

Katy Youth Football® Coaches Meeting

August 5th 2021



Celebrating 42 years serving the Kids, Families and
Communities of Katy!

Welcome from KYF® President, Anthony Biello
Introduction of KYF® Board Members
Dates to Remember
KYF® COVID-19 Guidelines
Heads Up Football / Heat Acclimatization®
Responsibilities of Conduct
KYF® Health and Safety Overview – Anthony Biello/Jim Rasco/John Blake
Minimum Play Rule
KYF® Rules and Regulations
2021 NCAA Rules Questions – Anthony Biello/Steve Braswell
Coaching Certification – USA Football
Mandatory Background Check
Sponsorships
KYF® Medical Insurance
Vype Media(Game Film Video)
Practice Field Reservations / Coach Equipment
Division Breakout/Schedule Draw/Bag Request
Questions and Answers

Dates to Remember

- **August 2** Official Football & Cheer Practice Begins
- August 16 **Football Team Parent Meeting (Mandatory)**
- August 19 KISD In-Person Fall Classes Begin
- August 27 Document Check – Online submission
- August 28 Cheer Camp
- **September 2** Uniform Distribution – TBD
- September 11 KYF® Opening Ceremonies – Morton Tailgate
- September 11 Official 2021 KYF® Tackle Opening Game Day
- September 11 Official 2021 KYF® Flag Opening Game Day
- September 26 KYF® League Picture Day
- October 1 2022 Spring 7 on 7 Sign-ups
- November 13 KYF® MiteyMite Championship
- November 21 KYF® 2021 Turf Bowl



Acclimatization

When official practices begin in August, the following schedule **MUST** be adhered to, to insure player safety and to achieve heat acclimatization. Coaches may restrict practice further at their discretion, but may never practice beyond the limitations contained in the KYF[®] COVID-19 Guidelines:

KYF[®] 2021 Approved Acclimatization Guidelines

Practice Week	Equipment
August 2 nd thru August 10 th	Shells – Helmets/Shoulder pads/shorts
August 11 th Thru Sept 10 th	Full Pads – Progressive levels of contact
Sept 11 th - On	Full Pads – Do not exceed 90 minutes of full contact (Live/Thud) per week

Be sure to check the Weather Frequently and Follow All KYF[®] H&S Guideliens

KYF® HOT WEATHER POLICY

Specific Guidelines

Heat index of less than 100:

- No restrictions

Heat index of 100-105:

- Workouts limited to 1 1/2 hours, 10 minute break every 30 minutes.
- Conditioning should take place without helmets/shoulder pads.
- Athletes allowed to remove helmets if not actively participating

Heat index of 105-110:

- Workouts limited to 1 1/2 hours, 10 minute break every 30 minutes
- Unrestricted access to water at all times
- A 10 minute break should precede all conditioning
- Conditioning should take place without helmets/shoulder pads
- Conditioning should not exceed 10 minutes
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties or repercussions

Heat Index of 110-115

- Shorts and T-shirts, no helmets for practice
- Practice shortened to 1 hour
- Unrestricted access to water at all times
- 10 minute break every 20 minutes
- Conditioning should take place indoors
- Decrease repetitions and practice for overweight individuals
- Asthmatic athletes may remove themselves from workout without penalties

Heat index of greater than 115:

- No outdoor workouts

KYF® HOT WEATHER POLICY



PRACTICE GUIDELINES

Guideline 1

- Follow the KYF® heat acclimatization guidelines

Guideline 2

- All KYF® coaches must understand the definition of “full contact”
KYF® Defines Live (to the ground) and Thud as “full contact”

Guideline 3

- KYF® Rules specify the amount of team practice time and amount of “full contact” time allowed per week

Guideline 4

- Allocate a level of contact for each drill period in practice. Use Levels of Contact within the daily practice plan

SUNDAY PRACTICE IS STRICTLY FORBIDDEN

PRACTICE GUIDELINES

- For the 2021 Season – Under no circumstance should any team exceed 90 minutes of Contact (Thud / Live) practice in any week, and no more than 30 minutes of Full Contact time in any single practice
- KYF® is recommending all head coaches utilize the USA Football Online Practice Planner to plan ALL practices
- All head coaches **MUST** submit an initial practice plan, utilizing the online USA Football Practice Planner, outlining a typical practice week to the KYF® Health & Safety Director, Dave Perez. You must submit an electronic copy from the online tool
 - **DEADLINE TO SUBMIT IS ON OR BEFORE JULY 28, 2019!**
To: Dave.Perez@KatyYouthFootball.com

PLAYER ELIGIBILITY

- Verify All Players are in proper Grade
- Verify All players meet age requirements
- Have Team Mom Build Eligibility Book
 - This will be discussed in detail in Team Mom Meeting
- No Player May Participate in any Other League or Any other team (flag or tackle) – Practice or Games

