

***EAST COUNTY YOUTH
FOOTBALL***



***FOOTBALL PLAYER
PACKET***

2008



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Dear Parents and Football Players:

We are pleased that your child has chosen to participate in our football program. It will be a commitment that requires 100% from both yourself as a parent and your child as a player. This is ECYF's 17th year and we are looking forward to another positive and exciting year for all.

Teams

Players are able to compete on several different levels of play depending on age and weight. ECYF fields one team at each level consisting of up to (but not more than) 35 players per team. We allow every player that signs up to try out. During this try-out period, the coaching staff will select players according to ability, experience, age, and weight. Signing up does not guarantee that you will make the team and there may be less than 35 players selected to participate. Final cuts are at the discretion of the coaching staff at each level. The levels are as follows:

Team	Age	Weight
Scout	7, 8, 9	45-90 pounds
Junior Pee Wee	8, 9, 10	55-100 pounds
Pee Wee	9, 10, 11	70-115 pounds
Junior Midget	10, 11, 12	85-130 pounds
Midget	11, 12, 13, 14	100-155 pounds

Players that are physically smaller than other players their age can play down a level (referred to as an "older-lighter"). Coaches are limited to only allowing four (4) and they must within these weight limits:

Team	Age	Weight
Pee Wee	12	70-85 pounds
Junior Midget	13	85-110 pounds

In addition to this, at the Midget level, coaches are limited to having a maximum of ten (10) 14-year-olds. Each team has a coaching staff consisting of a head coach, two or more assistant coaches, a play monitor, and a Team Mom.



Weigh-Ins

In order to certify with the DVYFC and be able to compete during the season, your player **MUST** make weight at official weigh-ins. For all teams except the Scouts, this will take place either Tuesday, Sept. 2nd or Wednesday Sept. 3rd. The official weigh-in for Scouts takes place at the first game. Thereafter, players will also be weighed in at the beginning of each game. If your player does not make weight then, he will be ineligible to play that game only. At weigh-ins, actual weight is not determined. The scales will be set to the maximum and minimum weight only. If the scale weighs the participant light or heavy, the participant will be ruled ineligible. There are no exceptions. A participant cannot be moved to another level of play once he/she has been weighed.

Practices

ECYF will be having practice the whole month of August, beginning Friday, August 1st, 2008. Practices during this pre-season time period run Monday through Friday 6:00p to 8:00p at the Liberty High School practice fields. Each football player is required to have 10 hours of conditioning completed before they are issued equipment. After official weigh-ins, practices will be reduced to three days a week. Each individual team's coaching staff will determine which days practice will be held. Please keep in mind that all ECYF staff and board members are volunteers and practices will be arranged as best fits each team's coaching staff. Generally, practices are not held on Mondays, and are held from 5:30-7:30p or 6:00-8:00p.

Players are expected to attend all practices in order to fully participate in the program. Much time and planning is given by the volunteer staff to create a program that will allow your player to succeed as an individual and as part of a team. Players are expected to conduct themselves accordingly by displaying a high level of work ethic and responsibility by participating and taking full advantage of the football program.

Games

Games are held every Saturday starting September 6th, 2008, and continuing through November 1st, 2008. Each player is required to be at each game complete with gear two hours prior to game time for weigh-ins and warm ups. It is your player's responsibility to be on time to the game with his **COMPLETE** gear. Failure to bring any piece of equipment or part of the uniform will result in your player being ineligible to play. It is your responsibility to get your player to each game, including away games. Please allow for adequate time to get to the away location. We will work together when it comes to car pooling and ensuring that each player has transportation to the games. Sometimes the weather can be extremely cold versus extremely hot. Please bring adequate protection for yourself and anyone else coming to watch your player play.



A great deal of effort is put into scheduling and Sunday games are avoided if possible. However, due to the dependency on other teams in the Conference and the limited use of the Liberty High School football stadium, Sunday games may be scheduled. On August 23rd and 24th, Jamboree will be held at Liberty High School. This consists of scrimmages against several other teams during the course of a weekend. Final cuts are generally made after Jamboree and are at the discretion of each team's coaching staff. It is important that your player attend Jamboree in order for the coaching staff to get a good look at your player's capabilities and attitude on the actual game field. There will be a total of four home games and five away games this year. After all season games are played, and depending on each team's record, they may advance to the DVYFC quarter finals, semi finals, and finally the championship (the "Turkey Bowl"). The Turkey Bowl will be held on Saturday, November 22nd. *This is the week of Thanksgiving so please plan accordingly. Your player is expected to participate in all practices that week should his team advance to the finals.*

Special Note: After final cuts are made, and your player attends his first practice as part of the official roster, there will be no refunds on registration fees. There is ample time for your player to decide if this sport will be suitable for him and he is willing to make the commitment to be part of the team.

