

Fall Grade 3&4 Tackle Football



Registration Opens	June 27 th
Registration Deadline	August 3 rd
Uniform Order Deadline	August 3 rd
+\$30 Late Registration	August 3 rd onwards
Resident Tuition	\$175
Non-Resident Tuition	\$190

General Practice Outline:

This age group will practice 2 days per week. The exact days and times will be dependent on your volunteer coach availability and announced closer to the start of the season. Historically, practice times have been roughly 5:00-6:30 or 6:30-8:30. Your regular season practice schedule will begin the week of August 27th.

Preseason Training Week:

Week of August 20th | Days and times TBD based on volunteer coach availability.

[REGISTER HERE](#)

Program Description |

ORYA's youngest tackle option begins by getting players accustomed to playing in full pads, understanding the proper techniques of each position and learning the Heads Up Tackling Technique (HUTT) and blocking approach. Building the foundations of a good player is vital to future success so the judgement of success is not the number of wins but how much each player improves by the end of the season.

Games |

Our program participates in the Seacoast Junior Football League and plays against other local communities. Grade 3&4 games take place on a smaller field, 80 yards in length and home games take place at Woodridge Field in Durham. Expect roughly 6-7 games per season.

Preseason Training Week |

This week of nightly practices is a non-contact week used for coaches to get to know players, players to know coaches, develop a fitness & technique base for the season and offer the chance for players to be fitted for their equipment. We expect players to be present for this week but understand some players may not be able to adjust their summer vacation schedules. If you're not able to adjust your schedule please be sure to communicate with your coach or coordinator.

Equipment |

ORYA provides a helmet, shoulder pads and football pants to each player. All other equipment is the players' responsibility. Those items could include mouth guards, cleats, gloves, etc. Your program

coordinator will hold an equipment fitting day the week of August 6th. That will be announced to all players on the registration deadline of August 3rd.

Uniform Request & Ordering |

ORYA's Football program requires a uniform which is NOT part of your program tuition. This will be an additional cost of \$40. Your uniform can be used from season to season so you only need to purchase a uniform if you are new to the program or otherwise need a new uniform. If your uniform fits from last season you don't need a new one!

ORYA has a small stock of uniforms from the 2017 season. Anyone that needs a uniform for the 2018 season must email ORYA with the size they're requesting. Once all in stock uniforms are accounted for a webstore will be set up for any additional uniform orders.

Any requests or orders after the deadline may not be delivered in time for the season and may be subject to additional costs.

Uniform request and ordering deadline August All uniforms ordered before the deadline of August 3rd. [CLICK HERE](#) to request a uniform. Please indicate the size.

Coaches |

All of your program coaches and coordinators are volunteers. In addition to the MANY hours they spend on the field and preparing for practices they also have coach meetings prior the season, submit a background check and take an hour plus Safe Sport certification. Some coaches also travel to participate in additional football coaching education classes to better prepare for the season.

Please be conscious of your coach's dedication to your player and be prompt with responses when requested. If you're able to support the program in any way – help coach, support game concessions, re-line fields, develop fundraising initiatives, solicit sponsors, etc. please don't hesitate to reach out to your coaches, coordinators or ORYA office.

Safety |

Allowing your child to participate in football is a family decision and one that shouldn't be taken lightly. In order for you to make an informed decision about the potential risks associated with participation in youth football ORYA offers a summary of current research as presented by Professor Erik Swartz PhD, ATC, FNATA and Jay Myers, PhD, ATC, UNH Kinesiology Department to the ORCSD. Please [CLICK HERE](#) to review this information prior to registering for the season.

Team Snap |

Your volunteer coordinator may choose to utilize Team Snap to communicate with you this fall. This easy & user-friendly app helps keep your schedule straight and allows to and from communications with your coach. Great for last minute schedule updates and player availability, we hope this app makes your season that much easier to keep track of! Be on the lookout for a Team Snap invitation following initial team communications.

Player Tuition |

The tuition for this program accounts for player insurance (medical & liability), equipment budget, ORYA Admin (\$35) & Capital Fund allocation (\$12.50), incurred online payment processing & merchant account fees, volunteer coach background check, volunteer coach Safe Sport certification, volunteer

coach shirts, aerosol paint for field lines, professional lining at outset of season, Team Snap, portable toilet, referees, small field use budget, small coach education budget, EMT coverage for home games, and SJFL league fees and small budget for end of season awards.

No profit is built into player fees. Your player tuition was developed with input from, and approved by, your volunteer Football Advisory Group members.

Program Outline Disclaimer |

ORYA has created the program outline above to accommodate the program numbers historically seen at this age group. As numbers dictate, ORYA may change the program approach to offer players a developmentally appropriate program based on number of players, age groups, ability levels, etc. of those that participate in the program.