RESPONSIBILITIES OF CONDUCT



Anthony Biello / Casey Stunkard

KYF[®] Health & Safety



ANTHONY BIELLO

KYF[®] Health & Safety

1. MEDICAL RELEASE FORMS & 2. WAIVER FORMS

Information for Head Coaches:

- It is the responsibility of the Head Coach to collect a signed and completed 1.Physical form for each player on the team, as well as a signed 2.Liability wavier for every player on team. Note – 2021 Waiver is updated to Include Communicable Disease Release for COVID-19
- **Players cannot participate in practices or games without Both documents being in the Head Coach's possession**

KYF[®] Health & Safety

INJURY REPORT – Online via InjureFree

- You must report all injuries, no matter how minor, via the InjureFree online reporting tool. This must be completed by the head coach or approved designee in its entirety and submitted to the KYF[®] Insurance email address and the KYF[®] Health & Safety Director within 24 hours of any injury. By completing the process online, the system will automatically forwards to KYF[®].
- **Each Head Coach MUST Submit a report every Sunday! If no injuries – a report must be submitted in the Injure Free System stating no injures for the week!**
- Each head coach is also required to maintain a log of all injuries sustained during the season. This list should be on-hand and available for any KYF[®] Board Member to review. A suggested form for this log is also attached in this section.

KYF[®] Minimum Play Rule



CASEY STUNKARD

KYF[®] Minimum Play Rule

- The head football coach is responsible for ensuring each player will play a minimum of 6 downs per half for a total of 12 downs during each game
- Consequences are as follows: 1st Offense – 15 yard penalty, 2nd Offense – 1 game suspension of the Head Coach and removal from KISD property or other KYF[®] premises, 3rd Offense – Removal of Head Coach. The consequence for this infraction in a playoff or championship game is forfeiture

RULE CHANGES / CLARIFICATIONS



ANTHONY BIELLO / STEVE BRASWELL

KYF[®] 2021 Officials Committee

- Any questions on KYF[®] or NCAA/UIIL Rules
- Email: GameOfficial@katyouthfootball.com

2021 Members

- Committee Co-Chair, KYF[®] President – Anthony Biello, KYF[®]
- Committee Co-Chair, KYF[®] Officials Coord. – Steve Braswell, TASO
- Committee Member, Field Supervisor – Steve Braswell, TASO
- Committee Member, Field Supervisor – Rocky Marcenelle, TASO
- Committee Member, Development – Tim Bray, TASO
- Committee Member, KYF[®] VP-Football Operations – Jim Rasco, KYF[®]
- Committee Member, KYF[®] Health & Safety Director – Dave Perez, KYF[®]
- Committee Member, KYF[®] VP-Finance – Robert Cortez, KYF[®]
- Committee Member, KYF[®] Past President – Ken Fitzhenry, KYF[®]

KYF[®] 2021 Rules

- All Flag Divisions will play 8on8 with blocking
- No Changes to KYF[®] Tackle Football Rules

QUESTIONS

OR

CLARIFICATIONS

KYF[®] COACHING REQUIREMENTS



ANTHONY BIELLO / CASEY STUNKARD

USA FOOTBALL CERTIFICATION

www.usafootball.com

- **This is mandatory for all KYF coaches** – All head coaches and all assistant coaches **MUST** complete this certification. It is the **Head Coach's** responsibility to ensure **ALL** assistant coaches complete this certification before they are allowed to assist. Please note, you must attached to Katy Youth Football!! **(Details in Packet)**
- **Katy Youth Football – Click the link below!**
- <https://usafootball.com/dashboard?orgId=0018000000gsQGPA2>

BACKGROUND CHECK MANDATORY FOR ALL COACHES and Team Parents

- Please see the information within your packet, or refer to the emails distributed regarding the process for completing the required background check. All KYF[®] coaches and Team Parents **MUST** complete this check. Each coach/Team Parent is responsible for the cost – which is \$21.25 and is good for two (2) years.
- This must be completed and approved by KYF[®] before any coach is allowed to participate with the league or before any Team Parent may interact with kids.
- www.ncsisafe.com Enter KYF[®] Self Registration Number: 62668344

