volunteer fee that was previously forfeited to the organization will then be returned to parent B directly. Just like the normal process, they will have to sign off on receiving these funds before any monies are exchanged.

This new system we are looking to put in place should hopefully alleviate some of the gaps we have in coverage during our busy times at the stand, on game days and for our events.

It is going to be a learning curve for all of us, so we are open and appreciate any feedback and suggestions. If you have any for this, please see Amanda, Cali or Katie.

We appreciate all your help each and every season. Without YOU it would be impossible to run the concession stand or special events. Going forward, the "non-participation fee" is not a punishment but an incentive to get EVERYONE involved. If you have any questions, please contact Amanda Pilarski 716-748-1305, Cali Williams 716-553-5184, Katie Host at 716-310-0465, or SBFA Volunteers on Facebook.

WE LOOK FORWARD TO ANOTHER GREAT SEASON!

