

---

**LAKE FOREST YOUTH FOOTBALL  
REGISTRATION INFORMATION**

IF YOU WANT TO PLAY IN 2018  
PLEASE RETURN THE ENCLOSED  
REGISTRATION FORM

BY

***JULY 14, 2018***

**Personal Equipment**

All players can purchase equipment at

**Kiddles Inc.**

258 Market Square  
Lake Forest, IL 60045

**Kiddles Phone Number:**

**(847)234-0025**



Lake Forest Parks & Recreation Department  
400 Hastings Rd.  
Lake Forest IL 60045  
Tel: 847-234-6700



---

**LAKE FOREST  
YOUTH FOOTBALL LEAGUE  
JR. SCOUTS**

---

Lake Forest Parks & Recreation Department  
400 Hastings Rd.  
Lake Forest IL 60045  
Tel: 847-234-6700



***REGISTRATION DEADLINE  
JULY 14, 2018***

**Tel: 847-234-6700**

---



Welcome to the 2018 season of the Lake Forest Jr. Scouts Travel Football Program. This is our programs 16th year and or first year participating in The Chicagoland Youth Football League (TCYFL). The mission of the Lake Forest Youth Scouts program is to provide the opportunity for Lake Forest/Lake Bluff area boys and girls in grades 5th - 8th to learn

the fundamentals of football and participate in an organized, competitive program with participants of similar age and size. The Football Program is open to children that reside in the Lake Forest High School District.

Goals:

1. To create a program in order to teach every player the fundamentals of tackle football.
2. Maintaining physical fitness and exercise to promote a healthy lifestyle.
3. Instill the values of leadership, commitment, discipline, and dedication.
4. To teach and reinforce the qualities of sportsmanship and team play.
5. To create an atmosphere of respect for team, coaches, opponents, and officials.

### Program Information

**The Res. fee of \$577 will cover registration for Lake Forest High School District Boundaries.** These fees include league fees, coaches, field maintenance, equipment, and a game jersey the player can keep after the season. The Early Bird Registration Deadline will end on Friday, July 6 at the end of the day. The regular fee for the program will then be \$721 for residents after 7/6/18.

### Registration

The registration deadline is **Saturday, July 14th**. All registration forms must be returned to the Lake Forest Recreation Department prior to the end of the day on the deadline. Late registrations cannot be guaranteed a spot in the program and will be on a space available basis. **Please include your email address** on the registration form as this will be our primary method of communication throughout the season.

<u>Code</u>	<u>Grade</u>	<u>(Early Bird) Fee</u>
30141501-01	5th-8th grade league	R: \$577 NR: \$692

<u>Code</u>	<u>Grade</u>	<u>(After 7/6) Regular Fee</u>
30141501-01	5th-8th grade league	R: \$721 NR: \$865

### Equipment

The Lake Forest Youth Football League will furnish certified helmets, shoulder pads, and game jersey. Helmets and shoulder pads are to be returned upon completion of the season. All other personal equipment (shoes, other pads and pants) will be the responsibility of the parents. Returning players can use last year's equipment if it is in good condition and still fits.

### Medical

There will be a certified athletic trainers at each of our league games. This assures that athletes receive speedy and top quality medical attention for any on field injury. Players cannot return to game play with out consent from the trainer.

### Coaching:

The coaching staff for each team will consist of 1 hired head coach, with previous playing or coaching experience, and several volunteer parents with a strong interest in teaching football fundamentals and in promoting sportsmanship and team participation. All coaches will complete the PCA certification or Positive Coaching Alliance certifications prior to the season.



### Practice Schedule

**Practice will begin on Monday, July 30th** at Deerpath Park **July 30th - August 24th** practices are M-F 5:30 -7:30 P.M. **Starting August 28th**, practices will be held on Tuesday, Wednesday and Friday (three days per week) from 5:30 - 7:00 P.M. Fridays practice times may change in order to accommodate the coach and the High School Football Schedule.

**Mandatory Conditioning for all players: Beginning July 30th through 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 pads until 10 hrs. are completed. Players may choose any day between the listed dates to complete their 10 hrs. (No Practice 8/1)**

Games will be held on Saturday or Sundays from August 25th - November 11th. Our Home games will be played at the LFHS fields. Playoffs would start in November if qualify.

### Opponents

We will play teams from the Chicagoland area and Wisconsin. There are 48 towns participating in the league. Parents will need to provide transportation to all home and away games.

### Team Classifications

Teams will be formed based on age and weight. There are two divisions in the league Big 10 and Pac 10. The Big 10 is the more competitive league. All first year programs must play in the Big 10 league. The different age and weight levels for the league are:

<u>Big 10</u>	<u>Pac 10</u>
Varsity	Lightweight
JV	Middleweight
Lightweight	Featherweight
Middleweight	Bantam
Feather	Flyweight
Bantam	

We will form teams in the Big 10 league, because this is our first year in the league. I will do a preweigh-in when the kids pick up their equipment at the fitting. Once I have the weights and age we will then look at what weight division we will play in. There are striper levels for all age groups. Striper weight means players over a certain weight must play the offensive and defensive line. They are all different for each level. **Players will weigh-in an hour before each game.** Each week the striper weight will go up to allow for player growth.

### Playing Time

Both the Big 10 and Pac 10 have rules for playing time for the players. Team coaches will address game play for the players. This will be based on practice attendance, injuries, illness, disciplinary reason, etc.

### Games:

Teams will play in nine regular season games. There will be playoff games for those teams that qualify. Those games will continue into November. Standings will be kept on the TCYFL League website.

### Coaching Assistance (Only Three Assistance Per Team)

We are looking for interested volunteers to assist our head coaches on the field. These coaches should have a football background and have knowledge of the different position. If all possible the assistant coaches will coach a different position their child is playing. If you can help, please call Ken Pierini at (847) 810-3943 or pierinik@cityoflakeforest.com.

