

Licking Heights Youth Sports League 2023 Football & Cheerleading Calendar

Mark your calendars!! Be part of a winning tradition!!



REGISTER ONLINE AT www.lhysl.org Football Registration ends early!!

2023 IMPORTANT DATES TO REMEMBER!!

LHYSL ONLINE REGISTRATION Opens May 15th

FB Camp ends 6/26, Football ends 7/2, Cheer ends 7/9

Register online at www.lhysl.org for all programs.

FOOTBALL OFF-SEASON WORKOUTS June 3rd to July 29th

VOLUNTARY for all LHYSL youth football players. Schedules will be random from each division coach.

Where: Mainly Craig Mem. Fields **Days/Time:** Various times

LHYSL FOOTBALL CAMP JUNE 26th & 27th

Available to ALL students entering grades 1st-6th. Proceeds benefit the LHYSL Football Program. \$35 fee.

Where: Craig Memorial Fields

Days/Time: Mon/Tues; Check in 5:30, 6-8:00

No workouts during camp days



LH VARSITY CHEER CAMP – JULY 12th & 13th

Available to ALL students entering grades K to 6th. \$45 fee.

The proceeds benefit the LH Varsity Cheerleading.

Where: Licking Heights High School

Time: 5:00 – 8:00 pm



LHYSL FOOTBALL COMBINE JULY 11th & 12th

Evaluation/conditioning, highly recommended for all registered youth football players. All outstanding registration fees must be paid for participation.

Where: Craig Memorial Fields (behind LH Intermediate)

Time: Check in 5:30, 6:00 - 8:00 pm each day

Bring: Water bottle and wear cleats

DRAFT DAY (if needed) JULY 14th

Coaches will notify football players and/or cheerleaders which team/squad they are on after the draft and what time to pick up their equipment and meet their new coach.

Where: Football Directors residence

Time: Evening (exact arrival time is team-specific)

FOOTBALL EQUIPMENT PICK-UP JULY 13th, 15th, 17th

Athletes will come pickup their required equipment for football, game jersey fitting and meet their coach. *All outstanding registration fees must be paid before equipment hand out.*

Where: Prestige Storage, Unit 14

Time: Saturday 9:00am – 12:00pm (team specific schedule)

Weekdays 6:00pm – 7:00pm (open)

CHEER UNIFORM FITTING/HANDOUT July 15th and 16th

Cheerleaders will be fitted for their uniforms and given required items for cheerleading. *All outstanding registration fees must be paid before uniform hand out.*

Where: Prestige Storage, Unit 14

Time: Saturday, 1:00pm – 4:00pm (team specific schedule)

Sunday, Starting at 1:00pm (open)

FOOTBALL PRACTICES BEGIN JULY 31st

Required for all LHYSL youth football players. Team practice schedules will be published with coaches for the season.

Where: Craig Memorial Practice Field

Days/Time: Mon, Tues, Wed, Thurs, 6:00 - 8:00 pm

CHEER PRACTICES BEGIN Week of JULY 31st

Cheerleaders will start workouts and receive Squad practice schedules will be published with coaches for the season.

Where: Craig Memorial Fields

Time: 6:00 – 8:00 pm

MANDATORY ALL PARENTS MEETING Week of JULY 31st

Required for all parents of LHYSL youth football players and cheerleaders to review the program and policies.

Where: LH Intermediate or Craig Field Grandstands

Time: 6:30pm to 7:30pm (during Practice)



OPENING DAY / HIVE NIGHT AUG 12th

All 3 divisions have scrimmages early then the festival with Inflatables, Food trucks and Music!!

Where: Craig Field behind LH Central Intermediate School

Time: 10:00 am to 2:00 pm then 5:00 to 8:00 pm

FOOTBALL/CHEER PICTURE DAY AUG 20th

Team and Individual pictures.

Where: Craig Field Parking lot (near South Elementary)

Time: TBD

FOOTBALL/CHEER SEASON OPENER AUG 26th or AUG 27th

First games of the LCLYF season, home and away.

Schedules will be distributed usually mid-August.

**Frequently Asked Questions*****How do I register my son/daughter?***

All our registration is online.:

1. Register and pay online at www.LHYSL.org
2. All required waiver forms will be in the online process.

Does my child have to attend the LHYSL Football combine?

We do require all participants to attend the combine although we know there are other things that may interfere. Please notify the league at lhys.hornets@gmail.com if your son cannot attend at least 1 day of the combine. This 2-day activity is where we perform many drills and teach fundamentals of football for our coaches to evaluate all participants prior to the team draft for each division. Attendance at the combine on July 11th and/or July 12th is required to allow for proper evaluation of players to determine skills.

Does my child have to attend the LH Football Camp?

Your child does not have to attend the LH Camp on June 26th and 27th, though the LHYSL encourages them to attend, camp instruction is provided by the LHYSL coaches and LH football players and is a great opportunity to learn new skills, brush up on the fundamentals, and interact with the high school players. The camp will be from 5:30 pm to 8 pm each day for a cost of \$38.00 per child. Located at the Craig Memorial fields and payable through the lhysl website.

Does my child have to attend LH Varsity Cheer Camp to cheer?

The LH High School Cheer has a cheer camp for July 12th and 13th, our child does not have to attend LH cheer camp, However, we strongly encourage them to. Camp instruction is provided by the LHHS coaches and cheerleaders and is a great opportunity to learn new skills, brush up on the fundamentals, and interact with the high school coaching staff. The camp will be from 5pm to 8pm each day for a cost of \$45.00 per child. Location will be at LH High School and payment info T.B.D.

Can my child attend camp but not register for football or cheer?

Yes. Your child can attend camp without registering for the 2023 tackle football or cheer season. Camp instruction is provided by the LHHS coaches, football players, and cheerleaders, which is a great opportunity to learn new skills, brush up on the fundamentals, and interact with the high school cheer staff and coaching staff.

What do I need to buy my football player?

Your registration fee covers a league provided helmet, chin-guard, practice jersey, game jersey, game pants. You will need to provide a mouth guard, maroon game socks, practice pants, and football cleats. Most kids will go through several mouth guards in a season, so if you can get them in multi-packs. Also all athletes must have practice pants. Athletes are not to wear their game pants for practice.

What do I need to buy my cheerleader?

Your registration fee covers the league provided cheer skirt, shell, and T-shirt. You will need to provide all undergarments, socks, shoes and bows. Different cheer squads may fundraise for more accessories and/or apparel.

When does practice start and how long do they last?

Football practices will begin appx week of July 31st with cheerleading practices starting also on the week of July 31st. Before the school year starts, football will practice 4 days per week and cheer 3 days per week. Once classes begin, practices are 2-3 days per week (not on Fridays) and last up to 2 hours, depending on daylight. Days of the week and actual times are determined by each team's/squad's head coach. Typically, football practices are T,W,TH or M,W,Th from 6-8 p.m.

Where will practices be held?

Practices for both Football and Cheer will be held at Craig Field or surrounding areas behind Licking Heights Intermediate School. This will be the location for the combine, practices, opening day, and home games.

Do I, as a parent, need to attend the All-Parents Meeting?

Yes!! The mandatory All Parents meeting most likely will be held at the LH Intermediate or Craig Field stands the week of July 31st, 6:30pm to 7:30pm usually during practice. ***All parents are required to attend. Failure to do so without notification will result in their youth athlete sitting out the 1st half of the first game of the season.***

What Division is my child in?

The League Divisions are divided as follows: Mini division is 1st and 2nd grade, Junior division is 3rd and 4th grade, and Senior division is 5th and 6th grade. These are based on what entering grade the child will be the upcoming fall.

What team will my football player be on?

After the mandatory Combine (July 11th and/or 12th), the head coaches have a draft where the teams are selected. The draft will be held on July 14th in the evening, then the Head Coach will contact each of his players that day or following day. There usually is at least one team or squad per division. If registration numbers are high enough there will be multiple teams and squads per division. Equipment will then be handed out the next day on July 15th in the morning (exact time TBD). Other equipment hand out days will be announced as we get closer.

When will football, equipment be given out?

Football equipment handout (Helmets, Shoulder Pads, Game Pants, Practice jerseys, & Game jersey fitting) will happen the morning of July 15th. Time will be 9am to 12pm with a specific time for your kids team. This will be held at Prestige Storage (on Broad St.), unit 14. Kids will be weighed, fitted for all equipment including Game jerseys. ***Fitting for game jerseys and number determination is critical for ordering jerseys on time, so it is important that you attend.*** Two secondary pickup times may be set on (Date./Time TBD) to accommodate anybody who cannot make the July 23rd date.

What squad will my cheerleader be on?

Your cheerleader will be placed on the squad specific to her/his incoming grade level. If numbers allow, a division may have multiple squads. If the Cheer Director makes such a decision, a draft with the Head Coaches will take place to determine the cheerleaders for each squad. Parents will be notified by the Head Coach immediately following the draft or day after. Cheer equipment is then usually handed out the next week.

When will cheerleading equipment be given out?

Cheerleading equipment (Shirts and Skirts) will be given out the afternoon of July 15th. Time will be 1pm to 4pm with a specific time for your kids team. This will be held at Prestige Storage (on Broad St.), unit 14. Kids will be fitted for all cheerleading equipment. ***Fitting for skirts, shirts and number determination is critical for comfortable fit, so it is important that you attend.*** A secondary pickup time may be set on (Date./Time TBD) to accommodate anybody who cannot make the July 15th date.

Are the football games competitive?

Yes! The LHYSL is part of Licking County League Youth Football (LCLYF) and play other schools within the county. All games are played on official fields with official referees and scoreboards. There is a regular season followed by a 3-week playoff system that will determine a county champion in each division. This league is very competitive. The LHYSL wants our athletes to have fun, learn the fundamentals of the sport, and learn sportsmanship and what it means to be part of a team. We also want our athletes to win! We are very proud of the winning tradition of the LHYSL in all divisions over the last 16 years!

How many games will we play?

The regular season includes a scrimmage game day ("Opening Day"), and then appx. 6 official games. There is a 3-week playoff bracket that ends with the league championship game. Cheerleaders also have a cheer competition and our LH Cheer Expo during the season.

What is Opening Day?

LHYSL opening day is a scrimmage day for our football teams and cheer squads. This will be held on Saturday, Aug 12th at Craig Field from appx. 10am to 2pm and is open to parents, families and friends. All football players and cheerleaders will be introduced over the PA system. Each team will have a short intra-squad scrimmage with a running clock.

There will be a Hive Night that same day from 5pm to 8pm at Craig Field offering inflatables, food trucks and music.

When are the games and where are they played?

Games are played one time per week on a Saturday or Sunday at fields throughout Licking County. Our home games are at Craig Field, behind LH Central Intermediate school. A list of game locations can be found on the LCLYF website and our own LHYSL website. Your child's coach will provide you with the game schedule as soon as it is available (usually mid-August).

Will I have to do fundraising?

Starting this year, there will be NO mandatory league fundraiser (Candy bar & raffle tickets) thus no \$50 charge. Each team or squad may have team/squad fundraiser where proceeds can support end of year party or team shirts.

"Team or Squad Fundraising" for each team or squad is organized by each Team Parent or volunteer and is NOT mandatory. These fundraisers are used to raise money for items such as team t-shirts and the team or squad season end party.

Will I have to volunteer during the season?

Yes. Volunteering is a very key component of the LHYSL and every parent is expected to volunteer to serve in the concession stand during one game or work the chains and/or press box during one game. Concession shifts are never during your child's game, so you will not miss seeing him/her participate. Working the chains is usually during your child's game, so many enjoy this task to be up-close and personal with the action. During playoffs, parents are responsible for filling these spots in addition to the regular season volunteer shift. Your team mom will approach you with a schedule.

Who do I contact to become a volunteer coach or assistant?

When you are registering your child online there is a section of available volunteer positions, just fill that out and the LHYSL board will automatically be notified, and you will hear from us usually within days. You can also just email us also.

What requirements do I need to become a volunteer coach or assistant?

We are looking for people who have a good knowledge and experience of football or cheerleading. All candidates will need to take a background check, child abuse awareness online seminar, and online concussion protocol and cardiac courses.

Do I have to provide team/squad snacks?

Most teams/squads do have a snack after the games. Team Parent will issue a schedule so that usually each parent is assigned one game. Typically, one parent is assigned a healthy snack and another parent is assigned a drink.

LHYSL – Licking Heights Youth Sports League

Tackle Football Info Sheet

LHYSL Terms, Disclosures, and Conditions on page 2 below

LHYSL provides a competitive and fun football experience for 1st to 6th graders. We will teach fundamentals, conditioning, discipline, sportsmanship, and teamwork as it pertains to full-contact tackle football.

Each participant is supplied a certified Helmet, Shoulder Pads, Game Pants (padded), Practice Jersey, and a Game Jersey. Participant is responsible for Mouthpiece, Practice Pants, and Football Cleats (shoes). Socks will be arranged through the Team Parent at an additional charge.

- **Tackle Football program is made up of 3 divisions (*based on school grade*)**

- ✓ **Mini Division – 1st & 2nd Graders** (Age eligibility: not 9 yrs before 8/1)
- ✓ **Junior Division – 3rd & 4th Graders** (Age eligibility: not 11 yrs before 8/1)
- ✓ **Senior Division – 5th & 6th Graders** (Age eligibility: not 13 yrs before 8/1)

Each division may have more than one team depending on registration numbers (maroon, gold, white).

- **Football General Information**

- ✓ A player combine will take place that will last for 2 days (weather permitting). The coaches will run the players through a series of noncontact drills to evaluate their skills.
- ✓ A player draft will take place (usually right after the combine) to pick players for each team.
- ✓ Each team will try to have 16 to 30 players. If the numbers allow, if then the division will be split into multiple teams. This decision is at the discretion of the Football Director.
- ✓ Each team will have 1 Head Coach and at least 3, up to 5 Assistant Coaches. Head Coaches along with 2 top assistants, on each team, will have background checks. All coaches will have Concussion and Cardiac Arrest training.
- ✓ There are weight limits for players who can advance the ball for each division.
- ✓ Practices are typically held during the week at Craig Memorial practice field, normally three practices per week. Practice days and exact location to be determined by the Head Coach.
- ✓ LHYSL will not have 2 consecutive days of contact in full pads (practice or games). Hitting a tackling dummy or blocking shield is NOT considered full contact. Those practices will be Helmet only.
- ✓ Transportation to and from practices and games is the responsibility of the Parents.
- ✓ Each team will have a Team Parent. This person is the point of contact for all information, communication, and team fundraising efforts for the team.

- **Football Game Information**

- ✓ LHYSL is in association with the LCLYF (Licking County League Youth Football) and will have home and away games with other teams in Licking County. LCLYF rules apply. Travel is required for away football games and the responsibility of the parents.
- ✓ Games will be competitive with Referees, a game clock, and yard markers on officially marked fields.
 - Mini Field is full 100 yds, 7:00 quarter clock, no kicks/punts, 2 coaches, off & def, on field
 - Junior Field is full 100 yds, 8:00 quarter clock, no kicks or punts, 1 offensive, coach on field
 - Senior Field is full 100 yds, 8:00 quarter clock, no kicks, free punts, no coaches on field
- ✓ Scoring: Touchdown=6 pts., Extra Point Run=1 pt., Extra Point Pass=2 pts., Safety=2 pts.
- ✓ Each player will get a min. of 8-10 plays per game, this is recorded on the field during the game.

The above is informational ONLY. All official rules for game and management are in accordance to LHYSL and LCLYF rules (governed by OHSAA rules). Refer to the LHYSL and LCLYF websites for official documentation.

LHYSL – Licking Heights Youth Sports League

Cheerleading Program Info Sheet

LHYSL Terms, Disclosures, and Conditions on page 2 below

LHYSL provides a fun and memorable experience for 1st to 6th graders. Our coaches work with the High School coaches and cheerleaders to teach the cheers and chants they will use their entire cheer career.

Each Cheerleader is supplied a Cheer Shell, Cheer Skirt, a set of Pom-Poms, and Individual T-Shirt. The Participant is responsible for White shoes, Crop Top, Briefs, and socks. Although not required by the LHYSL, most teams will ask parents to assist with the purchase of certain socks, warm-ups, bows, and possibly a book bag. These items are arranged by the Team Parent through a Team/Squad fundraiser.

- **Cheer program is made up of 3 divisions:**

- ✓ **Mini Division – 1st & 2nd Graders**
- ✓ **Junior Division – 3rd & 4th Graders**
- ✓ **Senior Division – 5th & 6th Graders**

Each division may have more than one squad depending on registration numbers (maroon, gold, white).

- **Cheerleading General Information**

- ✓ Each squad will try to have no more than 20 cheerleaders. If numbers allow, the division will be split into multiple squads. This is at the discretion of the Cheer Director.
- ✓ Each squad will have 1 Head Coach and at least 1 Assistant Coach. Each Head Coach will have a background check. All coaches will be trained for Concussion and Cardiac Arrest.
- ✓ Practices are typically held during the week at Craig Field and surrounding areas, normally 3-4 practices per week before school starts and 2-3 after school starts. Practice days and actual location on school grounds to be determined by the Head Coach.
- ✓ Transportation to and from practices and games are the responsibility of the Parents.
- ✓ Parents are required to remain on the school grounds during practice and games. If a parent is not able to stay, please make arrangements for someone to watch your child.
- ✓ Each squad will have a Team Parent. This person is the point of contact for all information, communication, and fundraising efforts for the squad.

- **Football Game Information**

- ✓ LHYSL is in association with the LCLYF (Licking County League Youth Football) and will have home and away games with other teams in Licking County. LCLYF rules apply. Travel is required to away football games. All transportation is the responsibility of the parents.
- ✓ Games will be competitive with Referees, a game clock, on officially marked fields with cheerleaders greeting the football teams' pre-game, cheering during the game, and end of game huddle with the football team.
- ✓ Each cheerleader is encouraged to attend every game.

- **Competition/Exposition**

- ✓ Each year cheer participates in Watkins cheer competition. This is option for all cheerleaders.
- ✓ Licking Heights, usually hosts an expo, it is also optional for all the cheerleaders.
- ✓ Each team will create a dance, cheer, and chat for the girls to perform. They will be judged for their performance. They will receive a medal or a trophy (depends on what each school decides to give).

The above is informational ONLY. Refer to the LHYSL website for official documentation.

LHYSL Consent, Disclosures, and Terms & Conditions

INFORMED CONSENT / RELEASE OF LIABILITY: I/We accept and understand that the activity (Football / Cheerleading / Wrestling / Flag Football) above involves certain inherent risks, dangers, and hazards that may cause serious personal injury necessitating long term care and significantly impairing enjoyment of life or life activities. I/We accept and understand that the above-described injuries and other injuries, including but not limited to: concussions; serious neck and spinal injuries; serious injury to all bones, joints, ligaments, muscles and tendons; contusions; dislocations; sprains; strains; and fractures, may occur as a result of participating in this sport. I/We accept and understand that certain activities, such as the acts of tackling and wrestling, carry with them a greater inherent risk of injury. I/We understand that the inherent risks of this sport cannot be eliminated without jeopardizing the essential qualities of the sport. I/We have reviewed all of these risks and understand and appreciate them, and still desire to participate in the activity. I/We certify that (registering athlete) has no medical or physical conditions that could interfere with or compromise his/her safety in participating in this activity. I/We authorize qualified emergency medical professionals to examine, and in the event of an injury or serious illness, to administer emergency medical care to the registering athlete.

The risks of injury and illness (ex: communicable diseases such as MRSA, influenza, and COVID-19) to my child from the activities involved in these programs are significant, including the potential for permanent disability and death, and while rules, equipment, and personal discipline may reduce these risks, the risks of serious injury and illness do exist.

In the event it becomes necessary for Licking Heights Youth Sports League (LHYSL) volunteer staff to obtain emergency medical care for the above-named athlete, I/We understand that neither the volunteer staff member nor the LHYSL organization assumes financial liability for the expenses incurred because of the accident, injury, illness and/or unforeseen circumstances. I/We certify that my household has sufficient medical insurance to facilitate any necessary medical care or resultant care for any injury that may be sustained by the above-named athlete.

FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, assume full responsibility for my registering athlete. WE HEREBY RELEASE AND HOLD HARMLESS LHYSL and its participants all of the above.

I/WE HAVE READ THE STATEMENTS ABOVE, ACKNOWLEDGE THAT I/WE HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND THE RISKS ASSOCIATED WITH PARTICIPATING IN THIS VOLUNTARY ATHLETIC PROGRAM. I CERTIFY THAT WE HAVE READ, UNDERSTAND, AND AGREE ON BEHALF OF MYSELF AND MY MINOR CHILD TO BE BOUND BY THESE TERMS.

CONCUSSION AWARENESS I/We Hereby Acknowledge that I/we read The Concussion Fact Sheet , and understand that I/we have a responsibility to report my child's symptoms to coaches, administrators and health care provider. I also understand that my child must have no symptoms before returning to play can occur.

CARDIAC ARREST I/We acknowledge availability of information about Sudden Cardiac Arrest in youth athletes and Lindsay's Law.

CODE OF CONDUCT By accepting the terms as the Parent/Guardian of the child(ren) participating in the LHYSL program I have registered my child for, I confirm that I have read and acknowledge the information herein and agree to all stipulations outlined in our Parent/Guardian Code of Conduct and Player Code of Conduct. I/We agree that by accepting, I/we am responsible for our entire family, children, relatives, and my guests that are present at LHYSL events, practices, games or matches.

MEDIA WAIVER I/We hereby grant the LHYSL permission to use, and/or publish in its own or in external publications in print or on line, photographs, pictures, film, video or other similar media (collectively, "Photographs") taken of the participating child in whole or in part, individually or as part of a group for any purpose whatsoever; including, but not limited to, illustration, promotion, art, editorial and advertising.

FEES / FUNDRAISING I/We understand and agree that there is an initial sign-up fee at the time of registration for all participants in LHYSL. I/We also understand and agree that there will be NO League fundraiser obligation for EACH participant. I/We do understand that there will be Team/Squad fundraisers (not mandatory) for each team or squad to support that team's or squad's activities such as the end of season party. All Team/Squad fundraisers must be approved by the LHYSL board. All apparel used for these fundraisers must have a LHYSL logo integrated. I/We also understand that it is our responsibility to volunteer and assist the League in activities such as Concession Stands and/or Press Box.

CANCELLATION / REFUND POLICY. No late fees will be refunded. Refunds may take up to 30 days to be processed and issued.

FOOTBALL / CHEER / WRESTLING: If a refund is requested before LHYSL equipment pickup, then 100% of the fees will be refunded. If a refund is requested after the start of equipment pickup but prior to the first game or match, then 50% of the fees will be refunded. Refund requests made after the start of the first game or match of the season, then no refund will be issued.

FLAG FOOTBALL: If a refund request is made before (3) three days after the first camp session (before shirt order), then 100% of the fees will be refunded. If a request for a refund is made after the third day (after shirt order), then 50% of the fees will be refunded. Refund requests made after the start of the 2nd camp session, then no refund will be issued.

If a refund request is made because a player was suspended for the remainder of the season by LHYSL, then no refund will be issued regardless of when the player was suspended.