



MILACA YOUTH FOOTBALL

Parent Registration Information

www.milacayouthfootball.com

Milaca Youth Football

- Contact football
- Heads-up Tackles
- Safety: Concussion training for all Coaches
- Fun and Good Sportsmanship
- Learning the game
- Teach honest competition
- Member of ECYFL: East Central Youth Football League

Registration Open

- Early Bird Registration Ends June 30th : \$75
- Registration July 1st – August 15th : \$100
- All Registration is done through Community Education.

Please Register Early

- Order equipment on-time according to #'s
- Coach recruitment
- Plans for Summer camps finalized
- Early Bird pricing ends June 30th
- Registration officially ends August 15th

Equipment provided by MYF

- Shoulder pads
- Football pants
- Practice and Game jersey
- Helmet stickers: wolf/side and name/front
- Mouth guards-need to attach to helmet/it is best if they are all one molded piece.
- Pads, jerseys, and pants turned in at end of season

Parents/guardians are required to supply the following equipment:

- **Helmet - White**
- **Cleats - no metal**
- **Undershirt**
- **Socks - Black**
- **Water bottle for practice**

Helmet fitting

FOOTBALL HELMET FITTING GUIDE



Riddell
PROTECT. PERFORM.™

1. CHECKING HEAD SIZE



- Wrap a cloth measuring tape around the circumference of head
- Measure with tape approximately 1" above the player's eyebrows
- Record measurement
- Use the Riddell® circumference chart below to select proper helmet size
 - If measurement falls between helmet sizes, choose the smaller size

2. PUTTING ON/TAKING OFF HELMET



Putting on helmet:

- Hold helmet with thumbs over bottom of jaw pads
- Place index fingers into ear holes
- Pull helmet down into position

Taking off helmet:

- Unbuckle chin strap from bottom snaps
- Place index fingers into ear holes
- Press thumbs into bottom of jaw pads
- Lift helmet up and off the head

3. ADJUSTING HELMET HEIGHT



* Use of pads to lubricate needles

- Adjust inflatable pads using a Riddell inflation bulb and a well-lubricated Riddell inflation needle
- Insert needle
- Pump Riddell inflation bulb to achieve proper fit
- Remove needle
- Front of helmet should be approximately 1" above the player's eyebrows



4. ADJUSTING BACK/SIDE LINER



- Inflate for snug, comfortable fit front-to-back and side-to-side

5. ADJUSTING JAW PADS



- Jaw pads should feel firm against the face
 - There should be no room for twisting
- Insert needle into valve at exterior jaw flap
- Inflate jaw pad
- If non-inflatable jaw pads feel loose, change to a thicker size
- If non-inflatable jaw pads feel tight, change to a thinner size

6. CHECKING FOR PROPER FIT



- The skin of the forehead should move with the front pad
 - There should be no room for twisting
- If helmet slides easily over the forehead, inflate helmet liners or try a smaller helmet
- Ensure a proper fit:
 - Interlock hands on top of helmet and press down
 - Player should feel pressure across crown of head, not brow
 - Pressure on forehead indicates improper fit
 - Front of helmet should be approximately 1" above the eyebrows
- To avoid injury or discomfort, never wear a helmet positioned too high or too low

7. ADJUSTING CHIN STRAP



To adjust soft or hard cup chin straps:

- Buckle top and bottom of chin strap into the snaps above and below ear holes
 - Cup should be centered and snug over chin
 - Adjust chin strap until cup is firmly pressed against chin
- When buckled, helmet should feel comfortable and snug
- Chin straps are available in multiple sizes

Varsity & Youth: Revolution® Edge, Revolution® Attack, Revolution® Speed, Revolution® Speed Youth, Revolution® Speed Classic, Revolution® ID, Revolution® Revolution® Speed Youth, Revolution® Speed Classic, Revolution® ID

| HELMET SIZES | Small | Medium | Large | X-Large |
|---------------|---------------|---------------|---------------|----------------|
| HAZ SIZE | up to 6 1/8 | 6 1/8 - 7 | 7 - 7 1/8 | 7 1/8 and up |
| CIRCUMFERENCE | up to 24 1/2" | 24 1/2" - 22" | 22" - 23 1/4" | 23 1/4" and up |

Youth: Revolution® Edge, Revolution® Attack

| HELMET SIZES | 2X-Small | S-Small | Small | Medium | Large | X-Large |
|---------------|-------------------|-------------------|-------------------|---------------|-------------------|-------------------|
| HAZ SIZE | 6 1/8 - 6 1/4 | 6 1/4 - 6 3/8 | 6 3/8 - 6 7/8 | 6 7/8 - 7 | 7 1/8 - 7 1/4 | 7 1/4 - 7 1/2 |
| CIRCUMFERENCE | 18 1/2" - 18 7/8" | 18 7/8" - 20 1/8" | 20 1/8" - 21 1/4" | 21 1/4" - 22" | 22 1/4" - 22 1/2" | 22 1/2" - 23 1/8" |

