



PAFA DAY 1/WEEK 1 HIGHLIGHTS

Please see below to start preparing for another exciting season of PAFA Football!

Day 1 Schedule (Monday, July 30):

- 5:00 pm: Check-in begins at the Community Center bandshell/amphitheater (across the street from the Community Center, 250 E. Wood St.)
- 5:30 pm: Program begins (inspirational program led by former NFL and PAFA players)
- 6:00 pm: Players head across the street to Ost for practice
- 6:15 pm: Parent meeting at the Community Center bandshell (immediately following the player kick-off program)
- 7:30 pm: Practice ends at Ost; pizza for players and NFL guests
- 8:00 pm: Equipment hand out (for those who were unable to attend July 9) and equipment exchanges.

What parents/players need for the first night of practice:

- Players will wear their helmet, practice jersey, shorts, mouth guard, protective cup, cleats and will need lots of water for the first night of practice.
- Parents will need to bring their completed concussion training certificate (one parent only, does not apply to coaches' families as this is covered in the coaches' certification). [Click here](#) for more information.

Good hydration is critical throughout the season. Please remember to assure your player starts hydrating **before** practice (16-24 ounces of water or a sports drink prior to practice), and brings lots of water to stay hydrated **during and after** practice.

WEEK 1: Equipment Progression

All players will follow the below equipment progression, which starts their first day of practice. If a player is to miss a day the first week of practice, their equipment progression will be adjusted accordingly. Division administrators will check in players during the first several days to assure compliance with the equipment progression, which follows the USA football guidelines.

If players did not pick up equipment on July 9, they can pick up equipment July 30 after practice in the Community Center gym. This will not put them behind in equipment progression.

- **Day 1: Helmet,** practice jersey, shorts, mouth guard, cleats, protective cup, large jug of water. (If you missed the first equipment handout, it is fine to practice without the helmet and practice jersey).
- **Day 2: Helmet,** practice jersey, shorts, mouth guard, cleats, protective cup, large jug of water
- **Day 3: Helmet, shoulder pads,** practice jersey, shorts, mouth guard, cleats, protective cup, large jug of water
- **Day 4: Helmet, shoulder pads,** practice jersey, mouth guard, cleats, protective cup, large jug of water
- **Day 5: Helmet, shoulder pads, girdle, practice pants (gold stripe down the side),** practice jersey, mouth guard, cleats, protective cup, large jug of water

Week one all divisions will practice Monday through Thursday in the evening, and follow a similar schedule Week 2. During Week 2 teams will be formed at all divisions, and coaches will communicate the schedule for their divisions moving forward.

Starting the week of August 27 all teams will start practicing three days a week, 90 minutes, with a game on the weekend. Prior to this, teams may practice up to four days a week as part of their conditioning for the upcoming season.

See the email from your Division Administrator (DA) on the practice schedule for your division, and information on getting ready for the season.

2018 Division Administrators ([click here](#) to reach out to your DA)

- 8U: Jodi Peterson
- 9U: Michelle Rushing
- 10U: Jo Ann Garcia
- 11U: Deanna Brown
- 12U: Beth Dreksler
- Varsity: Deana Paddack

PAFA REMINDERS

CHECK TO ASSURE YOU HAVE ALL EQUIPMENT

If you picked up equipment July 9, please check to assure you have all items:

- Helmet
- White practice jersey (game jersey will be provided at the start of the season)
- Rib vest
- Two pairs of pants (one all black, one with a gold stripe down the side)
- One belt (if you did not receive a belt, please pick that up the first night of practice when you check in your player at the start of practice)
- Mouthguard

Please try on items BEFORE the first day of practice. If any items do not fit properly, you can exchange items immediately following the first practice (see instructions below).

ITEMS TO PURCHASE FOR THE SEASON

Players will need to secure the following items before pre-season practices begin:

- Football girdle (7 pad or 5 pad)
- Knee pads (if you do not purchase a 7-pad girdle)
- Protective cup
- Football cleats
- Large water jug

EQUIPMENT INFORMATION (PICK UP AND EXCHANGES)

If you did not pick up your equipment July 9, you must pick it up after practice the first night, July 30, inside the Community Center (gym).

Before equipment is issued the below information is needed:

- Please print and complete the "player's parent" section of the equipment hand out form ([click here](#)). Copies will also be available to complete on site.
- A check in the amount of \$350 made out to PAFA for the equipment rental/reconditioning fee and the balance of the registration fees. Please put your player's last name in the "note" section of your checks
- A check in the amount of \$300 made out to PAFA for the equipment deposit. This check should be post-dated for October 31, and will be returned to you at the end of the season when you return the equipment in good condition.
- If your player did not play PAFA tackle last year a photocopy of the player's birth certificate is required before equipment is received (we must provide this to the BGYFL in order for them to play in the league, we are not able to make any exceptions).

Equipment issues/exchanges: please also go to equipment pick up (inside at the Community Center gym) after practice July 30 if your player has any equipment/uniform issues. If they did not receive a belt on the July 9 equipment hand out, those will be distributed at check in at the start of practice July 30.

CONCUSSION TRAINING REQUIRED FOR PAFA PARENTS

PAFA is focused on creating a culture that is safe and supportive for youth athletes. To support this objective, PAFA requires at least one parent for each player to complete the on-line concussion training course provided by the U.S. Center for Disease Control and Prevention at the following address:

Link to required Heads-Up Concussion training:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

One parent is required to provide to their Division Administrator on the first day of practice the certificate showing he/she has completed the training. Please [click here](#)

OPTIONAL CONCUSSION IMPACT TESTING—JULY 21 & 28

PAFA is proud to partner again with NovaCare Rehabilitation for the 2018 season to support player safety. NovaCare will provide on-site athletic trainers for all PAFA home games, as well as a robust safety management process for all PAFA participants.

As part of NovaCare's comprehensive concussion management program, they are offering optional Baseline ImpACT testing on July 21& 28, 8 am – 12 pm, for PAFA athletes ages 10 and above. The cost is \$10 per player, and registration is required. [Click here](#) for more details, and for the registration link.

Please contact Stephanie Wilkins with NovaCare (swilkins@elmhurst205.org) with any questions about the testing or registration process.