

# Cresco Park & Recreation

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## CRESCO YOUTH FOOTBALL

A division of the Youth Sports Foundation

August, 2019

To: Players & Parents

It's an exciting time for our youth & community. Our goal here is to make sure all the players learn something and have FUN at games and at practice. Winning is not important, however playing to win is. All we ask is the players try to do the best they can. Game days will be fun & exciting. All players in youth football should receive equal playing time and have FUN.

**EQUIPMENT HANDOUT: On Wednesday, August 7 we will hand out equipment at the Park office (located behind Fitness Center) from 5:00-5:30 PM. The next day, August 8, from 5:00-5:30 PM, we will be at the Park office for anyone having equipment problems.** Make sure everything fits OK. In past years the helmet was the biggest problem we had and many were solved by putting in/taking out air or switching helmets. The 1<sup>st</sup> & 2<sup>nd</sup> day of practice will be in shorts & helmets. The 3<sup>rd</sup> day we will add shoulder pads. The 4<sup>th</sup> day will be full gear. Practices will be held at the High School practice field.

**We will also hold a coaches meeting (30 minutes) after the 1<sup>st</sup> practice on Aug. 12.**

It's quite a job trying to get the teams evenly split up & making everyone happy. We tried to do the best we can. Thank you in advance for not complaining! I will have them on website soon.

**Practice starts August 12 – 6:00 – at the High School practice field.** Attendance at practice is important. Please be on time. You can't learn if you're not there and we can't back up the progress of the other players to help you catch up. Let your coaches know ahead of time if you cannot attend a practice or game. Players must drink plenty of WATER all day to stay hydrated. It will get hot in your uniform and de-hydration is one of the main causes of heat stress.

All equipment supplied should be in the bags. The equipment is owned by the YSF and **YOU** are responsible to return everything in good condition at the end of the season except the following: Chin straps (you purchased), and mouth guard. Try to keep your clothes clean and equipment nice. We need to use it the next few years. Wear your equipment and jerseys **only** at practice and games. The blue jerseys are for games. The white jerseys are for practice.

**IMPORTANT WASHING INSTRUCTIONS FOR PANTS: Machine wash cold, like colors. DO NOT exceed 80F. Use mild powdered detergent. DO NOT use bleaches or softeners. Remove from wash immediately. DO NOT allow to lay on itself when wet. Hand dry or tumble dry low. DO NOT dry clean.**

This is a contact sport and injuries may occur. The rules are written in order to keep the high impact collisions to a minimum and to keep the game a fun environment by not running up the score. Read them. Be aware the helmet is used for protection only and not as a weapon. Keep your head up. **SEE WHAT YOU HIT!**

**Calendars of events, game rules, game & jamboree schedules, team rosters, etc., are on the website when available. USE THE WEBSITE: [cityofcresco.com](http://cityofcresco.com)**

If anyone would like to be on my youth football e-mail list that isn't already, simply e-mail me with that request to: [parks@cityofcresco.com](mailto:parks@cityofcresco.com). If anyone has any questions or concerns, please don't hesitate to give us a call.

Thank you, **BILL & RICK**

**Sportsmanship must prevail at all times and any player, coach, or fan with negative outbursts will be removed from practice or games!**