



# Parent Handbook

# 2017

## Burbank Vikings Youth Tackle Football

### Mission Statement

The objective of this program is to inspire youth, regardless of race, color, creed, or national origin to practice the ideals of health, citizenship, and character, to bring our youth closer together through the means of common interest in sportsmanship, fair play, and fellowship, to impart to the games elements of safety, sanity, and intelligent supervision, and to keep the welfare of the player first, foremost, and entirely free of the adult lust for glory.

### The PYFL

Vikings Football is a proud member of the Pacific Youth Football League (PYFL). The PYFL shares in the belief that the friendly spirit of competition and sportsmanship help build youth of today.

We can play any of these teams during the season and playoffs. Our chapter does include traveling to other cities for games. In turn, many of these teams will travel to our valley and play us at our home field, Burbank High School.

#### The teams listed below make up the PYFL:

Agoura Chargers • Burbank Vikings • Calabasas • Valley West Ravens  
 Camarillo Roadrunners • Fillmore Bears • Highland Bulldogs  
 Moorpark Musketeers • North Oxnard Warriors • Ojai Eagles  
 Oxnard Panthers • Palmdale Falcons • Santa Clarita Warriors  
 Thousand Oaks Titans • West Valley Rebels  
 West Lancaster Eagles • Valley Raiders • Ventura

### Divisions

**Players must be in 8<sup>th</sup> grade or below to participate. Athletes must turn at least 14 years old prior to September 1, 2017. NO player may be older than 14 years old. Players that are 14 years old and turn 15 prior to September 1, 2017, are ineligible to participate. Any athlete in high school (9<sup>th</sup> grade or higher) is ineligible to participate. All players must be at least 6 years old to be eligible for participation. The player's weight and age determine the division they will play in as follows:**

#### PYFL Weights as of January 2017

Gremlins	Pee-Wee	Bantam	Midgets	Juniors	Seniors
Age 6 Max Wt.: 100 lbs	Age 8 Max Wt.: 115 lbs	Age 10 Max Wt.: 130 lbs	Age 11 Max Wt.: 145 lbs	Age 12 Max Wt.: 160 lbs	Age 13 Max Wt.: 190 lbs
Age 7 Max Wt.: 100 lbs	Age 9 Max Wt.: 115 lbs	Age 11 Max Wt.: 75 lbs*!	Age 12 Max Wt.: 95 lbs*!	Age 13 Max Wt.: 105 lbs*!	Age 14 Max Wt.: 190 lbs
					"X" Man Unlimited Weight

## Burbank Vikings Youth Tackle Football

### Required Paperwork

Necessary paperwork can be found by visiting our website [www.Burbankvikings.com](http://www.Burbankvikings.com)  
To complete your child's registration, you must turn in the following:

- Burbank Vikings Registration Form – due immediately
- Signed Parent Code of Conduct – due on Paperwork Turn-in Day
- Signed Player Code of Conduct – due on Paperwork Turn-in Day
- Current Utility Bill - due on Paperwork Turn-in Day
- Original PYFL Physical Form - due before the first day of practice
- Report Card – due on Paperwork Turn-in Day
  - *Required for all Junior and play down Senior athletes.*
- Original Birth Certificate – due on Paperwork Turn-in Day
  - *Required for all new players. Photocopies only for returning players.*

You may send for a certified copy of your child's birth certificate by writing to the Los Angeles County Registrar or by visiting their Van Nuys Office:

#### **By Mail:**

Registrar-Recorder/County Clerk  
Birth, Death and Marriage Records Section  
PO BOX 489  
Norwalk, CA 90651-0489  
(800) 201-8999

#### **In Person:**

Van Nuys - Registrar-Recorder/County Clerk  
Birth, Death and Marriage Records Section  
14340 W. Sylvan Street  
Van Nuys, CA 91401

\*Mail request must submit signed application along with payment. Call the office to verify the cost BEFORE sending your request for a birth certificate. Mailed requests could take approximately 30 days to receive. Please start your request NOW.

**You can get more information and obtain forms by going to the following:**

<http://www.lavote.net/home/records/birth-records/birth-records-request/>

### PYFL Certification

**THIS IS A MANDATORY WEIGH IN. IF A PLAYER DOES NOT WEIGH IN, HE DOES NOT PLAY.**

The PYFL conducts mandatory weigh-ins for all teams in each chapter. Each player must submit a registration form, physical form, utility bill, and original birth certificate and report cards (Junior and Senior only) to certify. Your team's manager will collect each of these items and prepare a team book prior to certification. The team book stays with them throughout the duration of the season. Birth certificates will be returned to you.

