



FOOTBALL

GUIDEBOOK 2019

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OYSTER RIVER YOUTH ASSOCIATION

2 Dover Road

Durham, NH 03824

Fall Grade 3&4 Tackle Football



Registration Opens | June 14
Registration Deadline | August 1
+\$30 Late Registration | August 2 onwards
Uniform Order Deadline | August 1

Early \$25 Savings Special Until June 30
-That is \$25 off the below tuition amounts

Durham Tuition | \$218
Lee Tuition | \$200
Madbury Tuition | \$200
Non-Resident Tuition | \$218

[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.

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 6:30-8:00. Your regular season practice schedule will begin the week of August 12.

Games | Our program participates in the Northeast Junior High Football League and plays against other local communities from NH and MA. Grade 3&4 games take place on a regular sized field and home games take place at UNH's Wildcat Stadium in Durham. Expect roughly 6-7 games per season. All games will conclude in Mid-November.

Equipment | ORYA provides a NOCSAE (National Operating Committee on Standards of Athletic Equipment) certified helmet and shoulder pads as well as football pants and a practice jersey to each player. All other equipment is the players' responsibility. Those items should include mouth guard, protective cup, socks, cleats, and optional items such as gloves, forearm pads, etc. Your program coordinator will hold an equipment fitting day the week of August 5. That will be announced to all players on the registration deadline of August 1.

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 \$42. 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!

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 of August 1 |

[CLICK HERE](#) to order a uniform. The "Sale Code" is 101661.

Please indicate the size and last name. There is also additional gear that you can order for anyone in the family!

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 coaches' meetings prior to and following the season, submit a background checks, take a sexual abuse and harassment course, become SafeSport certified, become USA Football certified, and sign ORYA codes of conduct. Most 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 Programs Director.

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.

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.



Fall Grade 5&6 Tackle Football

Registration Opens | June 14
Registration Deadline | August 1
+\$30 Late Registration | August 2 onwards
Uniform Order Deadline | August 1

Early \$25 Savings Special Until June 30
-That is \$25 off the below tuition amounts

Durham Tuition | \$228
Lee Tuition | \$210
Madbury Tuition | \$210
Non-Resident Tuition | \$228

[REGISTER HERE](#)

Program Description | ORVA's grade 5&6 option builds on what was learned in the grade 3&4 program and expands their offensive and defensive understanding. Each position will be explored and most players will have some experience at most positions during practices and games. Play calling is slowly expanded to include more plays in the playbook while players continue to master basic concepts and techniques.

General Practice Outline | This age group will practice 3 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 6:30-8:00. Your regular season practice schedule will begin the week of August 12.

Games | Our program participates in the Northeast Junior High Football League and plays against other local communities in NH and MA. We are lucky enough to have our Grade 5&6 games at UNH Football's Stadium Field in Durham. Expect roughly 7-8 games per season before playoffs. All games will conclude in Mid-November.

Equipment | ORVA provides a NOCSAE (National Operating Committee on Standards of Athletic Equipment) certified helmet and shoulder pads as well as football pants and a practice jersey to each player. All other equipment is the players' responsibility. Those items should include mouth guard, protective cup, socks, cleats, and optional items such as gloves, forearm pads, etc. Your program coordinator will hold an equipment fitting day the week of August 5. That will be announced to all players on the registration deadline of August 1.

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 \$42. 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!

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 of August 1 |

[CLICK HERE](#) to order a uniform. The "Sale Code" is 101661.

Please indicate the size. There is also additional gear that you can order for anyone in the family!

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 coaches' meetings prior to and following the season, submit a background checks, take a sexual abuse and harassment course, become SafeSport certified, become USA Football certified, and sign ORYA codes of conduct. Most 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 Programs Director.

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.

