

2025 TCYFL Rams Welcome Letter

Dear Ram Football Families,

As we prepare for the 2025 football season, I would like to take this opportunity to share some important information for the upcoming season. We are looking forward to a productive and enjoyable football season, and we hope that everyone is excited and ready to participate.

Our primary objective is to teach your child the fundamentals and challenges of tackle football, while also fostering friendships and ensuring that they have an enjoyable experience.

Required Gear:

League Provided:	Parents Provide:
<ul style="list-style-type: none">• Helmet	<ul style="list-style-type: none">• Mouthguards: RULE CHANGE; No Items attached to the tooth and mouth protector that do not serve a purpose and function in protecting the teeth or mouth will not be allowed.
<ul style="list-style-type: none">• Chin Strap	<ul style="list-style-type: none">• Cleats: No metal studs; Regular football cleats will work great
<ul style="list-style-type: none">• Shoulder Pads	<ul style="list-style-type: none">• Undershirt: Do not wear shoulder pads on bare skin
<ul style="list-style-type: none">• Game Pants	<ul style="list-style-type: none">• Football Girdle or Integrated Game Pants: The league recommends a 7-pad integrated girdle or integrated game pants in Black.
<ul style="list-style-type: none">• Practice Pants	<ul style="list-style-type: none">• Socks: Purple knee-high socks
<ul style="list-style-type: none">• Game Jersey• 1st Mouth Guard	<ul style="list-style-type: none">• Practice Jersey: No Requirements; Any kind or color

**** The league does send out Dick's Sporting Goods coupons a few times a season**

Practices:

Practice sessions will be held at Chinook Middle School at 4301 6th Avenue NE, Lacey, WA 98516, from 6:00-8:00 pm on Tuesday, Wednesday, and Thursday (7th & 8th grade may practice additional days). It is essential for young athletes to attend practice punctually. Beginning September 2nd, practice times will shift to 5:30-7:30pm. **Athletes must complete three non-contact practices before participating in full contact practice.**

Additionally, athletes are required to engage in twelve total practices prior to playing in a game.

Participation, attentiveness, good sportsmanship, and effort are crucial for a successful season. Disruptive behavior that undermines these qualities can negatively impact the learning experience for the entire team. If an athlete continues to be disruptive after receiving a warning from the coaching staff, they may be asked to run a lap, sit out of the drill, or both. Persistent issues will necessitate a discussion with parents to determine appropriate actions.

It is advisable to bring ample cold water to practice sessions, as players exert considerable effort and need to stay hydrated.

Franchise huddles will occur every Tuesday at the start of practice, where important upcoming events will be discussed. Attendance at each huddle is encouraged to ensure you do not miss any crucial updates.

Communication:

All team-specific information will be communicated by your head coach or team parent via the Sports Engine App. Regarding league-wide program information, please monitor your email inbox. You may also follow our social media pages on Facebook (TCYFL Rams football) and Instagram (tcyflrams).

Absences:

Coaches plan practices and prepare for opponents in advance. If your child is unable to attend practices or games, promptly inform the head coach so adjustments can be made accordingly. Vacation plans, summer trips, family weddings, or weekends spent away should be communicated in advance. Thank you!

SAVE THE DATES!

July 8th - Preseason Conditioning Begins

Tuesdays & Thursdays from 6-8pm at the RAC near the basketball court. Conditioning sessions will be held as a franchise, and participants from Minors to SV levels are welcome.

July 31st at 6:00 P.M. – MEET THE COACHES NIGHT

Chinook Middle School, 4301 6th Ave NE, Lacey, WA 98516. This event offers an opportunity to meet coaches and teammates. Please bring your gear to ensure proper fitting and readiness for practice.

August 1st - Tackle Opening Day

August 15th - Flag Opening Day

August 24th – TCYFL JAMBOREE

South Sound Stadium, 600 Sleater Kinney Rd NE, Lacey WA 98506. Players will be in full pads and game attire for the first time of the season! Each team will get to have 10 min on offense and 10 min on defense. Cheerleaders will also be present to cheer on our amazing Rams!

AUGUST 27th– RAMS CHEER PICTURE DAY

Location/Times TBD

AUGUST 29th- RAMS FOOTBALL PICTURE DAY

Location/Times TBD

SEPTEMBER 6th – FIRST GAME

Game times and locations will be finalized as the season approaches. Games will take place every Saturday through October 25th.

OCTOBER 26th – CHAMPIONSHIP SUNDAY

Location/Times TBD

Code of Conduct:

Upon registration, you agreed to adhere to both the parent's code of conduct and the player's code of conduct. These codes will be strictly enforced throughout the season. Always keep in mind that these are children participating in this sport. They thrive on encouragement and positivity. Should you witness or hear anything negative, please notify your team parent or a Rams official board member.

Important Information:

No pets are allowed on school property, including practice fields and stadiums.

Each team may have an official team photographer who is permitted on the game field alongside players and coaches.

Fanwear will be available throughout the season.

Sponsorships:

The Rams Franchise operates as a 501C3 organization. Our board members and coaching staff volunteer their time and are not compensated. We aim to reinvest 100% of our funds back into the franchise to enhance the experience for our players.

For more information on sponsorship opportunities, a form is available upon request.

Should you have any inquiries, please contact our Franchise Coordinator at rams.coordinator@gmail.com.

Please ensure your contact information is accurate on tcyfl.com to receive vital communications regarding games, fundraisers, fanwear, practices, and other TCYFL Ram events.

Thank you for your understanding. We look forward to a fun and competitive season focused on learning the game of football. GO RAMS!!

Tony Rhoads

Tony Rhoads

Franchise Head Coach

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