KYF[®] Medical Insurance

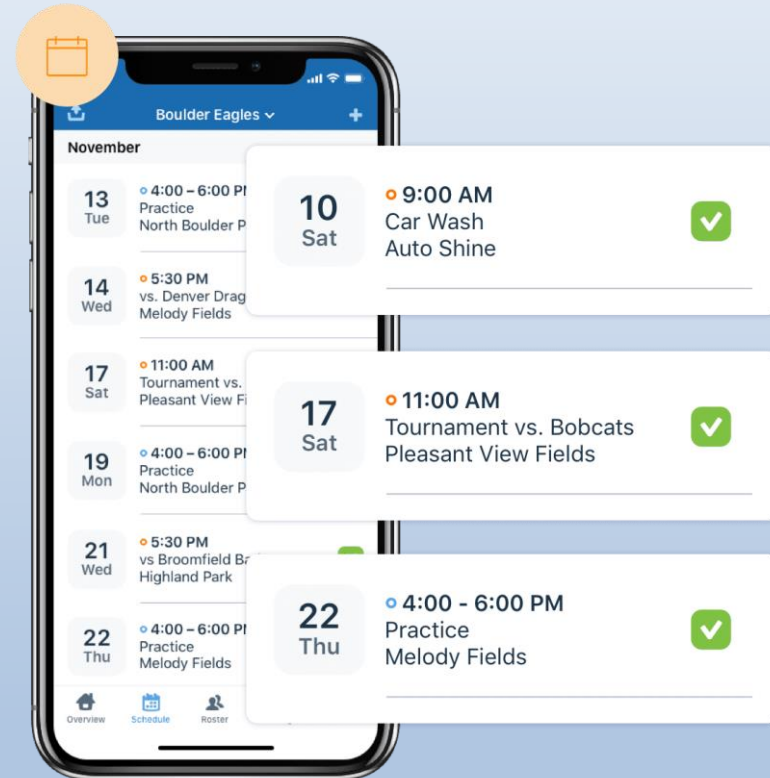
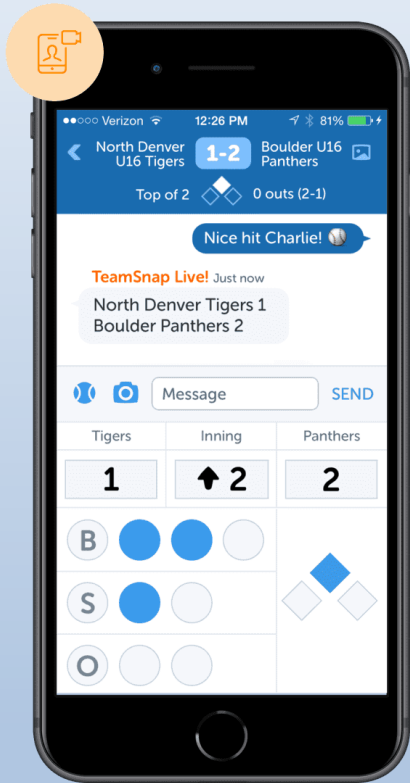
Supplemental Medical Insurance:

- Supplements family's medical insurance
- Injuries or claims must have occurred during a KYF[®] recognized practice or game to be eligible for coverage under the plan
- \$250 deductible
- Coach must contact & email KYF[®]: Refer to Health & Safety information contained within this packet
- insurance@katyouthfootball.com – KYF[®] Health & Safety Director

PRACTICE FIELD SCHEDULING

- Please email practice field requests to KYF.Fields@katyyouthfootball.com Please include three location choices. We will need the location, as well as the exact day and time you wish to utilize any field.
- Please Share practice space. Remember, no one party is entitled to any practice space.
- **ALL High School Fields are Off-Limits at ALL times.**
- **If you are not practicing on KISD property – Please notify us @ KYF.Fields@katyyouthfootball.com so we can insure your practice location is listed as an additional insured on our league insurance policy. Copy Jim Rasco @ jim.rasco@katyyouthfootball.com**

FREE TEAMS NAP – ULTRA!



ANTHONY BIELLO / ROBERT CORTEZ

2021 Sponsorship / Game Film / Coaches Bags/Equipment



ROBERT CORTEZ

SPONSORSHIP

- KYF[®] Requires sponsorship to defray league cost. Average registration revenue is \$195.00
- It cost KYF[®] approx. \$450 per player
- Sponsorship and fundraisers are critical in order to keep fees down.
- Each Football Team must raise \$500
- Each Cheer Squad must raise \$300
- Sponsorship alone does not make up the deficit, which is why fundraisers are also necessary
- HEAD COACH IS RESPONSIBLE FOR SECURING FUNDS

Game Film Video

Vype Films – Varsity Hype

- \$495 – Cost per team
- Must have ~90% participation in division
- Vype Films account will be setup by Vype Media – Head Coach will have admin access

Coaches Bags & Equipment

- \$100 deposit required for coaches bag and equipment. Money will be returned at end of season if KYF Equipment is returned.
- **If you would like a coaches bag/equipment please notify your Division Director during the Division Breakout session. Division Directors will make a list of coaches who want bags and equipment.**
- **Robert.Cortez@katyyouthfootball.com**

Division Breakout Sessions – “Meet your Division Director and Fellow Coaches”

- **VP-Football Operations - Jim Rasco**
- **Executive Director Tackle Football – Casey Stunkard**
- **Executive Director Flag Football – Rory Robertson**
- **Senior Varsity / 5th-6th Flag – Rusty Bangert**
- **Varsity – Casey Stunkard**
- **Junior Varsity / 3rd-4th Flag – Stewart Jenkins**
- **Rookie / 1st-2nd Flag – Bobby Bauer**
- **PeeWee – Jacob Moore**
- **Mitey Mites / Junior Flag – Ernest Pena**

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