



2018 P.L.A.Y. Football 3rd-8th Grade Parent Meeting

July 23, 2018
Matt Lind
VP of Football



Agenda

- Introductions
- Program Information
- Player Safety
- Coaching Information
- Parent/Fan Information
- Player Information
- Grade Level Information & Schedules
- Youth Level Officiating
- Important Dates
- Picture information
- Q&A-following meeting



**HEADS UP
FOOTBALL**



Introductions

P.L.A.Y. Football Board

- Matt Gegenheimer – PLHS Football Head Coach
- Pat McGowan– VP of Fall and Winter Sports
- Randy Geister- Administrative Director
- Matt Lind– VP of Football
 - Brent Siegel– Travel Director
 - Karl Hammerstrom - 8th Grade Coordinator
 - Peter Blattner - 7th Grade Coordinator & SWML Liaison
 - Debbie Aidas - 6th Grade Coordinator
 - Katrina Post - In-house Director
 - Matt Sturm - 5rd Grade Coordinator
 - Scott Nelson- 4rd Grade Coordinator & USA Football Liaison
 - Adam Jerstad - 3rd Grade Rookie Tackle Coordinator
 - Trent Ulrich – 1st / 2nd Flag Coordinator
 - Mary Nolan – Operations Support
 - Mike Koppang – Officials Coordinator
 - Stuart Spronk– Equipment Coordinator & 7 on 7 coordinator
 - Jeremy Baudoin– Equipment Coordinator



<https://www.playinfo.org/page/show/147418-board>



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Log In Create an Account Report a Problem

Prior Lake Athletics for Youth

Home Sports Registrations Coaching Calendar Sponsors Board Tournaments DBs

FOOTBALL In-House Traveling Board Football Coaches Fun 7 Camps

PRIOR LAKE
YOUTH FOOTBALL

HONOR THE GAME

Board

FOOTBALL BOARD

MICHAEL Lind
VP of Football

PAUL McGowan
VP of Sports (PL/Member)

TRAVELING FOOTBALL

BRENT Siegel
Director of Traveling Football

JANE Hammerstrom
8th Grade Coordinator

PETER Blattner
7th Grade Coordinator

DEBBIE Aldias
6th Grade Coordinator

PETER Blattner
Player Safety Coach (PCA) (Lakers) (WHL Representative)

MIKE Koppang
Officer Coordinator

MICHAEL Nolan
Football Finance Coordinator

STUART Spronk
Fun 7 Coordinator/Equipment Coordinator

IN-HOUSE FOOTBALL

WENDY Post
Director of In-House Football

MATTHEW Sturms
8th Grade Coordinator

SCOTT Nelson
4th Grade Coordinator (USA Football Liaison)

ADAM Jensstad
2nd Grade Coordinator

BRENT Ulrich
Flag Football Coordinator

JEREMY Baudoin
Equipment Coordinator



P.L.A.Y.'s link with the Varsity Program

- Introduce Coach Tom Menke and Coach Mark Esch





P.L.A.Y. & Varsity Programs

- Laker Philosophy
- Program Consistency– 1st through 12th grade
- Coach Gegenheimer is key member of P.L.A.Y. football board
- High School clinic for P.L.A.Y. coaches (Aug 18th)
- P.L.A.Y. follows Varsity playbooks and techniques
- USA Football membership – 1st – 12th Grade
- P.L.A.Y. Night at Varsity Home game – September 7th.



P.L.A.Y. Football Program-Belief Statements

- Coaches will ALL be certified in safety prevention and awareness.
- Coaches will follow a structured practice plan & grade level playbooks put in place by P.L.A.Y.
- Laker football and P.L.A.Y. will not support 'All-Star Teams' at any level.
- Coaches will conduct themselves in a manner that is in the best interests of the players, their teams, and the P.L.A.Y. program.
- Our emphasis will be on the development of ALL players involved in the program, at every level.
- Players, coaches, and fans will display sportsmanship and respect at all times.



P.L.A.Y. Football Program: New items

- Uniforms and equipment
- Offense-specifically for 7th/8th grades
- Rules
 - Kickoff/punts
 - Striper rule
- 3rd grade Rookie Tackle
- 5th grade hybrid traveling schedule
- Football virtual store



P.L.A.Y. Football: Safety initiatives

- Player safety and development are the #1 priority for P.L.A.Y. football-not wins and losses.
- P.L.A.Y. and our partnership with USA Football
 - USA Football - evolve and grow the game
 - Training areas include concussion response, hydration, sudden cardiac arrest, equipment fitting, and shoulder tackling
 - Certification is updated annually
 - 2018 updates include blocking and defeating blocks (Tip of the Spear, and fundamentals of coaches)
 - Practice plans developed with these principles and PLHS terminology
- EMT on-site for every practice and game
- Decreased hitting in practice
- Increased use of dummies, tackle wheels, and levels of contact
- New Equipment
- 3rd Grade Rookie Tackle Program from USA Football



P.L.A.Y. Football: Equipment

- Equipment
 - All helmets replaced and or reconditioned in the past 2 years, new helmets this year.
 - Shoulder pads have been or are being replaced
 - Integrated pads with the pants so the pads stay in place
 - New jerseys for 3-8th grades. "We Are All Lakers".
 - Parents, please take care of the equipment and gear!!
 - Socks can be purchased at the virtual store-we will send info.



