

Football Meeting Agenda 7/21

Intro

- Welcome people to rec
- Welcome people to the dinner after

Swanton Rec Football

- Skills and drills
- Emphasizing fundamentals and footwork
- Teaching to the point of contact
- Teaching football movements that have never been taught here
- Two groups: 1st through 4th, 5th through 8th.

Difference in Programs

- St. Albans Steelers. NYYFL affiliate. Live tackle football with games on Saturdays
- Swanton Middle School. Padded Flag. Contact between both lines with flags to tackle
- Swanton Rec football. No pads. Complete introductory football movements and skills

Season

- Starting August 29th and ending October 1st- Roughly one month long
- Bi-weekly practices starting at 6pm running until 7:30pm
- \$35 registration fee
- Player will receive dri-fit shirt for participating
- Cleats are encouraged for purchase
- Mouth guards will be provided

Coaches

- Actively looking for two to three more coaches.
- Currently have three coaches.
- Each coach will be USA Football Certified in three different categories prior to the season. This will be an annual certification to ensure best practice techniques.
- Heat illness prevention, USA football blocking and tackling and concussion protocol.

Competitions

- Based on the coaches feedback and players growth, I will reach out to surrounding youth teams to offer a 7v7 competition either at Swanton Rec or on the road.
- Create 1v1 matchups during practice

Team Equipment

- Getting donations from surrounding programs
- Items include equipment to prep for the future

Future Goals

-Depending on how many players are interested, we at Swanton Rec would like to evolve the program to live tackle football with two teams 5th and 6th and 7th and 8th and compete in the NVYFL. We would continue a 1st through 4th group which would wear all the equipment but have flags for tackling.

-Purchasing helmets and all necessary equipment to participate in NVYFL in 2023