



P.O. Box 124 Norwood, MA 02062

FOOTBALL NEWSLETTER

www.norwoodyouthfootballcheer.org

Welcome to 2010 Season

We are excited that our football & cheerleading season is just around the corner and to help you plan the next few months, we have made every attempt to stuff this newsletter with important information and dates. Let's get to know our Board of Directors.

President: Tank Nardelli
Vice-President: Ron Zona
Treasurer: Nancy Thompson
Secretary: Amy DiVincenzo
Athletic Director: Kevin Spellman
Cheer Coordinator: Jen Jenks
Concessions: Dianne Chin
Equipment: Yee Chin
Volunteer Coordinator: Jeff Kelleher
Field Maint.: AnnMarie Rigby
Safety Officer: Mike Nemenskal
Fundraiser: Jesse Uttaro

NEWS!!!

We have stepped into the 21st century and are thrilled to offer our families the convenience of using our new online registration system to register your child for football or cheerleading. **This does not replace submitting your required paperwork.** Don't wait, register today. Returning player registration will close on March 30th.

www.easy-league.com:8080/norwood-football/lla

If you have questions, please contact Nancy Thompson at 781-762-9355.

Although the new player registration phase will be done online as well, to help the parents in this new process we will be holding a traditional "open registration" at the Civic Center on Saturday, April 10th from 9am-12 noon.

Team Formations

At the end of last season, the Bay State Youth Football & Cheer Conference voted to change the **football** team format to a GRADE BASED structure for the 2010 season. Flyers were distributed on car windshields reflecting this change during our playoff game in Norwood. Below is how this new formation will be implemented. **Grade is based on what your child is entering in September of 2010.** Second graders will be on the 3rd grade team.

Grade: Age Range: Protected Age:

3 rd	7,8,9	9
4 th	8,9,10	10
5 th	9,10,11	11
6 th	10,11,12	12
7 th	11,12,13	13
8 th	12,13,14	14

If you have any questions, call Tank at 781-769-7057 or Ron Zona at 781-769-9083.

Paper work

You still need to send us your paperwork to complete the player registration and be placed on a team **and** to receive your equipment. You must mail the following items to P.O. Box 124, Norwood, MA 02062.

- Copy of Birth Certificate
- Copy of **2010** Medical
- Copy of June's Report Card

If your child has not had his 2010 physical yet, we will have a link on our website to print the Medical Release Form. If you cannot mail the above forms, then we encourage you to attend a **one-time** Paperwork

night at the football field on June 25th from 6-8 pm.

Mark Your Calendars

Football Equipment Pass Out

July 19th - 7th & 8th Graders
July 20th - 5th & 6th Graders
July 21st-2nd, 3rd & 4th Graders
This is not the time to pass in paperwork. It must be submitted to us prior to this date. No Exceptions!!!!

Family Cookout

July 30th beginning at 5:00pm at the football field. There is a \$10.00 family fee and only pertains to mother, father, sisters, brothers. Additional family members may attend for an additional nominal fee. It is during this event that you will meet your child's coach and receive important information. Please make every effort to attend.

Practice Begins

All football levels begin practice on Monday, August 2nd from 6pm-8pm (unless your coach has designated another time) at the Coakley Middle School football fields. Please arrive 15-20 minutes before your practice begins. For the first full week, all players will wear their "spirit pack" T-shirt and shorts. All players are required to wear cleats from the first day of practice until the last game of the season.

Health Alert

Every participant **MUST** bring plenty of water or a sports drink to every practice. No sharing drinks!!! Also, if your child uses an inhaler, you need to provide an extra one to your child's coach so it can be kept in the teams medical box.