Youth: Revolution® Attack-I

| HELMET SIZES | 2X-S-Small | Small-Medium | Large-X-Large |
|---------------|-------------------|---------------|-------------------|
| HAZ SIZE | 6 3/8 - 6 1/2 | 6 1/2 - 7 | 7 1/8 - 7 1/2 |
| CIRCUMFERENCE | 19 1/2" - 20 1/4" | 20 1/4" - 22" | 22 1/4" - 23 1/2" |

For further helmet fitting guidelines, videos and in-depth details go to:
RIDDELL.COM

Helmet Fitting

FITTING SCHUTT AIR LINER HELMETS



Vengeance DCT | Vengeance VTD | Vengeance VTD II | Vengeance Pro | AIR XP Pro | AIR XP Pro SV
 AIR XP Pro VTD | AIR XP Pro VTD II | AIR XP | DNA Pro+ | Youth Vengeance DCT | Vengeance DCT Hybrid+
 Youth AIR XP Pro | Youth AIR XP | XP Hybrid+ | Youth DNA Pro+ | Recruit Hybrid+



STEP 1

Proper fit is essential for the most effective performance of any helmet system. The helmet functions as a system and must be properly fit for optimum performance. The player must be made aware of the importance of a proper fit. Measure the player's head as shown (approximately 1" above the eyebrows around the widest part of the head), using the chart for a size guideline.



STEP 2

Place the helmet on the player's head to properly inflate the air liner inside the helmet. To do this, we recommend using a Schutt #7799 inflation pump and needle. Be sure to lubricate the needle generously; glycerin is recommended. DO NOT USE PETROLEUM BASED PRODUCTS, SUCH AS PETROLEUM JELLY. DO NOT WET THE NEEDLE WITH YOUR MOUTH. Do not force the needle into the port; doing so may puncture the liner's opposite wall.



STEP 3

Begin with the bottom inflation port on the back of the helmet. This port inflates the Lateral Air Liner (the sides and back) of the helmet. Proper inflation will usually require 0-3 pumps, but that will vary. If too much air enters the liner, you can release it by twisting the valve. Proper inflation of the liner will hold the helmet snug against the player's head but not overly tight.



STEP 4

When finished inflating the Lateral Air Liner, repeat the process for the Crown Air Liner, which is the top inflation port on the back of the helmet. Proper inflation will usually require 0-2 pumps, but that will vary. Crown liner adjusts the height of the helmet on the player's head.
 NOTE: The Vengeance Pro does not have an inflatable crown liner. Two interchangeable crown liners are included for sizing purposes.



STEP 5

Properly fitted on a player, the helmet's front edge and nose bumper should be approximately 1" above the player's eyebrows. Minor adjustments can be made by adjusting the inflation of the Crown Air Liner.
 It is the interaction between the player and the person fitting the helmet that ensures proper fit and optimum helmet performance.



STEP 6

All Schutt helmets feature a 4-Point High chin strap. Other styles and sizes available. The chin strap should be attached to the helmet underneath the faceguard, not above it. Tighten the chin strap so that it is snug and centered on the player's chin.



STEP 7

Another key component to properly fitting the helmet is the fit of the jaw pads. The jaw pads should be snug against the player's face, flush with his jaw, without pushing too forcefully into his cheeks. Jaw pad sizes are measured in thicknesses: 1/8", 7/16", 1, 1 1/8" and 1 1/2". Helmets feature Air Maxx TPU Jaw Pads, with the varsity models coming standard with either 1/8" or 7/16" jaw pads; the youth models come standard with 1 1/8" jaw pads.



STEP 8

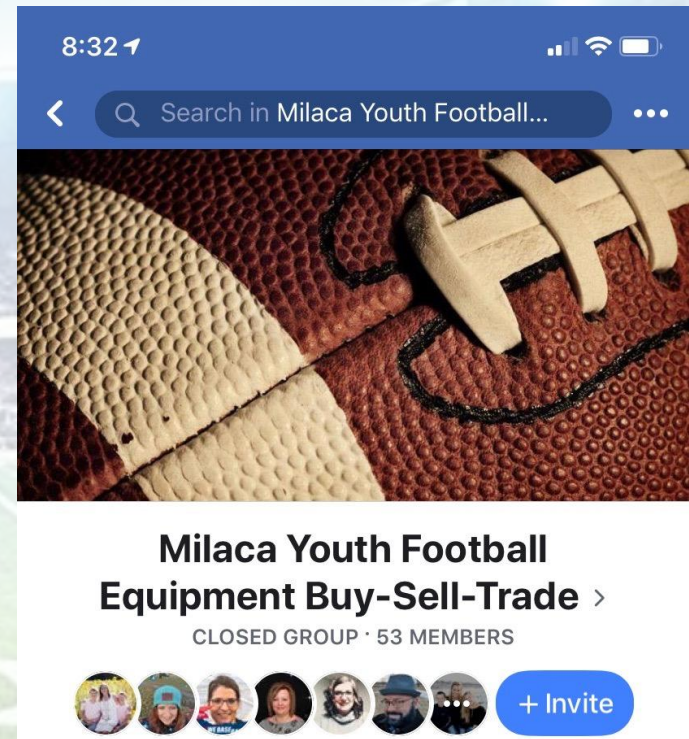
To ensure the helmet fits properly, try rotating the helmet on the player's head. It should not slip. The player's hair and skin on the forehead should move with the helmet as it's rotated, but the helmet should not move independently of the head. When properly fit, the helmet should fit snugly on the player's head, without being too tight, and should move only as the head moves.

