

Perkiomen Valley Youth Football and Cheer

PVYF Frequently Asked Questions

General

Where are practices held?

Practice is at the PV Middle School West, 220 Big Rd, Zieglerville, PA 19492.

What is the time commitment?

Time commitment for practices will vary but practice commitments will generally increase as your child gets older.

Practice – During the month of August (before school starts), practices could be scheduled between 2 and 4 nights a week (M-Th, 6-8). Younger grades (flag football and cheer and grades 2-3) may have fewer practices, while older grades will generally practice all four nights. Once school starts, practices may go down to 2-3 nights per week. Your coach will determine the specific practice nights.

No practice on Friday nights – PVYF does not practice or participate in games on Friday's! We encourage all of our families to attend the High school football game and support our Varsity football & cheer programs!

Games – Games are usually scheduled on Saturdays, but sometimes on Sundays. In previous years, and at least for home games, we try to schedule games in order, starting with the lowest grades.

When does practice start?

League rules require at least one week of heat acclimation (practice with helmet, no pads) before practice begins in full pads. Heat acclimation is scheduled for August 6, 2018 and full practice will start on August 13, 2018.

What is the age range?

Boys and girls from Grades K to 6 can sign up. Cheerleaders older than Grade 6 have also been permitted to cheer.

What is the game schedule?

Regular games are scheduled in the month of August after registration has closed. The first game is a scrimmage (Summer Brawl) and this year it is scheduled for August 25, 2018. There are up to eight games in the regular season. We will post games on our PVFY.com website as soon as they are scheduled. You will also receive an email notifying you of the schedule and a copy of the schedule will be posted at the snack shack. The schedule is generally available mid to late August.

Where are the games played?

Home games are played at PV Middle School West. PVYF participates in the ICFL (Inter County Football League) therefore away games will be played at a field within any of those teams' school districts. On average, you should plan for no more than a 30 minute drive to away games.

Are there any other events that I should know about?

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In previous years, we have had two fundraisers (last year was a mum fundraiser and a basket raffle during the Perky Bowl). We also held a Fall festival which included a hayride and bonfire at Ott's Farm which was fun for all of those who attended. We will get these events on the calendar as soon as they're scheduled and as well as some additional fundraising opportunities this year as well. If you have a suggestion for a fundraiser or are interested in sponsoring the league, let us know!

It's been raining for two days straight, are we seriously having practice tonight?

Well...this is football so that's coach's call (probably yes!). However, practices may be cancelled by PV Middle School West if the fields are too muddy and we risk damaging them. In this case, the league will notify you ASAP by email and Facebook post. Coaches may also cancel practice either by email or text using the team-preferred method of communication. NOTE: Nobody practices if there is lightning. If lightning is spotted near the field, you must evacuate the field and cannot return until the field is lightning free for at least 30 minutes.

What paperwork is required?

All players (flag football, tackle football and cheerleaders) must present the following paperwork to be permitted to practice:

- Photocopy of their birth certificate
- Copy of their report card displaying their grade level from the previous year (not required for Grade K)
- Completed Physical Form for the current year
- Completed Parent Contact Form

What are the parent volunteering commitments?

This league runs on the time and commitment of volunteers. None of us would be here if it wasn't for the countless hours so many parents before you have donated to help our league succeed. Just like you likely tell your child, the more you put in, the more you'll get out. And we'd love your help and we won't even make you sit in a snack shack (unless you want to 😊). Here are some examples of opportunities: Team manager (sometimes called team mom, but dads are welcome), Fundraising, Chains (home field only), Field set-up/clean-up, Coach, Assistant Coach, Fundraising, Pretzel/snack pickup, Snack shack food donation, etc. And, if you have another talent that you think would benefit our league, let us know!

I want to be more involved, how do I do that?

Number 1, you're awesome! Number 2, board meetings are held the second Wednesday of each month at 6:30PM. During the winter, they may be held at a local venue that will be announced via email/Facebook or at the field during football season. Additionally, parent volunteer requests will be communicated in the weekly league emails or by your team manager throughout the season.

Are there sponsorship opportunities?

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Yes! As a non-profit organization, we are always in need of sponsors and appreciate their consideration. We offer advertising, both on our website and at the snack shack, game shoutouts, etc. And, if you refer a sponsor, you could receive a discounted registration fee. Please speak to one of our board members.

What are the primary means of communication?

If you have a registered player/cheerleader, you will receive weekly PVYF-wide emails. We also encourage you to follow our Facebook page “Perkiomen Valley Youth Football and Cheer” for any mid-week updates or reminders.

Additionally, each team will have at least one coach and one team manager (mom) who will determine your team’s primary communication method.

I have more questions, who do I talk to?

During the season, if you have a football/cheer related question, look no further than your coach. You may also contact our Athletic Director or Cheer Co-Commissioners. If they are not available, any of our board members beginning with our President can assist you. Their contact information is available on the PVYF website. Other parents who’ve been with the league are also a great resource and we encourage you to join in discussions.

