

YMCA Youth Tackle Football Information

Schedules

- All games and practices will be held at Central High School's football complex.

Equipment

- Please put on your equipment prior to the 1st day of practice. This will make sure you won't have trouble the 1st day of practice, causing you to be late and miss part of the instruction.
- You need to come dressed and ready to play. Locker rooms are not provided.
- **Mouth pieces are \$1.00 and will be available at equipment checkout. Athletes must wear Mouth pieces.** Follow the instructions on the tag to form fit your mouth piece and attach it to your helmet. We do recommend that you purchase a 2nd mouth piece just in case the 1st one gets lost. We will not have any extra at the field. It doesn't matter what color.
- Cleats are allowed but not required: football cleats, soccer cleats, baseball cleats, etc.. (No metal spikes)
- You are responsible for your equipment. Any lost equipment will result in a fine for that piece of equipment. Lost equipment during the season could result in ending your season. We do not have a lot of extra equipment.
- Equipment questions or problems should be resolved by coming early to the field (30 min) the 1st day of practice.
- Your equipment is for the YMCA Futures Football League scheduled practice and game use only. Do not use for any other purpose.
- Players in the past have found that buying a girdle for the hip and thigh pads is very comfortable and might be worth the investment. Athletes foot and Play It Again Sports has sold them in the past at a reasonable price..

Water

- Please bring a water bottle with your name on it. (Water ONLY !!!) No pop, juice, gatorade, etc. It will stain the turf field if you are playing in the stadium.

Jerseys

- Your Jersey will serve as both the practice and game jersey.
- Washing Instructions for Pants and Jerseys are on the labels.

Please be on time

- Practice 10 minutes prior
- Game 20 minutes prior (stretch as a team so the game can start on time)

Cancellation due to Weather—radio stations will be notified of any cancellations