The schedule for games is as follows:

Date	Opponent	Location
Saturday, Sept. 6 th	San Leandro	Liberty High School
Saturday, Sept. 13 th	San Ramon T-Birds	San Ramon Valley High School
Saturday, Sept. 20 th	Deer Valley	Liberty High School
Saturday, Sept. 27 th	West Pittsburg	Riverview Middle School
Saturday, Oct. 4 th	Solano	Liberty High School
Saturday, Oct. 11 th	Antioch	Antioch High School
Saturday, Oct. 18 th	Clayton Valley	Liberty High School
Saturday, Oct. 25 th	Benicia	Liberty High School
Saturday, Nov. 1 st	Napa	Justin Sienna High School
Saturday, Nov. 8 th	Quarter Finals	TBA
Sunday, Nov. 9 th	Quarter Finals	TBA
Saturday, Nov. 15 th	Semi Finals	TBA
Sunday, Nov. 16 th	Semi Finals	TBA
Saturday, Nov. 22 nd	Finals (Turkey Bowl)	TBA



The maximum number of players on a team is 35; the minimum to certify with the DVYFC is 20. At game time, the minimum is 18 or a forfeit will be tendered. Teams with 30+ players have a minimum of six (6) plays per game. Teams with 24-29 players have a minimum of 10 plays. Teams with 18-23 players have a minimum of 12 plays per player.

DVYFC teams include:

American Canyon Youth Football	Napa Youth Football
Antioch Youth Football	Pleasant Hill Youth Football
Benicia Youth Football	San Leandro Youth Football
Clayton Valley Athletic Assoc.	San Ramon Bears Youth Football
Concord Athletic Association	San Ramon Valley T-Birds Youth Football
Deer Valley Youth Football	Solano Youth Football
East County Youth Football	Walnut Creek Youth Football
Livermore Youth Football	West County Youth Football (Pinole)
Martinez Youth Football	West Pittsburg Youth Football

Equipment and Uniforms

Each player will be given a gear bag, helmet, shoulder pads, practice pants, practice jersey, thigh pads, knee pads, tailbone pad, and mouthpiece. Once he makes the team, he will also be given game jerseys (home and away) and game pants. In order to be able to participate in each practice and game, your player will need ALL his gear. Failure to have any of it will result in him being ineligible to play. This goes for practices as well as games. Your player is responsible for this equipment. It costs ECYF \$525.00 to suit up one player (your fee is only \$275.00). Any items that are lost or stolen will need to be replaced by the player. This may also result in the player being ineligible to play until the equipment is replaced. You will be asked to write a separate deposit check for \$275.00 that will be held until equipment is turned in at the end of the season. This check will then be returned provided all equipment is turned in.

Players are responsible to provide their own cleats. They must be rubber-molded. *Screw-on cleats and metal cleats are not allowed and result in stiff penalties so please be aware of this.* Any player found wearing illegal cleats in a game will be immediately ejected and suspended from the following game along with the head coach. Mouthpieces must be worn at all times during play in practices and games.



Fund Raising

Due to the increase in the cost of our traditional fund raising activities, and the significant decrease in profits made from it, the decision was made to raise the registration fees and not participate in fund raising. As it is, at \$275.00, ECYF still maintains the lowest fees of any of the other teams in the conference or local football teams. Other fund raising activities may be made available to interested parents to help offset the cost of registration. Information will be made available if this occurs.

Player Certification

Each player is required to be certified to play football in DVYFC sponsored games. In order to complete each Player Card, three items are required: a *completed* application, a physical card signed by a doctor, and an original birth certificate (no photocopies). Returning players do not need to turn in a birth certificate. New players turning in birth certificates will have them returned after the first game of the season. All paperwork must be completed by the first day of practice or your player will not be allowed to participate. Team Moms will be coordinating this work so please work on getting them whatever is required ASAP.

Fees

The registration fee for the entire season is \$275.00 per player. A *non-refundable* sign-up fee of \$60 is required before your player can step on the field. This fee is used to cover insurance premiums while your player is on the field for try-outs. When your player is issued equipment and full uniforms, the balance of \$215.00 will be due in order for your player to be eligible to participate. If the balance is not paid, your player's participation in practice will be severely limited as equipment will not be issued. If your player gets cut, the \$215.00 will be refunded, but not the sign-up fee of \$60.00. If your player makes the team, these fees at that point are then non-refundable.

Other Rules of Interest

- Any player ejected from a game is also suspended from the following game. A second ejection during the season will result in being suspended from play the rest of the season.
- No player may participate in a practice or game with a hard cast.
- ECYF is responsible for controlling the conduct of its spectators. Please conduct yourselves accordingly and refrain from verbal or physical abuse of any game or conference official.
- Only coaching staff with official badges are allowed on the field and must stay within the player's box. Please do not enter the field during the game or allow your children to play on the field.
- Jewelry of any kind is not allowed by game participants.