P.L.A.Y. Football: Coaching

- To be a coach for P.L.A.Y.
 - Background check up to date
 - Concussion certificate
 - PCA training
 - USA Football certified
- Understand the time/effort commitment
 - Practice plans
 - Game plans
 - Pre-season and post-season planning
- Be a positive influence
- Zero tolerance policy



P.L.A.Y. Football: Parents & Fans

- Follow Code of Conduct
- Passion = Positive
- All players will someday be Lakers
- "Players play. Coaches coach. Parents cheer."
- Be self-aware
- Zero Tolerance policy



P.L.A.Y. Football Website

- Rules
- Schedules
- Field Maps
- Team Information
- Coaching Information
- Important Links
- Positive Coaching Alliance Information
- Football Board Contact Information



P.L.A.Y. Skill Position Weight Limits

- Skill Position Restrictions
 - 3rd Grade \leq 80.99 lbs
 - 4th Grade \leq 90.99 lbs
 - 5th Grade \leq 100.99 lbs
 - 6th Grade \leq 120.99 lbs
 - 7th Grade \leq 140.99 lbs
 - 8th Grade \leq 155.99 lbs
- All grades will have a limit of 2 quarters in the backfield
- Refer to grade-specific rule books for more info.



Schedules

- Overall schedule will be posted on the web site soon.
- Individual team schedules will be issued and kept current by coaches
- All schedule questions should be directed to individual coaches or grade level coordinators.
- General grade level schedules as follows:



3rd Grade

- Player weigh-in: tonight
- Teams will be formed prior to season start
- Pre-Labor Day schedule
 - Mon. Aug 13th: 1st Practice, Shorts/Tee's
 - Wed. Aug 15th: Practice with Equipment Handout
 - Mon. Aug 20th: Practice
 - Weds. Aug 22th: Practice
 - Mon. Aug 27th: Practice
 - Wed. Aug 29th: Practice
 - Thurs. Aug 30th: Pictures
- Post-Labor Day schedule
 - Monday, (some) Wed, Saturday
 - Incorporation of structured scrimmages during the week
- First Game is on Saturday, September 8th
- Last Game is on Saturday, October 13th
- 8 in-house games total
- Locations are subject to change based on field availability
- Full Schedule will be posted at www.playinfo.org



4th Grade

- Player weigh-in: tonight
- Teams will be formed prior to season start
- Pre-Labor Day schedule
 - Tues. Aug 14th: 1st Practice, Equipment Handout
 - Thurs. Aug 16th: Practice
 - Tues. Aug 21th: Practice
 - Thurs. Aug 23rd: Practice
 - Tues. Aug 28th: Practice
 - Thurs. Aug 30th: Pictures
- Post-Labor Day schedule
 - Tuesday, Thursday, Saturday
 - Incorporation of structured scrimmages during the week
- First Game is on Saturday, September 8th
- Last Game is on Saturday, October 13th
- 8 in-house games total
- Locations are subject to change based on field availability
- Full Schedule will be posted at www.playinfo.org



5th Grade



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- Player weigh-in: tonight
- Teams will be formed prior to season start
- Pre-Labor Day schedule
 - Mon. Aug 13th: 1st Practice, Equipment Handout
 - Thurs. Aug 16th: Practice
 - Tues. Aug 21th: Practice
 - Thurs. Aug 23rd: Practice
 - Tues. Aug 28th: Practice
 - Thurs. Aug 30th: Pictures
- Post-Labor Day schedule
 - Tuesday, Thursday, Saturday
 - Incorporation of structured scrimmages during the week
- First Game is on Saturday, September 8th
- Last Game is on Saturday, October 13th
- Will play hybrid in-house & traveling schedule, 8 total games.
- Full Schedules will be posted at www.playinfo.org



6-8th Grade

- South West Metro League (SWML)
 - 6th – 8th Grades Guaranteed Seven (7) Regular Season Games, plus at least one (1) playoff game
 - Compete against other teams in SWML: Chaska, Chanhassen, Eden Prairie
 - Parity league
 - PL teams will be assigned by or on week #1
 - Dependent on team assignment method
 - www.swmlfootball.com
- Traveling League Goals & Objectives
 - Primary Goal: To play in a league that allows all players to compete regardless of skill set
 - Players at all levels work together to improve skills
 - All players will get same skills and drills
 - Rules are posted on website (SWML)



P.L.A.Y. Football Officiating

- 3rd Grade: Self-officiated
 - Emphasis on game administration
 - Teach, Teach, Teach!!
- 4th & 5th Grade: 2 officials assigned
- 6-8th Grade: 3 officials assigned through SWML
- Emphasis on fundamental rule adherence and teaching



P.L.A.Y. Football Important Dates (Summary)

- Tonight: 3rd-8th grade weigh-in
- 1st Week Aug: 7-8th coaches meeting
- Sun. Aug 12th: 6-8th equipment handout (Ponds)
- Mon. August 13th: 1st official day of football activities
5th grade equipment pickup (Ponds)
- Tues. August 14th: 4th grade equipment pickup (Ponds)
- Wed. August 15th: 3th grade equipment pickup (Ponds)
- Sat. August 18th: Coaches Clinic (PLHS)
- Thurs. August 30th: Pictures (PLHS)
- Fri. September 7th: P.L.A.Y. Night (PLHS)
- Sat. October 13th: Regular Season Ends



Questions??

www.playinfo.org



Weigh-ins

3, 4, 5: Up on the track

6, 7, 8: Down below