



## PLEASE READ THIS LETTER IN FULL!!

*It covers a lot of important information!!*



### Welcome to the 2009 Junior Hornets Football Team!

Your Head Coach will be Ahmad Anderson. Coach Anderson's phone number is 510-388-3093.

This is the team you've been assigned to based on your age and weight at sign-ups. It's possible you will be moved to another team due to age, weight, and experience when the teams are formed in August. If you have any questions about your team assignment or general questions about Novato Youth Football (NYF) overall, please call your head coach or Greg Mack, Athletic Director of Novato Youth Football at 415-883-4234, or go to [www.novatoyouthfootball.com](http://www.novatoyouthfootball.com)

### Things To Do Before Practice Begins

#### A) Mail the following items by 7/6/09:

- **Medical Permission form** – this form was provided to you during sign-ups. This form must have the doctor's stamp or seal on it. **NO PLAYER CAN PARTICIPATE IN PRACTICES UNTIL THIS FORM IS RECEIVED.** If you need a new copy of the form, please contact Suzanne Putman at 382.1557 ([rsbputman@yahoo.com](mailto:rsbputman@yahoo.com)) or download at [www.novatoyouthfootball.com](http://www.novatoyouthfootball.com)
- **Three LEGIBLE copies of the player's June, 2008 report card.** The copy needs to show all grades for the 2008 school year, child's name and name of the school. If your child has not maintained a "C" average, an American Youth Football Scholastic Form must be signed by you, your player and coach before the first practice of the season. Scholastic forms will be handed out as needed in July at equipment handout.
- **Initial Registration Forms** – If you did not complete any of the forms below during the initial registration process, please complete and send them in also:
  - **Player/Parent Contract** - must be signed by parent
  - **Parent Volunteer Contract** – must be completely filled out by parent
  - **Birth Certificate** – three copies
  - **Medical Insurance Card** - Copy of front AND back
- **FULL payment of monies owed**
- **Send all forms, document copies and checks to:**

Novato Youth Football  
PO Box 482  
Novato, CA 94948

#### B) Pick up at T&B Sports in San Rafael

- Novato Practice jersey with last name on back (T&B only)
- White Practice pants
- Athletic supporter and cup
- Football cleats
- Girdle (i.e., shorts that hold hip pads and tail pad)

#### C) Attend Speed Training Camp – for FREE

- A great opportunity for NYF players to improve their agility, speed and conditioning in advance of the upcoming season – similar to program used by NHS Football program
- Takes place during 2 weeks prior to first day of practice (Tuesday through Thursday, 7/20 through 7/23 and 7/27-30) from 6pm to 7:15pm at San Jose Middle School
- Registration forms available on Website or show up early on 7/20 to register
- Voluntary – not required, but highly recommended
- **Free of Charge**



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### D) Attend Parent Meeting

- A **MANDATORY** Parent Meeting for all teams will be held on Saturday, August 1st at 5:30 pm at the San Jose Middle School gymnasium
- This meeting will include:
  - An introduction of NYF's Board of Directors and head coaches
  - An overview of NYF's philosophy and expectations for both players and parents in both the football and cheer programs
  - Handouts including regular season and playoff schedule
  - A review of the roles we need to fill in order to keep the program running as well as an explanation of what you can expect of us and what we need to expect from you
  - Break out sessions for each team allowing each team to meet to establish team parents and support staff. At least one parent for each player is required to attend. For families with more than one player in the program, please attend the meeting for your oldest child
  - Sign up sheets for parents to select their preferred volunteer position(s) for the season. Please keep in mind that if you do not volunteer you **will be assigned** a task. Please be thinking of where your time and skills can best be put to use.
  - Please remember that **PARENT INVOLVEMENT IS MANDATORY**

### E) Equipment Handout

- Will be held at San Jose Middle School **on Sunday, August 2nd from 1 to 2pm.**
- Each player will be issued a helmet, shoulder pads, leg pads, girdle pads & mouthpiece
- Shoulder Pads will not be issued until **all** required paperwork has been turned in
- NYF merchandise will be available for purchase.

### F) Practices

- First day of Practice is Monday, August 3rd.
- Practice schedule will be as follows:
  - **First week (8/3-8/7)** – five nights per week – **NO PADS** - Novato practice jersey (with last name on back), shorts, football cleats, and helmet will be required.
  - **Second week (8/10-8/14)** – five nights per week – **FULL PADS**
  - **Third and Forth Weeks (8/17-8/28)** – four nights per week
  - **Regular Season (8/31 to season end)** – up to four nights per week
- All practices will be at San Jose Middle School.
- All practices will start at 5:00pm SHARP and end at 7:30pm (unless otherwise notified by the head coach). Please make every effort to get your child to practice **ON TIME** - football is a team sport and interruptions from tardy players cannot be tolerated.
- Practice Tips
  - Players are responsible for bringing their own water.
    - Bring **WATER** only – **NO** flavored or colored drinks.
    - All players are required to pick up their own trash. Including water bottles.
  - The first 5 practices are **REQUIRED** for physical conditioning. Any players who miss all or part of these practices will have to make them up before they can participate in any form of contact, including drills, thereby potentially jeopardizing the player's role on the team.
  - Being late or missing practice will result in extra conditioning, less playing time, and possible loss of spot on the team.



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### G) Scrimmages / Games

- NYF will scrimmage Marin teams on Saturday, August 22nd – location and timing TBD
- NYF's regular season will commence on the weekend of August 29<sup>th</sup>
- All NYF home games will take place on Sundays at Novato High School
- A copy of the final regular season schedule will be handed out at the parent meeting.
- Generally speaking, game times will typically be as follows:
  - Mighty Bees – 9am
  - Killer Bees – 11am
  - Stingers – 1pm
  - Yellow Jackets – 3pm
  - Junior Hornets – 5pm
- A copy of the final regular season and playoff schedule will be handed out at the parent meeting.

**NOTE: Game times will likely be 1 hr earlier after 10/15**

### H) Questions?

- Regarding football and the teams, contact Novato Youth Football's Athletic Director, Greg Mack @ 883-4234.
- Regarding paperwork required, contact Novato Youth Football's Registrar, Suzanne Putman @ 382.1557
- Or go to [www.novatoyouthfootball.com](http://www.novatoyouthfootball.com)

### I) Important Dates

- **July 6<sup>th</sup>** – All paper work is due
- **July 20<sup>th</sup>** – Speed Training
- **August 1<sup>st</sup>** – Parent Meeting
- **August 2<sup>nd</sup>** – Equipment Handout
- **August 3<sup>rd</sup>** – First Practice

Sincerely,

#### Novato Youth Football Board of Directors

*Max Hopkins, President  
Jay Burnham, Vice President  
Kelly Drosihn, Treasurer  
Virginia Carroll, Secretary  
Susannah Kirby, Cheer Director  
Greg Mack, Athletic Director*

*Suzanne Putman, Registrar  
Laura Trahan, Scholastics  
Janelle Lagomarsino, Parent Director  
Tom Funke, Equipment Director  
Kim Kvaal & Chris Torres, Fundraising Directors  
Rudy Porchivina – Director at Large*