

# 2020 P.L.A.Y. Football Parent Meeting

Matt Sturm – VP of Football – Wednesday, August 5th



**HEADS UP  
FOOTBALL**

HONOR THE GAME



*Please review the P.L.A.Y Football Parent Meeting today and join the P.L.A.Y Football Water Cooler Session from 8pm-9pm tonight (Wednesday, August 5th) hosted by Matt Sturm, VP of P.L.A.Y Youth Football*

[P.L.A.Y Youth Football Water Cooler - Google Meet - Click Link to Join](#)



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## • P.L.A.Y Youth Football Preparedness Plan - COVID19 - Work in progress

- Must sign off on PLAY - COVID-19 Waiver
- Require all players to Wear customized PL Sneeze N Theez face covering (included w/2020 registration cost)
- Require all players to use provided GameOn strapless Mouthguard - ADA Accepted (included w/2020 registration cost)
- Suggesting Schutt Optics Elite Visor - for additional protection (not required but highly suggested)
- Clean and disinfect frequently touched objects and surfaces
- Be mindful of others - 6 Ft Physical Distancing
- Practice in "Pods" of 11 or less (same athletes always together)
- Wash your hands OFTEN with soap and water or hand sanitizer for at least 20 seconds
- Do not share water bottles
- Athletes/Coaches will sanitize equipment, pads, footballs, etc periodically throughout practices
- At the beginning of practices/games and at the end, the equipment will be sanitized by Coaches



- Matt Sturm - VP, P.L.A.Y Football
- Adam Jersted - Director, InHouse Football
- Brent Siegel - Director, Travel Football
- Debbie Aidas - 8th Grade Coordinator
- Scott Nelson - 6th Grade Coordinator, USA Football Liaison
- Jason Theis - 5th Grade Coordinator
- Scott Perron - 4th Grade Coordinator
- Trent Ulrich - 3rd Grade Coordinator
- Ken Klamm - 2nd Grade Coordinator - Flag Football
- Joe Altermatt - K/1st Grade Coordinator - Flag Football
- Derek Walters - 7 on 7 Passing League Coordinator
- Jeremy Baudoin - Equipment Manager
- Mark Thayer - Equipment Manager
- Pat McGowan - VP, Fall/Winter Sports
- Matt Gegenheimer - PL Varsity Football Head Coach



## •IMPACT Playing Youth Sports

- Promote Confidence
- Provide Exercise
- Develop Team Concepts
- Build Individual Skills – Learn the Game
- Relationship Between Effort and Achievement
- Creates Understanding of Winning and Losing
- Get to participate with Friends and have Fun
- Learn about competing, Sportsmanship and Life Lessons
- Ask yourself – when you are upset, is it about one of the above things?



## • Things That Require Zero Talent:

- Being On Time
- Work Ethic
- Effort
- Body Language
- Energy
- Attitude
- Passion
- Being Coachable
- Doing Extra
- Being Prepared



## •Varsity and P.L.A.Y Football Program Alignment:

- Laker Philosophy – We’re All Lakers!
- Program Consistency - K through 12th grade
- Coach Gegenheimer is key member of P.L.A.Y Youth Football Board
- P.L.A.Y follows Varsity playbooks and techniques
- USA Football membership: K – 12th Grade





## • P.L.A.Y Football – “A Standard of Excellence”

- Coaches will ALL be certified in USA Heads Up Football, Concussion Certified
- 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: 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
- EMT on-site for every practice and game
- Decreased hitting in practice
- Increased use of station work, dummies, tackle wheels, and levels of contact
- Practice plans developed with these principles and PLHS terminology



## • P.L.A.Y Football Equipment/Apparel:

- New Helmets in 2018.
- Should pads have been or continue to be replaced
- New Navy Laker pants with Integrated pads in 2018
- New Jerseys for 3<sup>rd</sup> – 8<sup>th</sup> grade. “We’re All Lakers” in 2018
- All 3rd - 8th Grade Lakers are required to have both:
  - Navy - Over the Calf team Socks
  - White – Over the Calf team socks





## • P.L.A.Y Football – Step to being a Coaching

- Coaching Application
  - Background check up to date
  - Sexual Abuse and Safe Sport Act
  - 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 and Fans

- Follow P.L.A.Y Code of Conduct
- Passion = Positive
- Be Self-Aware
- “Players Play, Coaches Coach, Parents Cheer...We’re All Lakers!”
- Zero Tolerance Policy



## • P.L.A.Y Football Website:

- [P.L.A.Y Youth Football Preparedness Plan - COVID-19](#)
- In-House Information
- SWML Travel Information
- 2020 Schedules
- Team Information
- Coaching Information
- Important Links
- PCA Information
- Football Board Contacts
- [PL Laker Apparel Store](#) - open until Wednesday, August 19th



- 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
  - Refer to grade-specific rule books for more info.



