

Agenda:

Introduction (Board of Directors and Commissioners)
Overview & Inter Country Football League (ICFL) Information
General Information: Facilities/Important info (Mark/Renee)
Flag Information: Practice, Games & Equipment (Renee)
Tackle Information: Practice, Games & Equipment (Chris)
Cheer Information: Practice, Games & Equipment (Cathy)
2024 Implementations (Renee)
Budget Items in 2024
Snack Stand (Meg)/Spirit Wear (Jen)
League Events (Renee)
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Overview:

- Our league was established in 2008 and we continue to grow year after year. Our goal as a league is to provide a safe environment for K-6th grades to Develop Football & Cheer Fundamentals and Skills • Promote and Develop Good Sportsmanship • Instill the Values of Hard Work and Teamwork • Serve as a Feeder Program for the Middle and High School Programs • and Support and Build Our Community.
- This year we are proud to announce we are currently at:
 - SF is at 4 possibly 5 Flag Teams, 8 tackle Teams & 9 Cheer Squads for this season
 - Inter County Football League (ICFL) as a whole is at about 52 tackle teams/954 Cheerleaders/26 Flag
 - ICFL ranges from K-6th grades across 9 organizations; the ICFL is the overarching governing board to make sure each organization within the league are implementing and abiding by the overarching set of By-Laws, with that said each organization then has their own By-Laws (ours can be found on our Website among a lot of other important information).
- **Season Schedule:** 9 week season starting the weekend of Sept 7/8th thru Nov 2/3, SF will be hosting the Championship game Nov 10th , Season goes 9 weeks whether you make the playoffs or not and this includes flag. All Star game for 6th graders Nov 16^h will be at Upper Perk (this means 5 players from each tackle team are selected to play in the All-Star game creating two teams). Cheer Off will be Nov 16^h also at Upper Perk
- The ICFL is in charge of creating the main game schedules for weekend games; we release the schedule and SF then creates team schedules to provide to coaches. We then do “Tuesday Game Day confirmations” each week to confirm it is correct. We as a league do our best to make sure these changes are minimal from week to week however these will occur and will be communicated to your team as soon as possible (especially on inclement weather weekends). New this year: ICFL website
- Games are played home or away primarily on Saturdays unless you play at Coventry, Phoenixville or Great Valley as these 3 organizations use their high school stadiums and can only use them on Sundays. Game times vary by grade level and location.

General Information/Facilities:

- Sports Engine is our league app, this is very important (even if your coach wants to use another app..it must be in parallel to Sports engine...) communication, schedule updates will be communicated and updated through this app please make sure you download this if you have not done so already.
- Block Out Dates: These are dates mandated by the school district where we are not able to practice on specific dates at our respective locations, these dates are identified and provided to us before the season starts. There may be dates when practice is moved either on a different day or a different location due to this. Flag have different block out dates then Tackle & cheer based on both schools
- Team Parents: Each team/squad will be asked to have a team parent, they are in charge of making sure someone is scheduled to work the designated volunteer shifts, collect a team themed basket for RAM Bowl and distribute things within the team (pictures/RAM Bowl tickets etc).
- PARKING/Playground/Facility Cameras:
 - o Important parking information, each year we have had parking issues. We ask that if you are creating your own spot, if there is grass/mulch under your feet when exiting your vehicle. Please use better judgement and not park there. Please only park in designated parking spots, if this means you need to park out front of 5/6/7 grade center and walk around please do so. In the past we have had every type of parking spot created, we will use the PA system to call out illegally parked vehicles which then stops the games not to mention we have also had emergency vehicles blocked and unable to pull through the lot.
 - o If you have additional children as spectators during games or practices, please make sure they are monitored at the playground/fields, we have cars in and out of the lot and minimizing playground issues between kids and potential parking lot accidents your attention is appreciated.
 - o Pets are NOT allowed at ANY time
 - o New Cameras installed around the facility from the school/UPE Police
 - o If you see a cone, please do not move it; Board members and Refs have blocked parking spots every game day.
- Main Game Field is only to be used on game days (unless granted access by a board member on duty) no one is to walk across the field as this will create a worn path across the field, each team will have their time to play on the main game field.
- Communication Timelines: The RAM Beat Every Wednesday (Newsletter), Website/Social media, Sports Engine App; Special Event info will go out separately to include details for high priority events/urgent communication.; Game Day confirmations are confirmed Tuesdays prior to the weekend within the ICFL and communicated to coaches (also updated on Social media/Website & The RAM Beat);
- Field Closures will be announced by 4pm the day of unless it's a game day which we try to do by 6:30am (for Flag games). If you are already at the field and you hear a fog horn this indicates

lightning and everyone must leave the field immediately; practice/games can resume 20 minutes after the last lightning is seen.

