

LAKE FOREST PARKS & RECREATION DEPARTMENT

5TH - 8TH GRADE YOUTH TACKLE FOOTBALL LEAGUE



Team

Placement: All players who register for the league will be placed onto a team. There are no tryouts to play. Teams will be divided evenly based on weight and skill.
(Depending on the amount of registrations, No Requests)

Teams are assembled by weight before grade, but, grade and age are used as criteria, just not as heavily as weight of the players.

Uniforms: All players will keep their game jersey at the conclusion of the program. **No metal cleats. In order to participate in games, players must wear their league roster game jersey (not former years), gold pants, royal socks, cup, and a mouth guard attached to helmet.** Game uniform is not to be worn at practice.
Equipment that needs to be purchased:

White practice pants	Gold game pants
Girdle	Practice Jersey (White Mesh)
Game Socks (Royal)	Extra mouth guard
Pads: 2 Hip Pads, 1 Coccyx (Tail Pad), 2 Thigh Pads, 2 Knee Pads, and Cup.	

This equipment can be purchased at Kiddles in Lake Forest (847) 234-0025

Helmet and shoulder pads are the only equipment you will return.

Equipment

Distribution: Helmet and shoulder pad pick-up dates will be emailed out after July 16th. Pick-up will be at the Lake Forest Recreation Center around back at the South end of the building. Players will take the stairs to the basement located in back of the Rec. Center. Fitting of the equipment may take awhile, so don't come if you are in a rush.

Weather: Always assume practices or games are on. Football is played in almost any weather condition except thunder/lightning. In case of inclement weather, you can call (847) 234-6702.

Practices: **(All practices are held at Deerpath Park)**
Mandatory Conditioning Practices – **Beginning July 30th – August 10th**, we will be offering 2 hours of conditioning for our players. Out of those 9 days (18 hrs.), all players must complete a minimum of 10 hours. Players may not suit up in full pads until 10 hours of conditioning are completed. (No practice 8/1- LF Days)

First day of practice in full gear will be on Monday, August 13th. The teams will practice everyday (Monday – Friday) from July 30th – August 24th from 5:30 – 7:30 P.M. **Starting August 28th – November 11th** the teams will practice on **Tuesday, Wednesday, and Friday for the remainder of the season.** Practice times will be 5:30 – 7:00 PM. Friday practice times may change during the season, so players can attend the Lake Forest High School Football Games. Coaches will inform you of any practice time changes. Playoffs will start in November for teams that qualify. We know players will be going on vacation during some of these days, that's fine. Make the practices you can.

Water: Players need to bring refillable water bottles to all practices and games. (The bigger the refillable water bottle the better) Make sure name is on the bottle.

Games: Normally games are played on Saturday or Sunday, but a casual games will be played during the week due to make-ups. The first game of the year will be played on August 25th/26th and the last game of the year will be played on November 10th/11th. Playoff games are in November, so if we don't qualify for the playoffs the season will end sooner. Players are to be at their games one hour before game time. Players will need to weigh-in before each game. You can go to the TCYFL web page for the season schedule, standings, and many other things.

Home

Games: During home games we need three volunteers to work the firstdown marker and the chains for each game. Contact Ken Pierini at (847) 810-3943 or email pierinik@cityoflakeforest.com

Lake Forest Jr. Scouts History

Division Champions

2006 – Featherweight Blue
2008 – Lightweight Blue
2010 – Middleweight Blue
2010 – Lightweight Gold
2010 - Heavyweight
2011 – Lightweight Blue
2012 – Heavyweight
2015 - Heavyweight
2016 - Middleweight
2016 - Heavyweight
2017 – Flyweight

Division & League Champions

2004 – Featherweight Blue 2008 – Middleweight
2004 – Featherweight Gold 2009 – Middleweight Gold
2005 – Featherweight Blue 2009 – Heavyweight
2006 – Featherweight Gold 2011 - Middleweight
2006 – Heavyweight 2011 - Heavyweight
2007 – Featherweight Blue 2012 – Flyweight Blue
2007 – Featherweight Gold 2013 – Flyweight Blue
2007 – Lightweight Blue 2013 - Heavyweight
2007 – Lightweight Gold
2007 – Heavyweight

