



PLEASE READ THIS LETTER IN FULL!!

It covers a lot of important information!!



Welcome to the 2011 Stingers Football Team!

Your Head Coach will be Wayne Capers. Coach Capers' phone number is 707-280-5154.

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

Things To Do Before Practice Begins

A) Mail the following items by 7/26/11:

- **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 Rachael Hall at 415-234-6170 (rrshal11@comcast.net) or download at www.novatoyouthfootball.com
- **Three LEGIBLE copies of the player's June, 2011 report card.** The copy needs to show all grades for the 2010 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)



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C) Attend Parent Meeting

- A **MANDATORY** Parent Meeting for all teams will be held on Saturday, July 30st from 4 to 6 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**
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D) Equipment Handout

- Will be held at San Jose Middle School **on Sunday, July 31st from 9am to 10am**
- 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.

E) Practices

- First day of Practice is Monday, August 1st.
- Practice schedule will be as follows:
 - **First week (8/1-8/5)** – five nights per week – **NO PADS** - Novato practice jersey (with last name on back), shorts, football cleats, and helmet will be required.
 - **Remainder of preseason (8/8-9/4)** – five nights per week – **FULL PADS**
 - **Regular Season (9/5 to 10/30)** – 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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F) Scrimmages / Games

- NYF will scrimmage host a Jamboree Scrimmage at Novato High School on Saturday, August 27th
- NYF's regular season will commence on Labor Day weekend
- All NYF home games will take place on Sundays at Novato High School
- Generally speaking, game times will typically be as follows:
 - Rumble Bees – 9am
 - Mighty Bees – 10am
 - Killer Bees – 12pm
 - Stingers – 2pm
 - Yellow Jackets – 4pm
- A copy of the final regular season and playoff schedule will be handed out at the parent meeting.

G) 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, Rachael Hall @ 415-2346170.
- Or go to www.novatoyouthfootball.com

H) Important Dates

- July 26** – All paper work is due
- July 30** – Parent Meeting
- July 31** – Equipment Handout
- August 1** – First Practice

Sincerely,

Novato Youth Football Board of Directors

*Ahmad Anderson, President
Elizabeth Jones, Vice President of Cheer
David Bailey, Treasurer
Sima Mohamadian, Secretary
Tami Velez, Cheer Director
Greg Mack, Athletic Director
Rachael Hall, Registrar*

*Kelli Carlson, Director of Operations
Rebecca Lack, Scholastic Director
Tom Funke, Equipment Director
Brandi Rutledge, Fundraising Director
Sean Brown, Communications Director
Lynn Kimball, Snack Shack/Volunteer Manager*