

# SPARTANS LEAGUE- WIDE PARENTS MEETING

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FALL 2023 SEASON



Management  
Team

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DJ Smith  
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# Mission Statement

To provide a **positive environment** to contribute to the education of our players. Our players will **learn the game of football** using proper and **safe techniques**. They can translate the lessons learned on the football field to being **distinctive student-athletes**, who are **leaders** and who **set the right example** at school and in their communities. Our culture expects players and coaches to be **reliable, consistent, respectful, operationally disciplined, to have fun, compete, and practice and play to WIN**.



Founded in 1966, **Fairfax County Youth Football League (FCYFL)** is an independent football league in Northern Virginia with Youth Football Programs from Arlington, Fairfax, Prince William and Loudoun counties and the City of Alexandria. The website is <http://www.fcyfl.org/>

**D1 Sports & Athletics (D1SA)** is one of the member clubs that plays in the FCYFL system

## Head Coaches

AB: Scott Diep

80: Rodney Howard

90: Darel Layne

100: DJ Smith/Caruso

115: TBD or DJ Smith/Caruso

130: Golston and Company

# What to expect from your coaches

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1. Background checked & USA Football Certified
2. Professional & Consistent
3. Prepared
4. Operate a program
5. Relentlessly teach safety, fundamentals, scheme, and teamwork
6. Aid in the development of our kids to be leaders and to set the right example
7. Encourage learning the game, having fun, and practicing & playing to win
8. Expect athletes to work hard and be operationally disciplined
9. Expect parents to treat the Fall tackle season as the primary sport (be at every practice and every game)

# Parent Code of Conduct

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- Treat all coaches, staff, participants, spectators, and officials with respect
- Respect the decisions of officials and coaches, encourage your child to do the same
- Maintain composure and refrain from unsportsmanlike physical or verbal behavior toward spectators, coaches, officials, or players
- Respect the privilege associated with the use of HS facilities and equipment

# Can a parent be on the field during practices or games?

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- No, unless previously discussed with the head coach
- Coaches are available before or after practice & games for questions/comments
  - Please abide by the “24 hour rule” when possible to broach issues



# Player Code of Conduct

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- Demonstrate sportsmanship at all times
- Treat coaches, other players, officials and fans with respect
- Maintain composure and never engage in unsportsmanlike physical or verbal behavior
- Respect the privilege associated with the use of HS facilities and equipment
- Work hard at all times
- Be aggressive



# Attendance Expectations

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- Players are expected to be at **100%** of practices and games unless there are extraordinary circumstances (such as an illness or a death in the family)
- Discuss any need to miss practice with the head coach in advance
- Missed practices impact American Division playing time at the discretion of the head coach

# Depth Chart

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- Starting positions:
  - Go to the most qualified athletes in the best interest of the team
  - Coaching staff continuously evaluates player performance
  - Head coach makes all final decisions
- We are **not** going to negotiate **positions** with parents or players
  - Backs vs linemen – commit to the position you are assigned

# Player Participation

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- Central & National Conferences - Each player shall play the entire game, either on offense or defense
- American Conference - All athletes will play, however, there are no minimum play requirements

# Physical Examination Requirement

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- D1SA requires each athlete to have a physical examination completed by a medical doctor within 12 months from the start of the season.
- Parents sign-off on this in the waiver of liability
- No need to submit doctor paperwork, however, please inform coach and league administrators of any relevant health issues/allergies

# Weigh-in ID's

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- Each player must have a valid VA DMV Child ID Card as of the day of the athlete's weigh-in
- Virginia DMV Child ID Card Link:  
[https://www.dmv.virginia.gov/drivers/#id/child\\_id.asp](https://www.dmv.virginia.gov/drivers/#id/child_id.asp)

# Practice Acclimation

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- First day of practice is Monday, August 7, 2023
- Each player must have three practices before Full Contact
- Helmets Day 1
- Uppers Day 2 (Helmets & Shoulder Pads)
- Full Pads Day 3

# Practice & Game Sites

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- Home games will be held at Heritage HS
  - Saturdays on the stadium turf (pending final schedule)
- Away games will be played in various Northern Virginia counties
- Practices will be held at Heritage HS
  - Through first day of school - 5 days/week (2 hours)
  - Then 3 Days/week (1.5 hours)
  - Specific practice days are set by each head coach
- Practice time
  - Generally begins at 5:45 pm (subject to change based on coach availability)



# Heritage High School

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Do not park in pipestem area, which is the area between the back of the football stadium and the tennis courts/baseball field



# Equipment

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## League provided

1. Shoulder pads
2. Helmet
3. Practice jersey
4. Game uniform

## Player provided

1. Cleats (preferably black)
2. Black integrated practice pants  
[https://www.amazon.com/CHAMPRO-Terminator-Integrated-Polyester-Football/dp/B0843W5JBV/ref=sr\\_1\\_8?keywords=youth%2Bfootball%2Bpants&qid=1683744594&sr=8-8&th=1](https://www.amazon.com/CHAMPRO-Terminator-Integrated-Polyester-Football/dp/B0843W5JBV/ref=sr_1_8?keywords=youth%2Bfootball%2Bpants&qid=1683744594&sr=8-8&th=1)
3. Mouthpiece (buy several, preferably black or clear)
4. Sunscreen & bug spray (if needed)
5. Water bottle