## •P.L.A.Y Football Schedules

- Overall 2020 schedule will be posted on the P.L.A.Y Youth Football website soon
- Possibility for each grade level to play 1 game on Sunday
- Individual team schedules will be issued and kept current by coaches
- All schedule questions should be directed to individual coaches or grade level coordinators.





## 3<sup>rd</sup> Grade Rookie Tackle

- Player weigh-in: Date determined by Grade Level Coordinator
- Teams will be formed prior to 2020 season start

### Pre-Labor Day schedule

- Week of Aug 10th - [Training Camp Week](#)
- Sat. Aug 15th: 3rd Grade Equipment Handout
- Mon. Aug 17th: Practice @ Ryan 1/2/3/4
- Wed. Aug 19th: Practice @ Ryan 1/2/3/4
- Mon. Aug 24th: Practice @ Ryan 1/2/3/4
- Wed. Aug 26th: Practice @ Ryan 1/2/3/4
- Mon. Aug 31st: Practice @ Ryan 1/2/3/4
- Wed. Sept 2nd: Practice @ Ryan 1/2/3/4

• *Times/Locations are subject to change based on field availability*

### Post-Labor Day schedule

- Monday, Wednesday, Saturday
- First Game is on Saturday, September 12th
- Last Game is on Saturday, October 12<sup>th</sup>
- Goal of 6 in-house games
- Locations are subject to change based on field availability
- Full Schedule will be posted at [PLAY Football Page](#)



## 4<sup>th</sup> Grade Rookie Tackle

- Player weigh-in: Date determined by Grade Level Coordinator
- Teams will be formed prior to 2020 season start

### Pre-Labor Day schedule

- Week of Aug 10th: - [Training Camp Week](#)
- Fri. Aug 14th: 4th Grade Equipment Handout
- Tues. Aug 18<sup>th</sup>: Practice @ Ryan 1/2/3/4
- Thur. Aug 20<sup>th</sup>: Practice @ Ryan 1/2/3/4
- Tues. Aug 25<sup>th</sup>: Practice @ Ryan 1/2/3/4
- Thur. Aug 27<sup>nd</sup>: Practice @ Ryan 1/2/3/4
- Tues. Sep 1st: Practice @ Ryan 1/2/3/4
- Thur. Sep 3rd: Practice @ Ryan 1/2/3/4

• *Times/Locations are subject to change based on field availability*

### Post-Labor Day schedule

- Tuesday, Thursday, Saturday
- First Game is on Saturday, September 7<sup>th</sup>
- Last Game is on Saturday, October 12<sup>th</sup>
- Goal of 8 in-house games
- Locations are subject to change based on field availability
- Full Schedule will be posted at [PLAY Football Page](#)



## 5<sup>th</sup> Grade - 9 man - SWML

- Player weigh-in: Date determined by Grade Level Coordinator
- Teams will be formed prior to season start

### Pre-Labor Day schedule

- Week of Aug 10th - [Training Camp Week](#)
- Thur. Aug 13<sup>th</sup>: 5th Grade Grade Equipment Handout
- Week of Aug 17<sup>th</sup>: Practice @ Ponds - M/T/W/TH
- Week of Aug 24<sup>th</sup>: Practice @ Ponds - M/T/W/TH
- Week of Aug 31<sup>st</sup>: Practice @ Ponds - M/T/TH
- Wed. Sep 2<sup>nd</sup>: SWML Game #1

• *Times/Locations are subject to change based on field availability*

### Post-Labor Day schedule

- Tuesday, Thursday, Saturday
- First Game is on Wednesday, September 2nd
- Last Game is on Saturday, October 12<sup>th</sup>
- Goal of 8 SWML games
- Locations are subject to change based on field availability
- Full Schedule will be posted at [PLAY Football Page](#)



## 6<sup>th</sup> Grade - SWML

- Player weigh-in: Date determined by Grade Level Coordinator
- Teams will be formed prior to season start

### Pre-Labor Day schedule

- Week of Aug 10th - [Training Camp Week](#)
- Wed. Aug 12<sup>th</sup>: 6th Grade Grade Equipment Handout
- Week of Aug 17<sup>th</sup>: Practice @ Ponds 1 & 2 - M/T/W/TH
- Week of Aug 24<sup>th</sup>: Practice @ Ponds 1 & 2 - M/T/W/TH
- Week of Aug 31<sup>st</sup>: Practice @ Ponds 1 & 2 - M/T/W/TH
- Wed. Sep 2<sup>nd</sup>: SWML Game #1

