

## 2020 JYFL Football Fundamental Alternative Season

### Football Schedule:

Group	Kindergarten - 2nd	6 <sup>th</sup> – 8 <sup>th</sup> grade	3 <sup>rd</sup> – 5 <sup>th</sup> grade	6 <sup>th</sup> – 8 <sup>th</sup> grade	3 <sup>rd</sup> – 5 <sup>th</sup> 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](mailto: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 – 2<sup>nd</sup> / \$50 for 3<sup>rd</sup> – 8<sup>th</sup> 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.*