# Key Dates

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**June 26, 2023** Coaches Meeting (5:30 PM) and League Wide Meeting for Parents (7:00 PM)

**July 16 and 23, 2023** - Equipment Distribution 2-5 PM - Sign-up Genius link:

<https://www.signupgenius.com/go/805084FABAE29A0F58-d1sa>

**July 16 through August 3** - Optional Summer Conditioning (Sun, Tues ,and Thursdays 6 pm at HHS (\$75 for the series)

**August 7, 2023** - Practice Begins

**August 18, 2023** - Friday Night Lights (post practice party and cookout)

**August 12, 19, 26, 2023** - FCYFL Weigh-ins (attend just one); FCYFL charges escalating fees for all but first weigh-in

**August 27, 2023** - Spartans Jamboree (Scrimmage) at Heritage High School

**September XX** - TBC Scrimmage (away)

**September 15, 2023** - Regular Season Begins

**November 11, 2023** - FCYFL Championships

# Parents To Do List

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1. Expect an email from your head coach by Aug 1
2. Like D1SA football on facebook <https://www.facebook.com/d1safootball>
3. Inform coach and league administrators of any relevant health issues/allergies
4. Sign-up for equipment distribution (sign-up genius link)
5. Register for Summer Conditioning if interested (optional program)

# Parents To Do List

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6. Secure player provided gear
7. Obtain VA DMV Child ID as soon as possible
8. Ensure physical exam is completed

# Appendix

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# Age Weight Matrix

Weight Class	Age on October 1 (See exceptions for 15 and 16 year olds)									
	7	8	9	10	11	12*	13*	14	15**	16***
AB*	UNL	90	55							
80LB		Unlimited/100*	100	85	80					
90LB			Unlimited/110*	110	95	90				
100LB				Unlimited/120*	120	105	100			
115LB					Unlimited/135*	130	120	115		
130LB						Unlimited/160*	140	135	130	
155LB							Unlimited/185*	Unlimited/165*	160	155

\* Maximum weight for a player to carry the ball in Anklebiters is 70lbs. Anklebiter players over the 70lb limit and all other unlimited players at other weight classes are not eligible to play in a position that normally handles the ball unless they are at or below the listed maximum ball carrier weight (the weight limit listed next to "Unlimited/" on the chart above). Positions excluded for unlimited players exceeding the maximum ballcarrier limit include all offensive backfield positions, all eligible receivers and tight end positions, and any position not on the first line of a special teams formation. Exceptions include the offensive positions of center, punter, and placekicker.

\*\* 15 year olds that turn 16 on or before December 31st must play 155lbs.

\*\*\* 16 year olds that turn 17 on or before December 31st are not eligible to play.

# Hydration

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Pre-activity rehydration should be done in addition to hydration during and post-activity

Monitor urine color to ensure the hydration plan is adequate. A clear to light yellow urine color indicates adequate hydration.

USA FOOTBALL:  
HYDRATION



# Thunder/Lightning Protocol

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Based on guidance from the National Athletic Trainers Association, all activities must cease and participants and spectators find adequate shelter when they **hear thunder** or **lightning** strikes are **six miles** from an event. Remain in the shelter for at least 30 minutes after hearing the last sound of thunder and until any lightning is a safe distance from the practice site.

# Heat Protocol

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<b>Heat Index</b>	<b>Attire</b>	<b>Fluid Consumption</b>
89 & Below	Full Gear	Fluids every 30-45 minutes
90-94	Full Gear	Fluids every 20 minutes with helmet removal
95-99	Helmet/Shoulder Pads Only	Fluids every 20 minutes with helmet removal
100-102	Helmet only	Fluids every 20 minutes with helmet removal
103-104	Shirts/Shorts Only	Fluids every 15 minutes
105 & up	No Practice	

# Football Size Requirements

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<b>WEIGHT CLASS</b>	<b>FOOTBALL SIZE</b>
<b>AB</b>	K2/Pee Wee
<b>80LBS</b>	K2/Pee Wee
<b>90LBS</b>	TDJ/Junior
<b>100LBS</b>	TDJ/Junior
<b>115LBS</b>	TDY/Youth
<b>130LBS</b>	TDY/Youth
<b>155LBS</b>	NFHS High School, Collegiate, or NFL

# Resources for the football parent

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- USA Football Parent Guide:

<https://usafootball.com/parent/>

# D1SA Football - Emergency Action Plan (EAP)

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1 - Assess situation, establish level of consciousness, extent of injuries.

2 - **CALL 911**. The dispatcher will need the following information:

- a. name and telephone number of caller
- b. condition of injured person
- c. treatment initiated by first responder
- d. specific location of injured person

3 - Directions. If injury is at Heritage High School, the address is 520 Evergreen Mills Rd SE, Leesburg, VA 20175. We are usually on the Stadium Turf or on the grass field behind the stadium visitor bleachers.

4 - Send someone to meet EMS in front of the stadium ticket office.

5 - Emergency contact numbers:

EMS - Call 911

Carm Caruso - D1SA Football Commissioner, Cell Phone: 703-403-5890

DJ SMith - D1SA Football Assistant Commissioner, Cell Phone: 202-999-6565