

FORKS TOWNSHIP

FOOTBALL HANDBOOK

* 500 Zucksville Rd, Easton, PA 18040 *



2021 SEASON

* Believe * Commit * Succeed *



FORKS TOWNSHIP FOOTBALL



PROGRAM PHILOSOPHY

The Forks Twp. Youth Football Program is a recreational athletic program that is open to players in K through 7th grade. Team levels are arranged by age and weight in accordance with the by-laws of the Suburban Youth Football League. Forks offers instructional flag and tackle teams as well as three levels of competitive tackle. Athletes will focus on learning the basic fundamentals of football including running, throwing, catching, and blocking. Basic football rules and fundamentals of the game will be taught throughout the season on offense, defense, and special teams. Athletes will learn formations and strategies of football as well as the importance of teamwork.

MISSION STATEMENT

The game of football is just a game. The number one reason children participate in youth sports is to have fun. If you take the fun out of sports, you take the child out of sports. It is detrimental to the player if there is too much pressure placed on them too early to achieve a result rather than simply experiencing the sheer joy of a youth game. Let your kids know that it is okay to make mistakes. It is achieved by teaching the skills, rules and vocabulary of the game. Finally, it is achieved by teaching sportsmanship. Learning about winning and losing, playing by the rules, and respecting an opponent are just as important as learning football skills. The Forks Twp. Football Program wants you to respect the game of football, respect the players, the opponents, the referee, and the parents. Players should come out of their experience as better people, better citizens, and better football players.

PROGRAM GOALS

- I. Have Fun
- II. Teach Fundamentals of the Game
- III. Stress Teamwork and Collaboration
- IV. Give 100% Effort in All We Do
- V. Support All Teams, Coaches, Players, and the greater Forks Football Community

PARENT GOALS

- I. Be Accountable for Yourself and Player
- II. Provide Positive Reinforcement and Support
- III. Let the Coaches Coach
- IV. Teach and Practice Skills at Home
- V. Support All Teams, Coaches, Players, and the Forks Football Community

PLAYER GOALS

- I. Have Fun
- II. Be a Student-Athlete
- III. Be Accountable for Your Actions
- IV. Give 100% Effort
- V. Be a Leader On and Off the Field
- VI. Work to Improve Athletic Skills
- VII. Learn Fundamentals of the Game
- VIII. Be Competitive
- IX. Be Respectful
- X. Support All Teams, Coaches, Players, and the Forks Football Community

EASTERN PENNSYLVANIA YOUTH FOOTBALL LEAGUE

League Site: <http://epyfl.org/default.asp>

League By-Laws: http://epyfl.org/about_laws.asp

TEAMS

Allentown A's	Bethlehem Raiders
Bethlehem Saints	Bethlehem Steelers
Bethlehem Township	E.S.Y.C.
Easton	Emmaus
Forks Twp.	L.C.Y.A
Lower Macungie	Nazareth Blue Eagles
North Parkland	Northampton
Palmer Twp.	South Parkland

TEAM LEVELS

*** weight allowances subject to change for 2021 season**

- I. **Varsity** - 11, 12, and 13 year old players, 145 lb. weight limit
- II. **Junior Varsity** - 10 year old players, 125 lb. weight limit / 11 year old players 90 lb. limit
- III. **Pee Wee** - 8-9 year old players, 105 lb. weight limit
- IV. **Jr. Pee Wee** - 7-8 year old players, 85 lb. weight limit
- V. **Flag** - 5, 6, 7 year old players



WELCOME TO THE FORKS TWP. YOUTH FOOTBALL 2021 SEASON!

We are looking forward to another exciting season!
Enclosed you will find some helpful information regarding practices/games, team pictures, volunteering, fundraising, and general information about the 2021 football season.
For continued up-to-date information please visit our website and social media pages.

- * Website: www.forkstwpfootball.com
- * Facebook: Forks Township Football
- * Instagram: Forkstwpfootball

COMMISSIONER

Brian S. Young
forkstwpfootball@gmail.com

2021 HEAD COACHES

The Head Coaches for the 2021 football season are as follows. If you have any questions or concerns throughout the season regarding your team level, please contact your head coach and speak to them directly. Communication of team level information will come directly from your appropriate head coach and team mom.

Varsity - Scott Martenis
JV - Adam Dreher
Pee-Wee - Mike Kish
Jr. Pee-Wee - Sam Parolise
Flag - Phil Black

PRE SEASON WORKOUTS

Preseason Speed and Agility Workouts (Tackle Players Only)

The Forks coaching staff will be hosting preseason speed and agility workouts on:

July 13th, July 15th
July 20th, July 22nd
July 27th, July 29th

Workouts will run from **6:00pm until 8:00pm @ The Forks Football Field**, in the Forks Community Center Park. These workouts are optional, but highly recommended as we will be implementing uniform warm-ups and drills for all tackle levels at these practices.

PLAYER SAFETY

Player safety on and off the football field is our number ONE priority for all athletes enrolled in our program. We take great pride as a program in keeping our athletes physically and mentally safe to play the game of football. All our coaches have been trained and certified in various safety measures relevant to the sport of football. Forks Football takes numerous measures to assure player safety!

- **All head coaches are USA Football certified.**
- **All coaches have been trained in “heads-up” tackling techniques to coach safe tackling fundamentals.**
- **Coaches are certified in CPR, Heat Exposure, and Concussion Protocols.**
- **All player equipment is certified for field use on an annual bases including helmets, shoulder pads, and flag level protective helmets.**
- **All practice equipment is up-to-date and certified for practice drills.**
- **Fully integrated football pants with appropriate padding**
- **Forks Football has a full-time partnership with St. Luke’s Hospital and their personal trainers.**
- **St. Luke’s certified trainers are present at all home games.**
- **All head coaches are supplied with a fully stocked medical kit for their team.**

PRACTICE SCHEDULE

***Summer Practices: Begin Monday, August 2nd, 2021!!!**

Practice days are **Monday, Tuesday, Wednesday, and Thursday** during the summer from **6:00pm - 8:00pm (Flag Teams: 6:00-7:30pm)**. In case of inclement weather, you will receive an email, or direct message from your head coach/team mom stating that practice is cancelled.