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### What to Expect on Certification Day:

Your team will meet in a central location and will be escorted by the head coach and team manager to certification. Parents are not allowed in the certification area. It will be important to arrive promptly as your team cannot certify until all players are present. Only under certain circumstances will early certification be allowed and must be approved by the PYFL. If a player does not certify or make weight, they are immediately dropped from the team. Please let your team manager know as soon as possible if your player cannot make it to certification.

### Equipment

Your player will be issued with shoulder pads and a helmet. Equipment will be disbursed at a date and time to be determined. Your team manager or coach will advise you of your team's designated time. A parent or guardian must sign for the equipment and provide a \$250 postdated check dated on December 1<sup>st</sup> (made out to the "Burbank Vikings") which you will get back when you return the equipment. Parents are responsible for the safe keeping of all issued equipment. The chapter loans each player a certified helmet and shoulder pads. Players may not throw or sit on the helmets and shoulder pads. Additionally, the chapter gives each player a chin strap, game jersey, practice jersey and a t-shirt.

Mandatory equipment not provided by the Burbank Vikings include padded game and practice pants, mouth piece, cleats, and a protective cup.

Each player should bring their own marked water bottle to each practice as we do not provide water for practice. Your team manager will let you know exactly what needs to be worn to practice and on game days.

Equipment return will be held at Olive Park on December 2, 2017, from 9:00 a.m. to 12:00 p.m. No late equipment will be accepted and checks will be deposited. All stickers must be removed from the helmet and shoulder pads should be washed in warm water with soap.

### Conditioning

Every athlete is required to have a minimum of twenty hours of conditioning before they are allowed to participate in body-to-body contact. All conditioning must be done at an official practice under the supervision of a coach. It is critical that your child attends every practice during the first two weeks so they do not fall behind.

#### Conditioning schedule is as follows:

- July 24<sup>th</sup> - start of first 10 hours of conditioning – no physical contact.
- July 26<sup>th</sup> - helmets may be worn – no contact.
- July 29<sup>th</sup> - helmets and shoulder pads only – no physical contact.
- August 4<sup>th</sup> – full man on man contact may begin.

## Burbank Vikings Youth Tackle Football

### Practices

Mandatory practice begins July 24<sup>th</sup>. The first two days we will practice as a chapter. These practices count toward the mandatory conditioning hours. If a player misses any of these days they will fall behind on conditioning hours. Should your player fall behind in hours, the time can only be made up at an official Burbank Vikings practice. The player behind on hours will condition, with a coach, when the team moves on to contact drills. Once the hours are caught up, the player will return to team practice. Practices can be conducted Monday through Saturday, during the month of August. You will be contacted by your coach or team manager, after the draft and notified of your practice time and location.

The PYFL limits teams to 8 hours of practice per week. Most teams will practice Tuesday through Thursday, with a walk-through on Friday.

Any player that regularly misses practices will be contacted by the coach or team manager to discuss the situation. Burbank Vikings Football has a duty to keep all players safe and there are guidelines to help guarantee that. Being at practice regularly helps ensure a player's understanding of the game, the plays, and keeps them in condition.

### Drop Off and Pick Up

Typically, coaches require that players arrive 30 minutes early for stretching prior to practice start time. As they say in youth football, "If you're on time, you're late." Players are expected to be fully dressed and ready to go when practice begins. This helps ensure practice ends in a timely manner; however, there may be occasions when practice is extended. You are welcome and encouraged to stay and observe all practices. If you choose to drop off, please arrive at least 15 minutes prior to the end of practice. Coaches are responsible for unattended children and cannot leave until those children have been picked-up. Please be considerate of our volunteers. We do not want our coaches to become babysitters. Your team manager and head coach will keep you well informed of their expectations.

### Game Day

- All home games will be played on Saturday at Burbank High School.
- Football games are played on Saturday between the hours of 8:00 a.m. and 7:00 p.m.
- Our first regular season game will be on Saturday, August 26<sup>th</sup>.
- Please note that schedules may not be available until the Wednesday prior to the first game. Your team manager will notify you as soon as they are available.
- We will have an 8 or 9 game season depending upon the need for a bye week.
- Coaches will notify players of the appropriate time to arrive at game sites.
- All players will receive a minimum of 12 plays per game per the PYFL by-laws.

## Burbank Vikings Youth Tackle Football

### Weather

Games and practices typically proceed regardless of the weather. If there is poor air quality or lightning, there will be no games or practices. Contact your team manager for updates.