Football

What equipment is required?

Every football player is required to have cleats, mouthguard, practice pants/pads, practice jersey and a cup. As part of registration your football player will receive a PVYF football jersey and game pants. Your football player will also be fitted for pads and a helmet (with chin strap) which must be returned at the end of the season.

How are player positions determined?

Player positions are decided at the discretion of the coach. This is based on the other players on the team, your player’s safety and what is best for the team. If you have any concerns, your player is encouraged to talk to their coach. At the end of the day, this is a team sport and every player is part of the team and will get the opportunity to play.

How much play time will my player get?

At a minimum, every player will play 10 plays per game but coaches make every effort to fairly distribute playing time.

What training has each coach received in order to qualify as a PVYF coach?

Every tackle football coach for PVYF is required (by USA Football regulations and PVYF) to take part in a series of trainings and certification tests on an annual basis. The governing program that coaches must comply with is referred to as Heads Up. Heads Up has become the standard for football programs from youth level through high school, with more than 7,000 programs nationally taking part. The program is

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also being widely adopted at the collegiate level and many NFL teams. The basis of Heads Up follows a lot of the disciplines of safe tackling found in the sport of rugby. Heads Up emulates rugby's use of the shoulders and wrapping with the arms for tackling while removing the head and neck from the core contact points during tackles and blocking. It is safe and effective.

In order for a coach to become certified, a series of trainings (online and practical) must be completed and the successful passing of mandatory tests that collectively take many hours to complete and pass. Again, these are annual requirements. NO COACH is permitted to take part in organized team activities without successful completion of the certification

The foundations of these courses cover the following:

- Proper Tackling and Blocking - Fundamentals and techniques to avoid injuries (the core of Heads Up)
- Health and safety - Teaches coaches how to monitor & protect the players. Key topics cover injuries, fatigue, exhaustion, hydration and concussion avoidance and how to detect if there is suspicion that a player should be accessed within the official protocol process.
- Proper equipment fit and sizing to ensure safety
- Coaching and team development fundamentals

You are encouraged to review and learn more at www.usafootball.com/programs/heads-up-football

All coaches are also required to have a background check on file with the Inter County Football League (ICFL).

Are there any safety procedures that I should be aware of as a parent?

First and foremost, we encourage every player get a good night's sleep, proper nutrition and hydration. Before evening practices, be sure your player has a light meal, drinks a cup of water and brings ample water for water breaks during practice.

Coaches are specifically trained on how to deal with football injuries but they cannot watch every player every minute of every practice or game. We ask of you or all parents to take an active role in health and safety of the boys. If you see a reason to be concerned, please make the coaches immediately aware of the situation so your child can be evaluated. Our coaches are also parents of a player(s) within the PVYF program. They take the field each day with OUR children to create a great and safe experience. As such, they will always look out for the well-being of your children as they would look out for their own.

Again, we encourage parents to visit the USA Football Website and review the Heads Up content at www.usafootball.com/programs/heads-up-football

Cheer

What is the practice schedule?

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Practices will be 3 times a week (Monday, Tuesday, Thursday), beginning in August until school starts, then practices will be cut down to twice a week (Tuesday and Thursday).

After I pay registration fees are there any other fees involved?

Yes. All participants will have miscellaneous items that parents will be responsible for purchasing, such as socks, shoes, etc.

Do we buy a uniform?

No. Uniforms are provided for each cheerleader. Parents of cheerleaders are responsible for purchasing shoes, socks, and bloomers. At the beginning of the season parents will be notified if there are any other items that need to be purchased.

How do you select the squads?

The squads are divided by grade level – the grade that your child will be entering into in the fall.

What should my child wear to practice?

They should wear weather appropriate, comfortable clothing that they are going to be able to jump around and move freely in: Warm weather - t-shirt, tank top, and shorts, Cold weather – long pants, jacket, gloves, etc. No jean shorts, jeans, dresses, or skirts – unless they have built in shorts or shorts are worn underneath. Sneakers and socks should be worn at every practice. No flip flops, sandals, dress shoes, etc.

What does my child need to bring to practice?

All they need to bring is a water bottle and SPIRIT!!!!

Will my child have to practice/cheer in the rain?

We do practice/cheer at the games in the rain as long as there is no thunder/lightning and the game is still on.

What will my child be required to know for games?

We will be teaching the cheerleaders how to do chants, cheers, sideline dances, half time routines and stunting based on their grade level.

Will my child get in trouble for missing practices/games?

No. Although we would love for everyone to attend all of the games and practices so that your child gets the most out of their Viking cheer experience, we know this is not something that will likely happen. Your child will not be penalized for missing practices or games. One exception to this rule is if your child misses a Thursday practice prior to a game. If this practice is missed and your child is in attendance at the game, they will not be able to stunt. This will be at the discretion of your child's coach to decide how to incorporate your child into any routine that may involve stunts.

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