



## BARRINGTON YOUTH FOOTBALL MIDDLEWEIGHT FAMILIES

July 10, 2010

Welcome to the 2010 Barrington Youth Football season. Your child will be participating in the middleweight division for the 2010 season. The designation of a Middleweight or "Middie" player is one who weighs less than 107 pounds with his game pants and t shirt on. An older lighter at this level must weigh less than 87 pounds. For the first two weeks of workouts we will be conducting joint conditioning practices so the boys get a chance to build camaraderie and get to know their mostly middle school teammates. As the players progress into pads and participate in contact drills, we ensure the safest environment by separating players by their speed, experience, weight, and position.

We would like to stress that our main objectives are to make sure every player has fun, learns the basic fundamentals of the game, and builds self esteem with their success in football. Winning may seem important, but not at the sacrifice of any player's self worth. We will always keep the best interest of a child at the forefront of our work at the middleweight level.

We will align each player with the appropriate position for their success as an individual and as part of the team. As you can imagine, we have a lot of work to prepare all of the boys appropriately for the upcoming season, but know the importance of good communication with the players and their families. Our primary median for this communication is via e mail. You can also go online, [www.barringtonbroncos.com](http://www.barringtonbroncos.com) to get important dates or league information. Also, the league, TCYFL, has its own site that is very informative - [www.TCYFL.net](http://www.TCYFL.net). All game schedules, game rules and team standings are listed on TCYFL during the season.

**Here are some very important dates:**

**Remaining Equipment Pick Up** – Langendorf Park parking lot, south of the equipment shed and the skateboard park **Monday, July 12, from 6pm-8pm**

**Pre-Season Practices & Evaluation: Monday July 26 – Tuesday August 10**

**We will Practice Monday thru Thursday. If we miss any practice time due to weather, we will practice on Friday night to make up the time**

**Practice Location: Beese Park, East Field**

**Time: 5:30 – 7:30pm (July 26 – August 10)**

**Teams will be selected by the 10<sup>th</sup> of August**

- July 26<sup>th</sup>-August 2<sup>nd</sup> (Monday-Monday); players should wear shoulder pads and helmets with mouth guards, but not football pants.
- August 3<sup>rd</sup> –August 10<sup>th</sup> (Tuesday-Tuesday), players should wear their full equipment including practice pants. Each player is required to have 10 hours of conditioning prior to starting in full equipment. If your player has not met such requirement as of the start of a practice session, they should come to practice in shoulder pads and helmets.



- Bring plenty of water to drink! Please let us know if your child has an existing medical condition or allergies.

**August 9<sup>th</sup>-10<sup>th</sup>** – This is our target time frame to break into teams. However, this is subject to change based on the results of the first 2 weeks. Team practice will be in full pads and start on August 11<sup>th</sup>. Practice locations for each individual teams will be assigned in late July. Please make sure that your son's equipment is put on correctly: shoes tied tightly, shoulder pads and rib pads secure, an athletic cup, etc. This is important for your son's safety!! If you have any questions, please see one of the coordinators at the beginning of practice.

**\*\*PLAYERS ARE NOT ALLOWED TO WEAR THEIR GAME PANTS OR GAME JERSEY TO PRACTICE.**

At the Middleweight level, we will form a Big 10 and 4 Pac 10 teams and two MAC teams. Currently, we have over 140 boys registered in the division.

The Big 10, or highest skill level team, will consist of 18 boys and will play on mainly Sundays.

The MAC teams will consist of the next approximate 36 boys and play on Saturdays or Sundays. There will be equal playing time, 11 on, 11 off.

The Pac 10 will then be equally divided from the remaining boys. There will be equal playing time, 11 on, 11 off.

Once school starts, we will practice 3 days per week. The specific days are determined by the each team's head coach.

**Scrimmage Weekend-** August 21<sup>st</sup>/22<sup>nd</sup>. We will be holding a BYF PAC and MAC scrimmage event this year. Our PAC teams will scrimmage internally against another PAC team. Our MAC teams will scrimmage each other. Big10 will scrimmage Buffalo Grove. The times and location are yet to be determined.

**Our first games** will be the weekend of August 28<sup>th</sup> and 29<sup>th</sup> - Traditionally, we play nine games (1 each week for 9 weeks) and then a max of 3 playoff games.

**Other important dates:**

August 26<sup>th</sup>, (Thursday) 6:00pm, Barrington High School Pep Rally. All tackle teams participate.

September 14<sup>th</sup> (Tuesday) Picture Day, Barrington High School Stadium

We look forward to meeting you, coaching your son, having a great season!

If you have any questions or concerns at any time, please feel free to contact me or our representatives on the BYF Board. GO BRONCOS!

**Middleweight Level Heads and Coordinators**

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