### Branding

All branding is owned by the Burbank Vikings and use of our logo is not permitted without approval from the board. Teams may not solicit funds with our logo and cannot sell merchandise without the boards consent.

### Field Rules

1. No coolers allowed on stands.
2. No alcohol or tobacco products on the field, stands, nor the parking lot area.
3. No Pets of any kind allowed on school campus or stands.
4. No skateboards, bikes, balance wheels, roller skates permitted on field or school campus.
5. No food or drinks permitted on field or sidelines. Please help keep our turf field safe and clean, only water on the field.

Please inform your guest(s) of our rules ahead of time. Also, we are all responsible for our guest(s) to demonstrate good sportsmanship. Anyone causing a problem or a fight with our volunteers or opposing team will be asked to leave immediately. The safety and welfare of our volunteers, players, and visitors is important.

### Refund Policy

Burbank Vikings Football has a strict no refund policy. Refund requests will be considered only under extreme conditions. The Burbank Vikings Board reserves the right to determine when or if a refund will be issued.

### Returned Checks

All checks should be payable to the "Burbank Vikings" and include your child's name, division and coach's name. Returned checks will not be processed through the bank a second time; cash payment must be made on all returned checks. **Failure to make payment can result in your child becoming ineligible to participate.**

**Thank you for joining the Burbank Vikings Football family. Good luck and have a great season! Visit our website at [www.burbankvikings.com](http://www.burbankvikings.com) for up-to-date information or follow us on FACEBOOK at "Burbank Vikings Football and Cheer Program."**

## Burbank Vikings Youth Tackle Football

### Schedule of Events

- 06/24/17 Late Registration and Dr. Carletta physicals
- 07/01/17 TBD – USA FOOTBALL CLINIC
- 7/15/17 MANDATORY – COACHES CLINIC AND BBQ
- 07/22/17 MANDATORY – ALL CHAPTERS DRAFT DAY (HEAD COACHES ONLY)
- 07/24/17 1st Day of Practice & Equipment Handout (Senior and Junior) at Jordan Middle School
- 07/24/17 Start of 1<sup>st</sup> (10) hours of conditioning – No physical contact except for calisthenics and isometrics
- 07/25/17 Equipment Handout (Midgets and Bantam) at Jordan Middle School
- 07/26/16 Equipment Handout (Pee Wees and Gremlins) at Jordan Middle School
- 07/26/17 Helmets only may be worn
- 07/29/17 Early Certifications – By Appointment Only
- 07/29/17 Start of 2<sup>nd</sup> (10) hours of conditioning – Full equipment may be worn for dummy bag contact only, No man-on-man contact
- 08/02/17 Paperwork Turn In Date & Raffle Tickets Due
- 08/07/17 Team Managers Book Check
- 08/04/17 Full man-on-man contact may begin
- 08/09/17 Book Certifications – EAST CHAPTERS at Vince’s Pizza in Lancaster at 6 p.m.
- 08/13/17 ALL DAY Player Certifications (Thousand Oaks High School) AM Session & PM Session  
**\*\*\*\*Team Scrimmages Start Date\*\*\*\***
- 08/19/17 No scrimmages can start before this date. Sunday scrimmages are not allowed.
- 08/19/17 Vikings Rally – location TBD.
- 08/26/17 Opening Day – First game of the season
- 09/02/17 Week 2 – LABOR DAY WEEKEND
- 09/09/17 WEEK 3
- 09/16/17 WEEK 4

## Burbank Vikings Youth Tackle Football

- 09/17/17 Burbank Vikings Team Photos
- 09/23/17 WEEK 5
- 09/30/17 WEEK 6
- 10/07/17 WEEK 7 - Vikings Homecoming
- 10/14/17 WEEK 8
- 10/21/17 WEEK 9
- 10/22/17 Post Certification/Seeding/PYFL Meeting
- 10/28/17 Round 1 for Super Bowl & Invitational
- 11/04/17 Round 2 for Super Bowl & Invitational
- 11/11/17 VETERAN'S DAY Jim Thornton Sr. Invitational Championship @ \_\_\_\_\_ & Super Bowl Semi Finals
- 11/18/17 PYFL 2017 Super Bowl @ \_\_\_\_\_ 25<sup>th</sup> ANNIVERSARY OF PYFL SUPER BOWL
- 11/25/17 PYFL ALL STARS @ \_\_\_\_\_ THANKSGIVING WEEKEND.
- 12/02/17 Equipment Return at Olive Park from 9:00 a.m. to 12:00 p.m., in the parking lot.  
**\*\*\*No late equipment will be accepted after this date. Deposit check will be cashed!**
- DATE Vikings Banquet – TBD