• *Times/Locations are subject to change based on field availability*

### Post-Labor Day schedule

- Tuesday, Thursday, Saturday
- First Game is on Wednesday, September 2nd
- Last Game is on Saturday, October 12<sup>th</sup>
- Goal of 8-10 SWML games
- Locations are subject to change based on field availability
- Full Schedule will be posted at [PLAY Football Page](#)



## 7<sup>th</sup> Grade - SWML

- Player weigh-in: Date determined by Grade Level Coordinator
- Teams will be formed prior to season start

### Pre-Labor Day schedule

- Week of Aug 10th - [Training Camp Week](#)
- Tue. Aug 11<sup>th</sup>: 7th Grade Grade Equipment Handout
- Week of Aug 17<sup>th</sup>: Practice @ Ponds A & 7 - M/T/W/TH
- Week of Aug 24<sup>th</sup>: Practice @ Ponds A & 7 - M/T/W/TH
- Week of Aug 31<sup>st</sup>: Practice @ Ponds A & 7 - M/T/W/TH
- Wed. Sep 2<sup>nd</sup>: SWML Game #1

• *Times/Locations are subject to change based on field availability*

### Post-Labor Day schedule

- Tuesday, Thursday, Saturday
- First Game is on Wednesday, September 2nd
- Last Game is on Saturday, October 12<sup>th</sup>
- Goal of 8-10 SWML games
- Locations are subject to change based on field availability
- Full Schedule will be posted at [PLAY Football Page](#)



## 8<sup>th</sup> Grade - SWML

- Player weigh-in: Date determined by Grade Level Coordinator
- Teams will be formed prior to season start

### Pre-Labor Day schedule

- Week of Aug 10<sup>th</sup> - [Training Camp Week](#)
- Mon. Aug 10<sup>th</sup>: 8th Grade Grade Equipment Handout
- Week of Aug 17<sup>th</sup>: Practice @ Ponds B - M/T/W/TH
- Week of Aug 24<sup>th</sup>: Practice @ Ponds B - M/T/W/TH
- Week of Aug 31<sup>st</sup>: Practice @ Ponds B - M/T/W/TH
- Wed. Sep 2<sup>nd</sup>: SWML Game #1

• *Times/Locations are subject to change based on field availability*

### Post-Labor Day schedule

- Tuesday, Thursday, Saturday
- First Game is on Wednesday, September 2<sup>nd</sup>
- Last Game is on Saturday, October 12<sup>th</sup>
- Goal of 8-10 SWML games
- Locations are subject to change based on field availability
- Full Schedule will be posted at [PLAY Football Page](#)



- South West Metro League (SWML) – 5<sup>th</sup> - 8<sup>th</sup>
  - Guaranteed Seven (7) Regular Season Games, plus at least one (1) playoff game
  - Compete with Orono, Chaska, Chanhassen, Eden Prairie
  - Parity league
  - P.L.A.Y teams will be assigned before Equipment hand out dates



## • South West Metro League (SWML) – 5<sup>th</sup> - 8<sup>th</sup>

- 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
- Rules are posted on website ([SWML](#))





## • P.L.A.Y Football Officiating

- 3<sup>rd</sup> Grade Rookie Tackle – \*New\* 1 Official Approach
  - Emphasis on Game Administration
  - Youth Officiating Movement
- 4<sup>th</sup> - 5<sup>th</sup> Grade – 2 Officials
- 6<sup>th</sup> - 8<sup>th</sup> Grade – 3 Officials
  - Assigned through SWML
  - Emphasis on fundamental rule adherence and teaching

## • RESPECT All Officials – ZERO TOLERANCE POLICY

1. Remember it's about the Kids!
2. Keep your competitive energy in check!
3. Treat officials and opponents with respect!



## P.L.A.Y 2020 Football Season Important Dates

- **August 10th** P.L.A.Y Youth Football Training Camp - 3rd through 8th Grade Kicks off
- **August 17<sup>st</sup>:** Practice K-8th Grade grade
- **August 27th:** (TENTATIVE) 3rd-8th Pictures
- **August 29th:** (TENTATIVE) Flag Football Pictures
- **September 2nd:** First SWML league games for 5th-8th Grade
- **September 12th:** K-4th grade games kickoff
- **October 6th:** First round playoffs (6th-8th Grade)
- **October 10th:** Last regular season games (K-4<sup>th</sup> grade)
- **October 10th:** Championship (5th-8th Grade)
- **TBD** Return Equipment for 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> grade - Ponds
- **TBD** Return Equipment for 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> grade - Ponds



## Questions?

Please reach out to your grade level coordinator or email me at [matthewmichaelsturm@gmail.com](mailto:matthewmichaelsturm@gmail.com)