

2020 JYFL Football Fundamental Alternative Season

Football Schedule:

Group	Kindergarten - 2nd	6 th – 8 th grade	3 rd – 5 th grade	6 th – 8 th grade	3 rd – 5 th grade
Day	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
No Contact First Week Mouth Pieces Issued	8/10/2020	8/11/2020	8/12/2020	8/13/2020	8/14/2020
Dynamic Workout, Individual Skill Building, and Flag Scrimmages	8/17/2020	8/18/2020	8/19/2020	8/20/2020	8/21/2020
	8/24/2020	8/25/2020	8/26/2020	8/27/2020	8/28/2020
	8/31/2020	9/1/2020	9/2/2020	9/3/2020	9/4/2020
	9/7/2020	9/8/2020	9/9/2020	9/10/2020	9/11/2020
	9/14/2020	9/15/2020	9/16/2020	9/17/2020	9/18/2020
Time	6:00pm-8:00pm				
Location	Adair-Kennedy Turf				
Setup	First half of each practice is no-contact Workout and Skills, Second half is optional flag scrimmages.				

General Expectation:

- Check-In @ Turf Entrance
- Meet in Bleachers (Gear 6' apart, there will be identifying markers)
- Workout: 1 hour Dynamic Workout & Skill Building
- Scrimmage: 1 hour Flag Scrimmage (optional)
- Immediate Pickup at end of practice

Participant To Bring:

- Personal Water Bottle
- Mouthpiece (one will be provided to you and it is required to participate in any flag scrimmages)
- Long sleeves to be worn at all practices
- Cleats or Tennis shoes
- Masks encouraged when not exercising and when 6' distancing is not possible.
- Sweats, sweaters, hoodies, base layer should be considered based on the weather.

Special Expectations:

- Signed COVID-19 waiver must be on file prior to first session.
- 40 max participants per practice
- Smaller groups will be assigned at beginning of each week to reduce exposure.
- No Congregation before or after practice
- 6' distance expected prior to check-in until you leave.
- The **only** exception to 6' distancing is during scrimmage play. (Sidelines still expected to distance)
- No More than two individuals in bathroom at a time
- Hand sanitization readily available and recommended after bathroom and drink breaks.
- No sharing of any equipment.
- No handshakes, high fives, fist/elbow bumps, group celebrations, etc.

Registration – We are offering this alternative season for JYFL families at minimal costs. **If** you have already registered please email info@juneaufootball.com to indicate if you would like to be refunded in full and will not be participating this year **or** if you would like to keep your child registered and receive a refund less the amount shown below.

Football: \$25 for Kindergarten – 2nd / \$50 for 3rd – 8th grade

Raffle Help – Each Group will be given an online raffle link to help support JYFL. Although raffle sales are not a requirement, we will be having a friendly competition between all the groups. All participants in the group that raises the most money through the online raffle will receive a FroYo gift card.

No Sports Physicals Required

Coaches and Volunteers are committed to make this alternative season possible by giving their time to JYFL youth. If participation falls below minimums, then that group's practices could be canceled.