

Good Morning Coaches/Team Managers!

You may have heard but we have recently partnered with My7on7 Touch Football League to offer a SPRING football league right here in our area. My7on7 is a minimal contact passing league that focuses on skill development in high repetition and fast-pace games to get them ready for the fall season. The season runs 5-6 weeks beginning the last Sunday of March (Sundays only).

Highlights for Coaches:

- Sign Up a Team at NO COST – players must register individually and name you as “head coach”
- Teams can consist of up to 12 players.
- Structure of the League:
 - **Week 1:** Meet Coaches/Teams, **Practice with team**, Scrimmage
 - **Week 2:** **Practice with Team**, Game 1
 - **Week 3, 4 & 5:** Games Only (2 each week) - *practices are not part of the schedule and are up to the coaches.*
 - **Week 5:** Local Championship Games (every team plays) *practices are not part of the schedule and are up to the coaches.*
 - **Week 6, Optional (May 10th):** National Championship Games (for those that choose to pre-register) hosted in Woodbury at East Ridge High School.
- Head Coach Volunteers will receive a partial refund* for their player post season.
- Requirements: All head coaches and assistant coaches will be required to complete the safety and certification program (Trusted Coaches certification accepted), background check & concussion certificate.
- Coaches FAQ, Details, Requirements, etc can be found: <https://www.my7on7.com/coaches>

Questions can be sent to my7on7.coaches@gmail.com

Thanks!

My7on7 Coaches Coordinator