



York Football 101: Player & Parent Quick Guide



REGISTRATION	SUMMER CAMP	COMMUNICATION & EXPECTATIONS
• Register on the York website: ◦ Summer Camp (before it begins) ◦ Football (before season starts) • Pay fees for each via PushCoin • Sports physical required before starting Summer Camp – email to York	• Attendance is not mandatory, though is expected and highly encouraged for players to earn playing time • If an athlete must miss, they should notify their coach directly verbally and/or via Hudl with the explanation • Registration before camp allows rising sophomores–seniors to receive equipment before school ends; freshmen receive theirs at the start of camp. Schedule (Monday–Thursday) at York Football Field: • Sophomore & Varsity: 7:30 AM – 11:00 AM ◦ Mondays end at 10:00 AM (lift day) • Freshman: 7:30 AM – 10:00 AM	• Coaches communicate directly with athletes via Hudl • Parent communication is sent via email and/or ParentSquare • Each level (Freshman, Sophomore, JV/Varsity) will have a parent liaison through Friday Night Families (FNF) that will send team communications • Families are encouraged to volunteer for FNF events and fundraisers
EQUIPMENT		
Need to purchase (prior to Summer Camp): • Cleats • White girdle (padded under shorts) • Mouthpiece (with strap to attach to helmet) • Gym Shoes • Socks	York Provides: • Helmet • Shoulder pads • Practice jersey • Practice pants (with removable pads) • Game uniforms (distributed at end of Summer Camp) ◦ Home & away jerseys ◦ Game pants (with removable pads)	Optional: • York Football green duffel bag (available through FNF in June; helpful for transporting gear) • Football spirit wear ◦ Pre-season store (limited-time) ◦ Friday Night Families spirit wear: Available through FNF during summer and season
FRIDAY NIGHT FAMILIES (FNF)	PROGRAM NOTES	POWER CLUB (OFF-SEASON TRAINING)
• York Football parent organization that keeps parents updated with important information throughout the season and year, partnering with Coach Gelsomino • Request to be added to the FNF email distribution list at fridaynightfamilies@gmail.com • Follow on social media (private Facebook group) - https://www.facebook.com/share/g/1BK3aqv8Hk/?mibextid=wwXlfr FNF Supports: • Fundraisers (golf outing, spirit wear, concessions, etc.) • Program events and team support	Freshman Teams • Freshman level includes A & B teams • Players may move between teams based on development and team needs Athletic Training • York provides athletic trainers for players • Athletes are encouraged to utilize school trainers before seeking outside services Games • Players are required to ride school-provided buses to and from all games	• Winter strength and speed program • Starts in January through end of school year • Typically held Monday, Tuesday, Thursday (and occasional Fridays) at 6:00 AM Key Details: • Players are grouped into teams across all levels • Teams earn points through workouts, team activities, and competitions • Team captains are selected by coaching staff Expectations: • Attendance is not mandatory, but strongly encouraged • Lack of participation may impact playing time • Multi-sport athletes in a winter or spring York sport should attend at least once per week during their season.