***Regular Season Practices:** Once school begins we will go to our three day a week practice schedule. Practices will be **Tuesdays, Wednesdays, and Thursdays from 6:00-8:00pm (Flag Teams: 6:00-7:30pm)**. Coaches would like for the players to try and arrive **15 minutes early** so they are ready to begin practice at 6:00pm. Players are responsible to bring all appropriate equipment needed and a water bottle to practice every day!

ATTENDANCE

Attendance will be taken by each coach for all practices and games. If your child is going to miss a practice or a game for any reason, you are required to contact the coach or team mom prior to their absence. It is important that players attend all practices/games as football is a team sport and it is difficult to implement a team philosophy when players are not present. Any “excessive” or “unexcused” absences may result in a reduction or loss of playing time for that week’s game.

***Acceptable reasons for player absence would be: Illness, School Related Issues, Religious Obligations, or Family Obligations**

BIRTH CERTIFICATE

If your child is new to the Forks Football Program please get a copy of your child's birth certificate to the team mom by August, 9th! These documents are MANDATORY in order for your child to play!

UNIFORMS

Uniform hand out will be held at the Forks Community Center during the last week of July. All equipment must be picked up and signed out with the Forks Community Center and team representatives. You are responsible for all equipment that is distributed to your athlete. If the equipment is not returned at the end of the season you will be charged for the equipment and not allowed to register for any other Forks Twp. sports until it is returned. All players are required to have a mouthpiece for every practice and game day. If your child does not have his/her mouthpiece for either practice or the game, they WILL NOT be permitted to play as per league rules. All equipment should be properly worn by players for all practices and games. Head Coaches at every level will help with any equipment questions or issues during the season.

Equipment handout will take place the week of July 26-30th. Below are the designated days and times for handouts. If you are not available this week do not worry we can arrange pick up upon your return. Due to the number of players and capacity in the community center equipment room we will stick to these days of distribution. Please do not come on a different level day without making special arrangements. Any appointments outside of these days should be scheduled with the FCC equipment manager

Chris Pula - CPula@forkstownship.org

Varsity/JV - Monday July 26 5:00-7:00 PM

Flag - Tuesday July 27 5:00-7:00 PM

Pee Wee/Jr. Pee Wee - Wednesday July 28 5:00-7:00 PM

VOLUNTEERING

One of the most important parts of the Forks Football Program is the support of parents through volunteer time. Each player's family is required to put in a minimum of 3 hours of volunteer time during the season. There are a few ways to do this, such as field set-up for games, concession stand work, running the clock and scoreboard during game time, and field chains/markers during games. Your team mom will be coordinating and keeping track of all volunteer participation and hours. If a family would like to "Opt Out" of volunteering they can submit a check of \$50 to the football program.

FUNDRAISER

The Forks Football Program holds one major fundraising campaign for the season. Each football family will be required to sell a minimum of 10 raffle tickets. The funds that are raised are to help pay for our year end parties, gifts for each player (during and post season), necessary practice and game equipment (i.e. jerseys, speakers, tackle rings, decals, etc.) along with field and facility upgrades. All players, coaches, and team moms are expected to participate in this fundraiser.

Forks Football will also host additional fundraising events during the season such as “dine-out nights” and individual “player signs”.

SPORTSWEAR STORE

The Forks Football Program will be opening a sportswear store for all your football fan gear through A&H Sporting Goods. The sportswear store will be open from June 1 until August 1st!!! Visit the store and get your fan and player gear now!

Please visit the following link to purchase Forks Football apparel and merchandise:

PICTURES

Team pictures will be taken by Fisk Photography. There is only one package for pictures and the cost is \$15.00. Additional pictures may be ordered after you receive your initial package. More information will follow.





Forks Township Athletic Association

1606 Sullivan Trail, Easton, PA 18040
Email: forksathleticassociation@yahoo.com

✓ Sportsmanship ✓ Leadership ✓ Dedication

Forks Football Parents,

As Parents, Coaches, and Residents of Forks Township we have a responsibility of setting a positive example for our kids. With that being said, we ask that you please read the following Code of Conduct and adhere to all expectations for youth sport spectators.

All Parents, Coaches and Family Members will adhere to the following:

- I will Always encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials.
- I will do my very best to make football fun for my child and his teammates.
- I promise to treat other fans, coaches, players, and officials with respect, regardless of race, sex, or ability, and I will expect to be treated the same in return.
- I will not engage in physical or verbal confrontations with players, coaches, officials or fans before, during or after practices or game competitions.
- I will refrain from the use of foul or offensive language.
- I will provide encouragement to my child and teammates. I will refrain from making negative comments to my child or his teammates.
- I will support the coaches and officials working with my son in order to encourage a positive and enjoyable experience for all.
- I will be gracious in victory and dignified in defeat.
- **I will remember that the game is for my child and their teammates, not for adults.**
- I will remember that as a fan, I represent the Forks Township Youth Football League and my actions are a direct representation of our town and community

- I also understand that poor behavior during practices, games may result in expulsion from the football complex, where I must wait next to my car in the parking area for my child. If this occurs, it may result in expulsion from the club.

If anyone has any questions or concerns please feel free to reach out to the program commissioner.