

**NORTHAMPTON YOUTH FOOTBALL LEAGUE
2010 Season Information Sheet**

STRUCTURE OF LEAGUE

NYFL is run completely by volunteers. There is a 15 member Board of Directors that oversees all functions of the league. NYFL is a member of SAFL, The Suburban Amateur Football League.

There are three NYFL divisions, each having its own junior varsity and varsity squad:

PEE WEE – third and fourth graders – Head Coach Mike Diemand
JUNIOR – fifth and sixth graders – Head Coach Frank Leavens
SENIOR – seventh and eight graders – Head Coach Cy Newman

All Head Coaches and Assistant Coaches are certified by NYSCA, National Youth Sports Coaches Association and CORI Checked.

We ask that each player/parent visit our website, www.NYFL.info, and for more information and to review our Code of Conduct.

REGISTRATION/SCHOLARSHIPS

Late registration will end on July 30, 2010.

For info, contact: Becci Thomas at 587-0073

Partial Scholarships are limited and based upon demonstrated need and proof of public assistance, i.e. EBT card, reduced lunch, Section 8, Public Housing voucher, MassHealth card, unemployment stub.

THE LEAGUE WILL SUPPLY EACH PLAYER WITH:

Items Provided:

Helmet and mouth guard	Shoulder pads
Hip pads, thigh pads, knee pads and tail bone pad	Girdle, practice pants and belt

Equipment will be handed out to each player on **Saturday, July 24th** at the NYFL storage shed at A-Z Storage, O'Neill Street, Easthampton. The Pee Wee squad should report from 9:00 a.m. to 10:00 a.m., the Junior Squad from 10:00 a.m. to 11:00 a.m. and the senior Squad from 11:00 a.m. to Noon. For info, call Coach Brian Campedelli at 413-539-3685 (cell) or Coach Brian Baceski at 413-695-2723

Game Uniforms - game pants, game jersey and game socks - will be handed out prior to the first game as number assignments are based upon weight.

All equipment will need to be turned in (clean) at the end of the season (except mouth guard and socks). A date and time will be announced.

WHAT EACH PLAYER WILL NEED TO SUPPLY:

Equipment needed: cleats, athletic supporter/protection, and water bottle

PLAYER POSITION ASSIGNMENTS:

Players will be assigned positions by the coach. There are weight limits for each division as follows:

PeeWee Division – over 80 pounds must play on the line

Junior Division – over 115 pound must play on the line

Senior Division – over 135 must play on the line

PRACTICE SCHEDULE

Pre-season – it is recommended that all players stay active and healthy throughout the summer. Players may want to take a jog each day.

Practice starts August 2nd. In August, the practice schedule will be determined by the Head Coach, but as a general rule they will be Monday through Thursday nights from 5:30 p.m. to 7:30 p.m. Players should arrive 15 minutes early. All practices take place at the Ryan Road School.

The first week of practice will be “Half Pads” which means all players should wear their helmets, shoulder pads, practice jerseys, shorts and cleats – no practice pants or leg pads.

All players with any health concerns (i.e. allergies, asthma, etc.) should notify the Head Coach on the first night of practice.

Each practice will include both conditioning and skills drills. It is very hot during the first few weeks of practice. **PLAYERS ARE ADVISED TO BRING PLENTY OF WATER TO PRACTICE. BIG, INSULATED WATER JUGS WITH YOUR NAME ARE ADVISED.**

Once school begins in September, practices will be reduced to Tuesday, Wednesday and Thursday nights.

Weather: NYFL rarely cancels practice due to weather. Please check the website for cancellation notices if thunderstorms are predicted.

ABSENCE FROM PRACTICE/GAMES

The practice schedule for NYFL is intense and coaches require all players to make all practices except for excused absences. This is done in an effort to insure the safety of each player.

All coaches do, however, understand that family/religious commitments & school work come first.

Players will not be penalized for excused absences with proper notification to the Head Coach.

Players are required to discuss absences with the Head Coach.

Page 3

GAMES/SCRIMMAGES

Pre-season there may be at least two scrimmages. The dates, times and locations will be announced in August.

Games begin in September and end in late October. The full game schedule will be released in August.

Home games are played on Saturdays at Smith Vocational. All junior varsity games are played in the morning and all varsity games are played at night. Away games for junior varsity squads are played on Saturdays and away games for varsity squads are played on Sundays. Directions to all away games will be available on-line at www.NYFL.info.

Each season, one home game is played at Northampton High School. Information about this important game will be released in August.

OTHER NYFL EVENTS

Clinic with Northampton High School Football Team: Coach Ken O'Brien and his Northampton High team run drills with the Northampton Youth players on the high school practice fields. This is a great event for our young players! The PeeWee and Junior Clinic will be August 9th from 5:30 p.m. to 7:30 p.m. The Senior Clinic will be August 10th from 5:30 p.m. to 7:30 p.m.

League Weigh-Ins: Attendance is mandatory to play. Weigh-Ins will take place on August 7th at 10:00 a.m. at the West Springfield Middle School, 31 Middle School Drive, West Springfield. The specific time for each division will be announced in the first week of August. Players should wear their game jerseys, shorts, and sneakers (no pads).

SAFL Jamboree: This event will take place on August 28th and more information will be made available in August.

Picture Night: Official team/player photos will be taken. This will take place at the Northampton High School on Monday, September 13th. Order forms will be distributed in August.

Banquets: Each division will have a post-season banquet in November. The dates, times and locations will be announced during the season.

FUNDRAISING

NYFL relies completely on registration fees and fundraising to finance the league. There are several types of fundraising:

To make a donation or become a sponsor, call Vice President Andy Shaw at 584-0665 or send him an email at: atshaw3@comcast.net.

For information regarding merchandise sales, call Diana Szynal 247-9400.

NYFL sells sweatshirts, t-shirts, shorts, blankets, umbrellas, etc. Our gear is a great way to show your team spirit and all proceeds benefit NYFL.

Money is also raised by the food booth and raffles at home games. NYFL relies on parent volunteers to make the food booth successful and encourages all families to participate in some way. To volunteer, please contact Judy Brigham at jeajahm@comcast.net.

All players are expected to participate in raffle ticket sales for our Calendar Raffle. Packets will be distributed at equipment hand-outs in July.

NYFL will hold a Pizza Night Fundraiser at Papa Gino's on **Monday, September 20th**. Papa Gino's will donate a portion of all receipts to NYFL. We encourage families to attend – you can support NYFL and have a good pizza!

This year, NYFL will be trying something new - Annual Programs. These programs will contain team rosters, a game schedule and a listing of league sponsors. If you are interested in having your business advertised in the program, please contact Andy Shaw at 584-0665.

VOLUNTEER OPPORTUNITIES

NYFL is always looking for volunteers! There are several opportunities to help the league:

- Food Booth
- Merchandise
- Field Set-up
- Banquets
- Calendar Raffle

To volunteer, please call Megan Grygorcewicz at 582-0181 or Diana Szynal at 247-9400.

WE LOOK FORWARD TO THE 2010 NORTHAMPTON YOUTH LEAGUE FOOTBALL SEASON!

****All information is tentative and subject to change.****