



**HEADS UP
FOOTBALL**

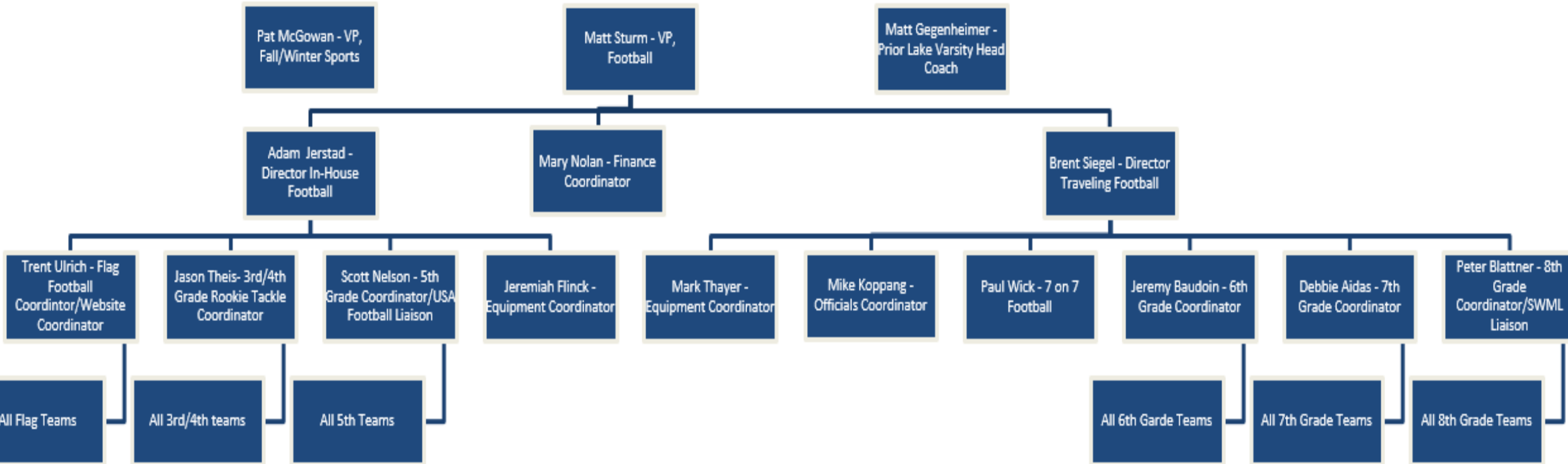
2019 PLAY Football Parent Meeting

Matt Sturm – VP of Football – Monday, July 29th



• Meeting Agenda:

- PLAY Football Board Introductions
- Program Information
- Player Safety Initiatives
- Player Equipment/Apparel
- PLAY Football Coaching
- Parent/Fan Information
- PLAY Football Website
- Player Weight Limit
- Grade Level Information & Schedules
- Youth Level Officiating
- Important Dates
- Q&A – Weigh-In/\$300 EQ Deposit





• 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 PLAY Football Program Alignment:
 - Laker Philosophy – We’re All Lakers!
 - Program Consistency– 1st through 12th grade
 - Coach Gegenheimer is key member of PLAY. football board
 - High School clinic for PLAY coaches (Monday, August 12th, 2019)
 - PLAY follows Varsity playbooks and techniques
 - USA Football membership: 1st – 12th Grade
 - PLAY Night at Varsity Home game – September 6th vs Rosemount.



• PLAY 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 PLAY
- Laker football and PLAY 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 PLAY 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.



• PLAY Football: Safety Initiatives

- Player safety and development are the #1 priority for PLAY. football - not wins and losses.
- PLAY 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



• PLAY 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 3rd – 8th grade. “We’re All Lakers” in 2018

• All Lakers are required to have both:

- Navy - Over the Calf team Socks
- White – Over the Calf team socks





• PLAY Football – 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



• PLAY Football – Parents and Fans

- Mandatory PCA – “Parent Talk: Tips and Tools” – 1 parent per player must attend PCA workshop
 - August 18th at PLHS 6-6:45pm or 7:00-7:45pm
- Follow PLAY Code of Conduct
- Passion = Positive
- Be Self-Aware
- “Players Play, Coaches Coach, Parents Cheer...We’re All Lakers!”
- Zero Tolerance Policy



- [PLAY Football Website:](#)

- In-House Information
- SWML Travel Information
- 2019 Schedules
- Team Information
- Coaching Information
- Important Links
- PCA Information
- Football Board Contacts
- PL Laker Apparel Store



- PLAY 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.