Flag Football:

- **Team Creation:** Evaluations occur rating ability at 5 stations (these include agility, blocking, 20 yard dash, passing & catching). Teams are then divided by splitting 1st grade and Kindergartens evenly and then based on ability....so this doesn't stack one team of all 1st graders who were eval'd at 5s.
- **Practice Schedule:** Tuesday and Thursday from 6-7pm behind UPE elementary, unless otherwise instructed due to block out dates (after a couple weeks of practice Tuesday's will turn into SF vs. SF scrimmages under the lights at the tackle practice fields (Field 2) at 6pm; if we begin to lose light then Thursday may be moved up to 5:30 (all will be communicated). Flag Fields: Practices when looking at the field will go numerically from left to right (Flag team 1 through 4) this allows kids who miss the first practice/are brought by multiple people to know each week where their team is.
- **Equipment:** Each Flag player will receive a padded helmet, padded pants, pop flags, a reversable jersey and a mouthpiece, cleats are highly recommended but not mandated. Mouthpiece, for the younger groups I would recommend trimming the backs of the mouth piece so it fits....
- **Practice Expectations:** the helmet and mouthpiece are mandated equipment and must be worn for your child to take the field (practice and games). Game pants are recommended at practice for them to get comfortable running in them unless otherwise stated by your coach, please remember to bring a water bottle to each practice/game. If there is a reason you need to leave the field with no guardian for your child please communicate this to your coach; we request the presence of an adult especially at this age for every practice/game.
- **Additional Items:** Extra padded pants can be purchased at Spirit Wear if you would like to have an additional pair., we as a league will designate "jersey" to school days and this will be communicated (if your school allows).
- **Flag games:** last 1 hour in length, and use half the field (driving into your own end) so you will possibly see the field being split and hosting two games at one time (didn't want you to panic if you arrive and see two other teams on the field), for this division coaches are the refs, Home games will begin at 8:00am for Flag football (away game times may vary)/ 8 kids take the field with a request to do a 4 play rotation so that every kid has the opportunity to touch the ball. Please note that these coaches are most likely new volunteers; so if your child doesn't handle the ball one game they will the next. The point is the rotation.

Tackle Football

- **Football 2024 Organization Goals:** continue increased communication all around (as before mentioned) and additional focus on quality of football. Increase Football Quality Focus (Tackle and Flag): i.e. regular coaches meetings (HS coaches clinics, separate youth meetings). Spring skills & drills sessions. Summer workouts for everyone. In-Season: practicing more as a grade for better consistency small group breakouts, running similar offense and defenses. V

- **Teams:** Tackle is Full 11 vs. 11, assigned positions per player. Have minimum play requirements. 2 Teams Per Grade at most grades (17-25 kids), teams will be determined after first week of practice/Heat Week. Evals for balance, for both new and returning players. Coaching Assignments. 4th & 6th grade one team each this yr, best option at these grades. Each grade is at different team experience level (i.e. 2nd vs 6th Grade) but implementing similar systems/concepts. Each team has a Team Parent. Individual team parent meeting should also occur in August.
- **Our Coaching Philosophy:** Football unique sport, only team sport you practice more than play, ultimate team sport which is seen in our approach. Fundamentals & Development. (Blocking, tackling, ball, ball security, speed/agility/running). Learning the game of football and having fun doing so. Lessons that can be transferred off the field in classroom and in life. R.A.M. Preparation, competing/playing to win. Play to win in classroom, playing to win on field (but not win at all costs though).
- **Safety Measures** - Equipment inventory - Helmet reconditioned every 2 years (220 this year) and helmet parts. Show Helmet, explain recon process. Shoulder pad inventory, replaced as needed, 40 this year. Different game today than when we played, i.e. blocking, tackling head is not part of it. CPR/EAP, etc. USA Football Certification. Off-season clinics with SF HS coaching staff & coaches meetings Same expectations with coaches as kids; prepared, engaged, etc.
- **Practices:** Tackle: 4 practices/week pre-season (M-Th) 6-8pm and 3 practices/week (M, W, Th) in-season. Review Pre-Season. Practices times, location for teams, water bottles, parents must stay, 4pm weather announcement. Block Out Dates/alternative locations. Football is in-season sport priority over fall baseball, ice-hockey, etc. Arrive by 5:45pm for 6pm practice.
- **Equipment:** Provided: helmet/shoulder pads (return), football pants/game jersey (keep), mouthpiece. Practice jerseys for purchase, socks. Additional practice pants, mouth pieces can be purchased. Try on equipment at home, run around in yard with it. Communicate any sizing issues ASAP. No jewelry; chains/watches, gum, etc.
- **Games:** Schedules should be released mid-August. Sept 7/8, through Nov 2/3. Confirmed each Tuesday. Wear game jerseys to school on Fridays. Game Format Review (10 min qtrs.), various rules per Grade/transition. Playoffs 3rd-6th Grade, championship Nov 10. Playing time, MPP. Game Day Volunteers, need everyone to volunteer (chain gang, snack stand, video/scoreboard) to make this work. Team Parent will coordinate.
- **Communication:** Each team to use an app for practice/game schedules. Sports Engine main form but some teams will use Game Changer. League, Team emails/communication as needed.
- **Video:** Film home games for Tackle, put on QwickCuts. Part of teaching to the kids. Need a parent volunteer to film their game though. Parents also can help by submitting pictures/video clips from games to share on social media. Flag: two games going on at once often so difficult for one camera however parents more than welcome to film on own or send in highlights to League.
- **Other Parent Support:** Volunteering in various ways/takes everyone to make our Org be effective, Positive Support/Behavior during Games (refrain from negative comments, arguing