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Fall Grade 7&8 Tackle Football



Registration Opens | June 14
Registration Deadline | August 1
+\$30 Late Registration | August 2 onwards
Uniform Order Deadline | August 1

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Durham Tuition | \$228
Lee Tuition | \$210
Madbury Tuition | \$210
Non-Resident Tuition | \$228

[REGISTER HERE](#)

Program Description | ORYA's grade 7&8 option continues to build on offensive and defensive understanding develop team tactics and different formation variations. Players will still have the ability to grow into different positions but will begin to focus on those that match their skill sets. Competition also continues to grow in intensity as understanding of the game and athletic ability are developed. Play calling is slowly expanded to include more plays in the playbook while players continue to master basic concepts and techniques.

General Practice Outline | This age group will practice 4 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 6:30-8:00. Your regular season practice schedule will begin the week of August 12.

Games | Our program participates in the Northeast Junior High Football League and plays against other local communities in NH and MA. We are lucky enough to have our Grade 7&8 games at UNH Football's Stadium Field in Durham. Expect 8 games per season before playoffs. All games will conclude in Mid-November.

Equipment | ORYA provides a NOCSAE (National Operating Committee on Standards of Athletic Equipment) certified helmet and shoulder pads as well as football pants and a practice jersey to each player. All other equipment is the players' responsibility. Those items should include mouth guard, protective cup, socks, cleats, and optional items such as gloves, forearm pads, etc. Your

program coordinator will hold an equipment fitting day the week of August 5. That will be announced to all players on the registration deadline of August 1.

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 \$42. 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!

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Uniform request and ordering deadline of August 1 |

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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 coaches’ meetings prior to and following the season, submit a background checks, take a sexual abuse and harassment course, become SafeSport certified, become USA Football certified, and sign ORYA codes of conduct. Most 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 Programs Director.

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Player Tuition Information

Player Tuition | The tuition for this program accounts for insurance (medical & liability), equipment budget, program balls, ORYA Admin & Capital Fund allocations, online payment processing & merchant account fees, Porto-potties at each location used for soccer, field lining paint, field maintenance which may include mowing, irrigation-related costs, fertilization schedule, spot treatments, aeration, etc., league related fees for applicable age groups, a small stipend for coach education or skills coaches, background checks, safe sport certifications annual Teamsnap fees and field lining paint. Your player tuition was developed with input from, and approved by, your volunteer Soccer Advisory Group members.

ORYA Admin | This encompasses all expenses of which most are non-sport specific and allow the organization to operate. The admin portion of player fees go toward ORYA employee salaries, workers compensation & Board liability insurance, bookkeeping & accounting services, temporary/intern staff stipends, office equipment & supplies, employer paid taxes, payroll service fees, employee benefits, postage, printing & reproduction, advertising, IT support & computer services, service subscriptions & annual dues, telephone, internet, web hosting, web support, bank charges, business travel & meals, charitable contributions, mileage/toll/parking reimbursements and other items from year to year.

ORYA Board Dedicated Savings | ORYA's Board Designated Savings supports new initiatives, large scale programs, and/or facility improvements. The Capital Fund is sustained by donations, grants, and program registration fees. The Capital Fund ensures ORYA's steady growth and, over time, investment in larger projects. All of ORYA's programs benefit from the Capital Fund. Expenditures from ORYA's Capital Fund must support the organization's mission and be approved by the Board of Directors. ORYA admin fees will only count towards those that are a part of a full ORYA team.

Why are player fees presented differently this season? | ORYA has re-evaluated its player fee budgeting process, to include total town funding contributions in the equation. Taking into account each town's expected number of participants, current funding and in-kind donations, such as field and office space, ORYA has created a new budgeting approach. This new approach reflects a rate that correlates directly to the individual town's total contribution per participant. ORYA continues to evaluate ways to reduce expenses as well as explore opportunities to increase organizational fundraising. If you or your business would like to donate to or otherwise support ORYA with volunteer hours, in-kind services, materials, or supplies and equipment please reach out to the ORYA Director, Matthew Glode, at director@oryarec.org.