



NORTHBORO SOUTHBORO
Youth Football & Cheer Association

Football General Information

1. Practice is important for skill building, strength, endurance, and teamwork. Practice runs 2 to 2 ½ hours, unless otherwise noted by the coach.
2. Notification is required if you will be absent from practice. Your playing time in the next game could be affected without a legitimate excuse for the absence.
3. Prompt arrival is required for practices and games. Time is reserved at the beginning of practices and games for proper warm-up to prevent injury.
4. NSYFCA is not responsible for transportation of football players to practices or games.
5. Coaches are not responsible for persons who are not team members of NSYFCA. Please do not bring your friends or siblings to practice or games unless supervised by an adult.
6. Chewing gum during practices or games is not allowed. Coaches suggest eating light before practice and always bring sufficient water. No glass bottles or soda will be allowed on the field. Each team member is responsible for his/her own trash.
7. Full practice uniforms are required or you may not be allowed to participate in the full practice. Helmet, pads, cleats, athletic cup, mouth guard, belt, guardian, practice pants and practice jerseys are necessary for practice unless otherwise noted by the coach.
8. Game uniforms should be cleaned before each game. All players must be in complete uniforms or you will not be allowed to play. Game uniform includes; helmet, pads, cleats, athletic cup, mouth guard, belt, game pants and game jersey. Absolutely no jewelry is to be worn during games and practices.
9. If you are allergic to bee stings or have asthma, please bring your medication to practice and games and leave it with your coach. An extra is helpful and can be kept in the team medical box.
10. As a player you are a representative of the T-Hawk family. You are to carry yourself with respect and pride. Cursing, profanity, bullying, and disrespect of any kind will not be tolerated and could affect the next game/competition.
11. SCHOOL IS PRIORITY! Please do your homework before practice.

Player's Name (Please Print)

Player's Signature

Date