calls, coaching from the stands, hovering around sidelines). New in 2024: Chain Gang on home sidelines, same rules apply. Good behavior, quiet and impartial. Not interfering with coaches or sideline coaching. Open line of communication with HC/coaches, working with your child at home. Parents should anticipate an individual team parent meeting with their HC in August once teams are finalized.

Cheer

- **Season Goal:** Continue to build on last season's success with a focus on progressive skill development, cheerleading fundamentals and an increased relationship with our middle school and high school cheer programs. Welcoming back Coach Britt who is serving as Cheer Commissioner. For those of you who don't know, Coach Britt has cheered at the youth, high school and collegiate levels, and also serves as head coach for the Spring-Ford High School varsity squad.
- **Squads:** Squads assignments are made to provide each cheerleader the opportunity for one-on-one coaching, progressive skill development and safety. This season we will have 2 - 3 flag cheer squads, 2 second grade squads, one 3rd grade squad, two 4th grade squads, and one 5th grade and one 6th grade squads. Each squad will have a minimum of two adult coaches and a team of Spring-Ford Middle School and High School coaches.
- **Safety:**
 - o Our squads are grade-based, we follow USA Cheer sideline/rec cheer guidelines for progressive skills and stunting at each grade level
 - o There is no tumbling permitted in sideline cheer
- **Practice Schedule:**
 - o Summer Practice begins on Monday, August 12 with Spirit Week.
 - o Monday - Crazy Sock Day
 - o Tuesday - Rainbow Day
 - o Wednesday - Dress like a Ref Day
 - o Thursday - Blue & Gold Day

 - o For two weeks we'll practice Monday – Thursday, 6 p.m. – 7:30 p.m. (flag cheer practice ends at 7 p.m.).

 - o Beginning August 27 practice is held Wednesdays and Thursdays from 6 p.m. - 7:30 p.m., flag cheer practice ends at 7 p.m. In October, practice is one day a week (either Wednesday or Thursday) on the day that works best for the squad. Practices will end at 7 p.m. as the days get shorter.

We practice along the tree line adjacent to our main field.

- **Equipment / Additional Needs:** Each cheerleader will receive a skirt, shell, two sets of poms, two bows and a track jacket. The skirt, shell and poms are returned at the end of the season, the bows and track jackets are kept. White cheer sneakers and navy bloomers are required. A long sleeve white shirt, navy leggings, clear poncho, and rain boots also will be needed for cold and inclement weather. All fittings will be conducted, by squad, during the first two weeks of practice.

- **Practice Expectations:** Cheerleaders should wear shorts, t-shirts and sneakers. Hair should be pulled back and absolutely NO jewelry. Please bring a water bottle. Practice is not drop off. A parent or designated adult must remain at the complex at all times in the event of an emergency. The cheer waiting area is located along the fence directly behind our main field. If you must leave for an unexpected reason, please alert your coach.
- **Game Day Arrival Schedule:**
 - o 15 – 20 minutes prior for Flag
 - o 45 – 60 minutes prior for Tackle
- **Communication:** Once the season is underway, coaches will communicate directly with squads through SportsEngine. Please also pay close attention to The RAM Beat, our Facebook and Instagram, and our website for important information.
- **Parent Volunteers:** Each squad will need a team parent, RAM Bowl basket lead and other volunteer support. Please help!
- **Competition Cheer:** Competition cheer will continue this season, coached by myself, Coach Britt and Coach Ashley. Additional information on cost, tryouts, etc will be communicated in the fall.