SIZING CHART

| Vengeance DCT, Vengeance VTD, Vengeance VTD II, Vengeance Pro, AIR XP Pro, AIR XP Pro SV, AIR XP Pro VTD, AIR XP Pro VTD II, AIR XP, Youth AIR XP, DNA Pro+, Youth Vengeance DCT, Vengeance DCT Hybrid+, Youth AIR XP Pro, XP Hybrid+, Youth DNA Pro+, Recruit Hybrid+ | | |
|--|-------------|--------------------|
| HELMET SIZE | HEAD SIZE | HEAD CIRCUMFERENCE |
| Small | 6 - 6 1/2" | 19 - 20 1/2" |
| Medium | 6 1/2" - 7" | 20 1/2" - 22" |
| Large | 7 - 7 1/2" | 22 - 23 1/2" |
| X-Large | 7 1/2" - 8" | 23 1/2" - 25" |
| 2X-Large | 8+ | 25"< |

Milaca Youth Football Equipment Buy Sell Trade

- Sell gently used football items
 - Cleats
 - Helmet
 - Football gloves
 - Compression shirts
 - etc.



Preparation

- Highly recommend Milaca Youth Football Camp
 - July 11th-13th
 - Learn basic drills, fundamentals, practice
 - Camp is free with Registration for Youth Football League

Important Dates

- Camp: July 11th - 13th 5:00-6:30
- Equipment Handout: August 15th
 - Form completion: medical, liability, conduct, etc.
- Practice Begins August 15th
- Games are on Saturday mornings: start times posted as soon as available.
- Equipment Return: TBD

Practice

- Mondays, Tuesdays & Thursdays from 5:30-7:30pm
 - August 15, 16, 18, 22, 23, 25, 29, 30, September 1
- Tuesdays & Thursdays from 5:30-7:30pm
 - September 6, 8, 13, 15, 20, 22, 27, 29
- Tuesdays & Thursdays from 5:30-7:00pm
 - October 4, 6, 11, 13
- Where: JV baseball field greens
 - Across from elementary playground/basketball hoops

Games

When:

- Saturday mornings
- Example: 4th grade 9:00, 5th grade 10:15, 6th grade 11:30 – Start times and locations will rotate. Details will be posted when available.

Where:

- Home Games - Varsity Football Field
- Away Games - Ogilvie, Rush city, Pine City, Braham, Hinkley & Mille Lacs
- Locations/maps on Milaca Youth Football Website

Milaca Youth Football Website

- www.milacayouthfootball.com
- Forms
- Equipment
- Conduct
- Maps
- Calendar
- Team Information

Coach Introduction

- 4th grade - TBD
- 5th grade - TBD
- 6th grade - TBD



- Kevin Armbrust, Milaca High School Varsity Football Coach

Fundraiser

- Program support
- Equipment purchases



- Cash Raffle
 - Tickets handed out at Equipment Handout
 - 5 tickets per child
 - Drawing will take place at last home game (TBD)

Parent Expectations

- Punctual – Players to arrive in their gear and ready to play prior to start of practice!
- Express any concerns in person to coaches
- Respectful of Officials
- Support learning and be ok with kids making errors on the field
- Cell phone number provided for contact
- Volunteer for Concessions

Coach Expectations

- Punctual
- Organized
- Respectful of Officials
- Provide environment of fun and learning
- Hold players accountable

Board Support

- Email the Board with concerns that cannot be resolved face to face with coaching staff
- info@milacayouthfootball.com

Pictures

- If you take great pictures at practice or a game, please email them to the Board

• info@milacayouthfootball.com

MYFL Board Succession Planning

- Parents of upcoming 4th and 5th graders are needed on the Board
- Board consists of 9 members and the term is 2 years
- We have 1 current opening!

Without a board there is no Youth Football.

Volunteer Board of Directors

- Jason Theisen - President
- Wes Gall - Vice President
- Rachel Arens - Treasurer
- Kayla Moeller - Secretary
- Erick Tye - Director
- Joshua Franklin - Director
- Stacy Gothmann - Director
- Amanda Ashton – Director
- Director - VACANCY

A large, empty stadium with bright lights and a green field. The stadium is filled with spectators, and the field is marked with yard lines and numbers. The text "Thank you for your time!!" is overlaid in the center of the image.

Thank you for your time!!