• PLAY Football Schedules

- Overall schedule will be posted on the web site soon.
- Possibility to 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.



3rd Grade Rookie Tackle

- Player weigh-in: tonight
- Teams will be formed prior to season start

Pre-Labor Day schedule

- Wed. Aug 14th: Practice with Equipment Handout
- Mon. Aug 19th: Practice
- Wed. Aug 21st: Practice
- Thur. Aug 22nd: Pictures & Blue Vs Gold Game
- Mon. Aug 26th: Practice
- Wed. Aug 28th: Practice

Post-Labor Day schedule

- Monday, Wednesday, Saturday
- First Game is on Saturday, September 7th
- Last Game is on Saturday, October 12th
- Goal of 6 in-house games
- Locations are subject to change based on field availability
- Full Schedule will be posted at [PLAY Football Page](#)



4th Grade Rookie Tackle

- Player weigh-in: tonight
- Teams will be formed prior to season start

Pre-Labor Day schedule

- Tues. Aug 13th: 1st Practice in shorts/t-shirt
- Thur. Aug 15th: Practice with Equipment handout
- Tues. Aug 20th: Practice
- Thur. Aug 22nd: Pictures & Blue Vs Gold Game
- Tues. Aug 27th: Practice
- Thur. Aug 29th: Practice

Post-Labor Day schedule

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



5th Grade 9 man SWML

- Player weigh-in: tonight
- Teams will be formed prior to season start

Pre-Labor Day schedule

- Tues. Aug 13th: Practice with Equipment handout
- Thur. Aug 15th: Practice
- Tues. Aug 20th: Practice
- Thur. Aug 22nd: Pictures & Blue Vs Gold Game
- Sat. Aug 24th: SWML Jamboree - Orono
- Tues. Aug 27th: Practice
- Wed. Aug 28th: 1st SWML Game

Post-Labor Day schedule

- Tuesday, Thursday, Saturday
- First Game is on Wednesday, August 28th
- Last Game is on Saturday, October 12th
- Goal of 8 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) – 5th - 8th
 - Guaranteed Seven (7) Regular Season Games, plus at least one (1) playoff game
 - Compete with Orono, Chaska, Chanhassen, Eden Prairie
 - SWML Jamboree – Saturday, August 24th
 - 8th @ PL
 - 7th @ Chaska/Chan
 - 6th @ EP
 - 5th @ Orono
 - Parity league
 - PLAY teams will be assigned by August 12th



- South West Metro League (SWML) – 5th - 8th
 - 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](#))



• PLAY Football Officiating

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

• RESPECT All Officials – ZERO TOLERANCE POLICY

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



• PLAY Football Important Dates

- Aug 8th & 11th: Fall Coaching PCA Workshop – 7pm (PL City Hall)
- Sun. Aug 11th: 6-8th equipment handout (Ponds) – Times TBD
- Mon. Aug 12th: Coach G Clinic – 5:30 - 6/7/8 Coaches (PLHS) 7:00 - OnField 3-8 coaches, 8:30 – Social(TBD)
- Tue. August 13th: 5th grade equipment pickup (Ponds)
- Wed. August 14th: 3th grade equipment pickup (Ponds)
- Thu. August 15th: 4th grade equipment pickup (Ponds)
- Sun. August 18th: Parent Talk: Tips and Tools - PCA Workshop - 6pm or 7:15pm (PLHS)
- Thu. August 22nd: Pictures and Blue v Gold (PLHS)
- Sat. August 24th: SWML Jamboree for 5th – 8th
- Fri. Sept 6th: PLAY Night (PLHS) vs Rosemount
- Sat. October 12th: Regular Season Ends



- Questions???
- Weigh – ins:
 - 3rd, 4th, 5th and 6th – Up on Track
 - 7th and 8th – Gym Floor