Parent Commitments

Of the nine games, four or five are home games. In order for players to fully participate, all parents will be asked to help out with various responsibilities involved in running the home games. Each Team Mom will coordinate the assignment of these responsibilities. Failure to complete your assignment will affect your player's eligibility to continue playing. They include:

- Admittance Gate (selling entrance tickets; two people)
- Snack Shack (three people, during other teams game)
- Drinks and snacks after game for the whole team
- Oranges for half-time for the whole team
- Cleanup after game
- Field Maintenance (two people)
- Chain Gang (three people)

Proceeds from the gate and the snack shack go directly to ECYF and acts as a form of fund raising. Please be sure to fulfill this duty as it gets quite busy when people committed to work it do not show up. In order to allow you to participate in your player's games, you will be working the snack shack during another team's game time, usually right before or right after your player's game.

Scholar Athlete

Any player, with the exception of the Scouts, who maintains a grade point average of 3.5 (out of 4.0) and receives no citizenship marks below satisfactory during the quarter they are participating in youth football, is eligible to apply for the DVYFC Scholar Athlete Award. This is the equivalent to at least half of all grades being A's while no more than half of all grades are B's (No C's, D's, or F's). Where marks like Outstanding, Satisfactory or Check Marks are used instead of letter grades, a letter must be submitted on school letterhead from the principal explaining the letter grade equivalent. A letter from the principal is also needed with their package explaining the grading criteria. Any candidate selected to receive the Diablo Valley Youth Football Conference Scholar Athlete will receive a \$50.00 Savings Bond and a Scholar Plaque. More information will be made available in the home game program once the season begins.

Other Information

ECYF is a completely volunteer organization. It consists of the ECYF Board, coaching staff, and other staff members who all donate their time freely and are dedicated to providing a well-organized football program that will afford the opportunity to players eager to learn the exciting and rewarding sport of football.



The ECYF Board of Directors are:

CEO	Mario Camilli
President	Sheila Houdashelt
Vice-President Football	Sean Cadigan
Vice-President Administration....	Robin Thompson
Cheer Coordinator	Koren Summers
Treasurer	Gale Camilli
Secretary	Deanna Fugazzi
Football Coordinator	Ernie Young

Staff members include:

Field EMT	Butch Combs
Equipment Manager	Butch and Sherrie Combs
Team Mom Coordinator.....	Korinne Ternes
Webmaster/Game Program.....	Scott Moravec

Other Anticipated Expenses

The following is a list of expenses that we have found it helpful to know about ahead of time. They are, for the most part, voluntary but have been found to add value to your and your player's football experience.

Equipment – your player will need a good set of football cleats. They cannot be screw-on or metal cleats. In the past, teams have agreed to group purchase game socks to add a level of style to their uniforms. Mouthpieces other than the one issued may be used. If your player is a lineman, many have chosen to use lineman gloves and/or neck rolls. Wide receivers have a tendency to like receiver's gloves as well. Athletic cups are not required but are recommended.

Awards Banquet – after the season is over, an awards banquet will be held. There is no cost to attend but if you would like to eat, meal tickets may be purchased ahead of time for any family members or friends that may be attending. There is no charge for meal tickets for the players themselves, they eat for free. Team Moms usually coordinate a gift for the coaching staff and ask for donations (usually around \$10-20). This year the banquet will be held Saturday, December 7th, 2008 at the Freedom High School cafeteria. This date may be subject to change.

Team Photos – a professional photo studio will be contracted to take team and individual photos. This generally takes place after final cuts and before the first game. A variety of different size packages will be available.

Player Photos – Scott Moravec takes photos of most of the games. These photos are available for viewing each week at www.deltaonsitephoto.com.



Homecoming – Team Moms usually coordinate a small gift to be given to each team’s cheerleaders. It is usually a \$5.00-\$10.00 donation.

Entrance Fees – there is a \$3.00 entrance fee at all games. This fee does not go to ECYF, but rather to the DVYFC Conference.

Games – a snack bar is available at each game with a decent variety of items to choose from at reasonable prices. Teams also sport 50/50 raffles in which tickets may be purchased. The winner keeps half of the money taken in, the other half being donated to the team.

Game Programs – a program listing all of the cheerleaders, football players, coaching staffs, and ECYF staff members will be available for purchase for \$2.00. In order to offset the cost of printing the home game programs, we offer to parents to opportunity to list a short dedication to their player for a \$5.00 donation.

ECYF Paraphernalia – At each home game, ECYF will setup tables selling T-shirts, sweat shirts, ball caps, stickers, etc.

Contact/Additional Information

For more information, please contact Mario Camilli at 925/625-1698, or visit our website at www.ecyflions.com. Additional information on the Diablo Valley Youth Football Conference (DVYFC) can be found at www.dvyfc.net. Scores and standing are posted following each game.

Conclusion

Once again, we cannot stress enough the commitment it takes in being involved as a team for the East County Lions. As coaches, board, and staff members, we plan our time during the week accordingly including the scheduling of vacations. If there are any issues that may come up that prevent your player from participating, please let us know ahead of time, or as soon as possible otherwise. Thank you for your willingness to become involved and your player’s desire to become part of the ECYF family!