Snack Stand and Spirit Wear:

- You must be 14+ to work in the snack stand/spirit wear, the snack stand coordinators/spirit wear director will create a master list of which teams/squads cover what date/time for the games and practices and provide this to the team parents. the team parents will then designate who on your team will cover. Team Parents: lesson learned you need to voluntell your team members; Team members: this is where we need to all be adults...everyone has busy schedules but if you know you can't cover your designated shift please swap with another team member on your team.
- Snack Stand Times will end 30 minutes prior to practice ending. (if you know your child will be hungry please come by this time to purchase what is needed).
- Spirit wear will have designated hours throughout the season which will be communicated.
- Input needed (Order Forms)? Online store & on Site (Pink Socks for Breast Cancer awareness/extra mouth guards
- League Payment Methods: We take cash, credit cards, google pay, Apple Pay and now Venmo with no minimum requirement as options to use.

2024 Implementation/Updates: What's New

- Evaluations of Coaching Staffs to evenly distribute coaches across teams as well as players (evenly distribute talent)
- Head Coach Interviews
- Coaches Clinics with the middle school & high school coaching staffs in the off season

- Coaches had the opportunity this off season to become AED/CPR certified for (Flag/Tackle & Cheer) as well as board members we are proud to announce that at least 1 staff member on each team/squad.
- Skills & Drills Sessions in the off season
- Grade level weekly workouts for 2nd/6th grade for agility/speed drills
- Implementing Commissioners for Tackle & Cheer
- Junior Coaches program for Tackle & Cheer (using high school football players & Cheerleaders to assist teams)
- Enhance Transparency & Communication w/updated Website and bigger social media presence (posting by-laws/meeting notes)
- Monthly Coaches Meetings with board members
- Maintaining Monthly General meetings for parents to express concerns
- Implementing individual Email accounts
- Requiring the 10 play count sheets be turned in on a weekly basis
- SF hosted the first ever Cheer Director meeting across ICFL organizations
- SF Hosting 4/5th grade Summer Brawl games (and created ICFL wide t-shirts for unity)
- SF Team Up with Sponsor Jawn to expand league sponsorships
- SF Hosting the 2024 ICFL Championship game on our High School Field
- Bringing back the Temple Game (more info to follow)
- Providing parent/volunteer training (Chain Gangs, Scoreboard, 10 Play Count Sheets etc).
- Exciting new Spirit Wear releases and Snack Stand Specials for 2024
- Field Updates

Budget: What did we spend within 2023:

- Main game field fence w/additional gates
- New Well Pump
- Cheer Mats
- Updated the wall near the snack stand with paint and added a 10 foot retaining wall for run off and safety purposes
- Field cameras to record game footage for film days & highlight reels
- Sled
- New freezer and refrigerator
- Additional football equipment for practices
- Additional Lights for the season
- Second warming station for food
- Items in the works portable score board for field 2, job box with additional AED for Flag field
- Field maintenance, equipment costs for reconditioning helmets, arbiter/ref fees went up 20.00 per ref, per game were increased and general costs of operations have increased.

Events/Marketing:

- **Beef & Beer:** Raffle baskets, DJ, 50/50, drinks food 18+ event
- **Youth Night** (players, cheerleaders & coaches assisting will be free; any parent/sibling will need to purchase tickets through the high school site "ticket spicket" website before the game. Youth night information will be provided for arrival times and where to have kids line up. This event includes players going into the high school gym to listen to Head Coach Brubaker's Speech, we then line the field for the high school team to run out on to the field. Our Cheerleaders do a cheer at halftime with the high school. (sneakers, shorts/pants, jerseys to be worn).

- **Pep Rally:** Each Head Coach and Team get announced, run through their team crash banners while the high school football players/cheerleaders cheer them on (all while families make noise in their introductory team lap). This is in our high school gym, free entry (sneakers, shorts/pants, jerseys to be worn).
- **RAM Bowl** is our largest fundraiser; RAM Bowl is where all of our 14 football teams have home games, we have 50/50s during games throughout the day, main game field announcer, basket raffles, large RAM BOWL ticket prizes and food specials etc. We need all hands on deck for this event...a sign-up genius/google doc will go out prior to for teams/volunteers to assist throughout the day; each team is requested to provide a basket to raffle off. If you pre-paid for your RAM BOWL tickets we have a list created and your tickets are in a labeled envelope (which you will receive), please note that all other tickets when being handed in need to have the cash associated with the tickets in order for your ticket to be entered.
- **Picture Day:** 3 day span done outdoors
- **Temple Game:** TBD

Q&A: