



# FUQUAY-VARINA YOUTH FOOTBALL AND CHEER

Parent Orientation Meeting

Pee Wee (12U) Division

July 29, 2016





# AGENDA

- ▣ About the Strong Center
- ▣ About FV Youth Football and Cheer
- ▣ USA Football Player Safety Coach
- ▣ Cheer Head Coach
- ▣ Pee Wee Head Coach
- ▣ Closing Remarks



# The Strong Center

- ▣ Founded as a non profit by Danny Strong former NCSU and professional basketball player in November 2012
- ▣ The SC mission is to empower youth to maximize their potential by:
  - ▣ Developing athletic ability
  - ▣ Imparting a strong emphasis on academic excellence
  - ▣ Instilling faith that a good attitude and hard work will ensure success in the classroom, sports, and in life!
- **I CAN, I WILL, IT'S DONE!** — is our motto
  - ▣ Hebrews 11:1-Now faith is the substance of things hoped for, the evidence of things not seen.



# The Strong Center

- ▣ Host football and basketball leagues and skills training in the Fuquay-Varina and surrounding area.
- ▣ Make a difference through service in the community
  - Provide outreach services such as tutoring, mentoring, and interviewing skills
- ▣ Partnership with local like minded coaches whose desire is to serve the Fuquay area youth by providing a competitive travel football program





# Fuquay-Varina Youth Football and Cheer

*Our mission is to provide a quality youth football program with a team focus that stresses the progressive development of each and every participant through knowledge, skills, fitness, fun, and sportsmanship with a competitive spirit for the community of Fuquay-Varina and surrounding areas.*







## Fuquay-Varina Youth Football and Cheer

*Our Vision is to be the coveted youth football organization in eastern North Carolina—providing a high level of skilled instruction; yielding competitive players at all levels with a similar passion for the sport and a comradery through team focus and enthusiasm in our community.*





# Fuquay-Varina Youth Football and Cheer

- ▣ Program Objectives
  - Safety
  - Sportsmanship
  - Positive Competition
  - Family Engagement
  - Fun









# Fuquay-Varina Youth Football and Cheer

## ▣ Resources and Links




- Stong Center: [www.thestrongcenter.org](http://www.thestrongcenter.org)
- Website: [www.fuquayfootball.com](http://www.fuquayfootball.com)
- Facebook: [www.facebook.com/FVMightyBengals](https://www.facebook.com/FVMightyBengals)
- Twitter: <https://twitter.com/FuquayYouthFB>
- Twitter: <https://twitter.com/StrongCenter4Ex>
- Instagram: <https://www.instagram.com/fuquayyouthfb/>



- League Website: [www.ewfl-football.com](http://www.ewfl-football.com)
- League Facebook: [www.facebook.com/ewflfootballleague](https://www.facebook.com/ewflfootballleague)
- Text Alerts: [www.rainedout.com](http://www.rainedout.com)

search "Fuquay-Varina Youth Football"



- Google Calendar:   
<https://www.google.com/calendar/embed?src=football@thestrongcenter.org>



# Fuquay-Varina Youth Football and Cheer

6600 Johnson Pond Road

The first week (FVES):

1. Helmets
2. Helmets
3. Helmets and shoulder pads
4. Helmets and shoulder pads
5. Full Pads (no contact)

The second week (contact begins):

1. Full Pads
2. Full Pads
3. Full Pads
4. Full Pads
5. Full Pads





# Fuquay-Varina Youth Football and Cheer

201 Bengal Boulevard

The third week:

- Monday & Tuesday  
@ FVES
- Thursdays  
@ FVHS







# Fuquay-Varina Youth Football and Cheer



Game Day:

- Set up
- Gate
- Trash Patrol
- Chains
- Scoreboard
- Video
- Photography
- Decoration
- Break Away Banner
- Clean Up







# Fuquay-Varina Youth Football and Cheer

## Pre Season Scrimmage Schedule

- |             |                               |                |
|-------------|-------------------------------|----------------|
| □ August 20 | W. Chatham, Burlington or W-S | CCYFL Jamboree |
| □ August 27 | East Wake Middle School       | EWFL Jamboree  |

## Game Schedule – East Wake Football League

- |                |      |  |
|----------------|------|--|
| □ September 10 | Away | Durham **9:30 a.m. 5 <sup>th</sup> Quarter** |
| □ September 17 | Away | Knightdale                                   |
| □ September 24 | Home | Clayton White                                |
| □ October 1    | Home | Louisburg                                    |
| □ October 8    | Home | Wendell                                      |
| □ October 15   | Away | Clayton Blue                                 |
| □ October 22   | Home | Riley Hill                                   |
| □ October 29   | Away | Friendship                                   |



## Playoff Schedule (October 30<sup>th</sup> (play-in game), November 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>)

East Wake Football League Playoffs will begin immediately after the season ends. If our Fuquay-Varina youth divisions qualify for playoffs, games will continue through a single elimination bracket

## Post Season Tournament (November 25<sup>th</sup> and 26<sup>th</sup>)

We will play in an open tournament. Prior years, we have played in the Clayton Civitan Turkey Bowl (<http://claytonturkeybowl.weebly.com/>). The tournament is played on the Friday and Saturday immediately following Thanksgiving Day.



# Fuquay-Varina Youth Football and Cheer

- *I agree to support our team in a positive manner and showcase good sportsmanship toward all players, coaches, parents and game officials.*
- *I will respect the coaches' commitment to coach my child and will not interfere with on-field instruction during practices or games.*
- *I will address any concerns with the head coach in private, away from the field and in a positive manner.*
- *I will support the coaches and do my best to ensure that my child arrives at practice and games on time.*
- *I will teach my child to play by the rules and respect teammates, opponents, game officials and coaches.*
- *I will cheer for our team in a positive manner regardless of the outcome of the game.*





# Fuquay-Varina Youth Football and Cheer

- ▣ Program Miscellaneous
  - Hats, Shirts, Stickers, Cowbells, Cups – Team Table
  - Online Donations
  - Riddell Equipment Sales @  
Discount to Program **Riddell.**
  - Penny Wars and Sumo Challenge
  - Sponsorships
  - Program Survey
  - Suggestion Box





# USA Football Program

- ▣ Corey Johnson
  - Player Safety Coach
    - ▣ My role
    - ▣ Player safety
    - ▣ First week considerations



## Dehydration Urine Color Chart

The following Dehydration Urine Color Chart will help you use your urine color as an indicator of your level of dehydration and what actions you should take to help return your body back to a normal level of hydration.

|   |  |
|---|--|
|    | Doing ok. You're probably well hydrated. Drink water as normal.  |
|    | You're just fine. You could stand to drink a little water now, maybe a small glass of water.   |
|    | Drink about 1/2 bottle of water (1/4 liter) within the hour, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.                 |
|   | Drink about 1/2 bottle of water (1/4 liter) right now, or drink a whole bottle (1/2 liter) of water if you're outside and/or sweating.                       |
|  | Drink 2 bottles of water right now (1 liter). If your urine is darker than this and/or red or brown, then dehydration may not be your problem. See a doctor. |

For more information visit [www.urinecolors.com](http://www.urinecolors.com)





# Heads Up Football

<http://usafootball.com/headsup/?gclid=CK6V9urFsM4CFYtahgodxIwIYA>



# Cheer Program

- ▣ Coaches and Contact Info:
  - Holly Wheeler
  - Team Mom(s)
  - [cheer@fuquayfootball.com](mailto:cheer@fuquayfootball.com)
- ▣ The Squad and what we'll learn
  - Approximately 10 girls-space is still open!
  - Practice 2 days per week
  - Rotate games to cheer
  - Voice projection, cheer motions, basic football knowledge
  - 8-10 cheers
  - Simple stunts
  - Instill confidence





# Pee Wee Team

- ▣ Head Coach/Offensive Coordinator: Scott Fowler
  - [peeweecoach@fuquayfootball.com](mailto:peeweecoach@fuquayfootball.com)
- ▣ Team Moms
  - Nicole Everett
  - Jennifer Smith
  - Susan Allen
  - Lisa Hoover
  - [peeweemom@fuquayfootball.com](mailto:peeweemom@fuquayfootball.com)
- ▣ Defensive Coordinator: CJ Hunter
- ▣ Assistant Coaches:
  - Derek Marshall
  - Chad Roberts





# Pee Wee Team

- ▣ Safety
  - Fundamentals
  - Communication
- ▣ Coaching Philosophy
- ▣ Chemistry
- ▣ Character – Pee Wee Foundation Program







# Pee Wee Team



## What to Expect...

- ▣ Fast-paced practices
  - Reps, reps, reps
  - Coaching on the run
- ▣ We will **compete** in practice
- ▣ We will work toward perfection
- ▣ We will expect effort and discipline

## What do your coaches need?

- ▣ I will be asking for parent volunteers many nights
- ▣ Videographer?



# A Season Awaits....

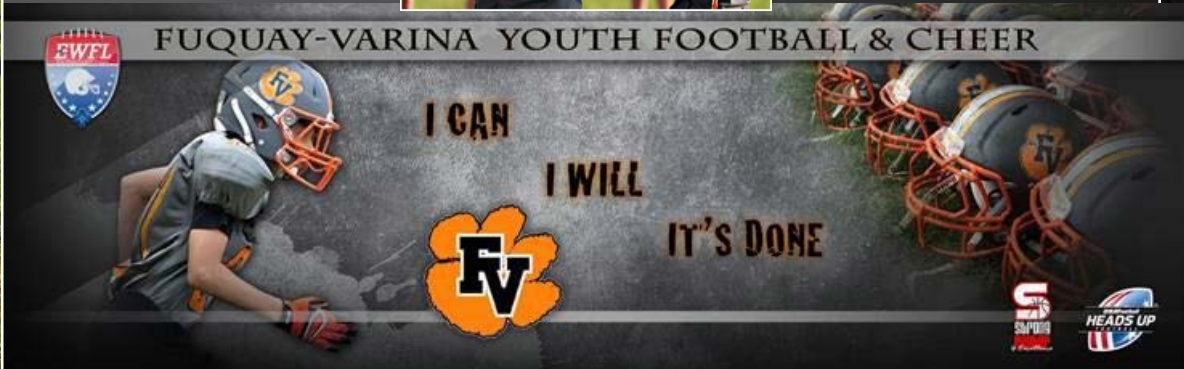
“Remember this your lifetime through:  
Tomorrow there will be more to do.  
And failure waits for all who stay  
With some success made yesterday.  
Tomorrow you must try once more,  
And even harder than before.”

— John Wooden





# Closing Remarks



Contact us at (919) 285-1374 or by email at [football@thestrongcenter.org](mailto:football@thestrongcenter.org)