

JDL Football Parent's Meeting 2023



- Scott Haak PT, DPT, MTC, CSCS
 - JDL Providence Football President and Director of Coaching
- JDL Providence Football Inc.
 - All Volunteer run Non-profit 501(c)3

Today's Agenda

- JDL Providence Mission and Vision
- JDL Philosophy
- Practice Plans
- Levels of Contact
- Heat Acclimation
- Overview of King-Devick Testing
- Concussion Detection and Protocols
- Equipment and Apparel Update
- League Communications and Updates
- Q&A

Introductions

- JDL Providence Football Inc. Board of Directors
 - Scott Haak, President
 - Erin Scott, Secretary and Treasurer(ending her term)
 - Jennifer Ford, Director of Marketing and Apparel
 - Melisa Walker, Director of Registration/Special Events
 - Director at Large (vacant)

JDL Providence General Manager- Chris Ford



JDL Providence Football Inc. Sponsors



Orthopedics and
Sports Medicine

THE CHURCH OF
Eleven22

1ST COAST
C A R G O

**ATLANTIC
SELF STORAGE**

DICK'S
SPORTING GOODS®

JDL Providence Football Sponsors



JDL Providence Football

- Mission- To empower youth athletes through the game of football that addresses their physical, psychological, and spiritual growth through the teaching of heads-up tackle football.
- Vision – Our vision is to create a positive athlete centered environment with a focus on safety, fundamentals, and ample playing time.





A SAFER LEAGUE IS A BETTER LEAGUE



Safety First

Working with leading football experts and medical professionals, USA Football developed Heads Up Football specifically to meet the needs of player safety.

Better Coaching

Youth football leagues are implementing the Heads Up Football program — and are realizing the benefits that certified coaches and a commitment to safety can bring. Listen to what league administrators are saying about encouraging consistent high standards and training across all of their teams.



Heads Up Football Youth Key Features



Concussion Recognition and Response

Education is the first step in concussion awareness and player protection. Resources developed by the Centers for Disease Control and Prevention guide what to look for and how to respond.



Heat Preparedness and Hydration

Developed by the Korey Stringer Institute at the University of Connecticut, targeted instruction puts the emphasis on prevention, recognition and basic treatment of athletes with best practices for heat and hydration safety at all levels.

Sudden Cardiac Arrest

Teams learn how to put procedures in place to quickly react in the case of cardiac events – the No. 1 cause of death for children and teens during exercise – with instruction driven by the University of Washington Harborview Medical Center.



Proper Fitting Equipment

Equipment that doesn't fit or isn't worn right can increase the risk of injury. That's why every coach gets guidance in how to properly fit helmets and shoulder pads.





Shoulder Tackling

A step-by-step guide, featuring Seattle Seahawks Assistant Head Coach Rocky Seto, teaches the core principles of proper tackling and helps set a new standard in player safety.



Blocking

Six-time Pro Bowl center Jeff Saturday shows coaches how to teach young athletes proper engagement with a defender and promote effective and safer play.

USA Football Heads-up Football



JDL Practice Plans

- Emphasize controlled and planned amounts of contact with drills in small spaces
- Progression of levels of contact to gain confidence and skill prior to progressing contact
- Coaches have practice plans with detailed drills, water breaks, levels of contact.
- Live contact limited to 30 min/practice



LEVELS OF CONTACT

0 - AIR



Players run a drill unopposed without contact.

1 - BAGS



Drill is run against a bag or another soft-contact surface.

2 - CONTROL



Drill is run at assigned speed until the moment of contact. One player is pre-determined "winner" by the coach. Contact remains above the waist and players stay on their feet.

3 - THUD



Drill is run at full speed through the moment of contact. No pre-determined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

4 - LIVE ACTION



Drill is run in game-like conditions and is the only time that players are taken to the ground.

ACHIEVING HEAT ACCLIMATIZATION

Heat acclimatization can be achieved by using the model below.

This is only one example. Consult your state association for laws and policies that apply to schools in your state.

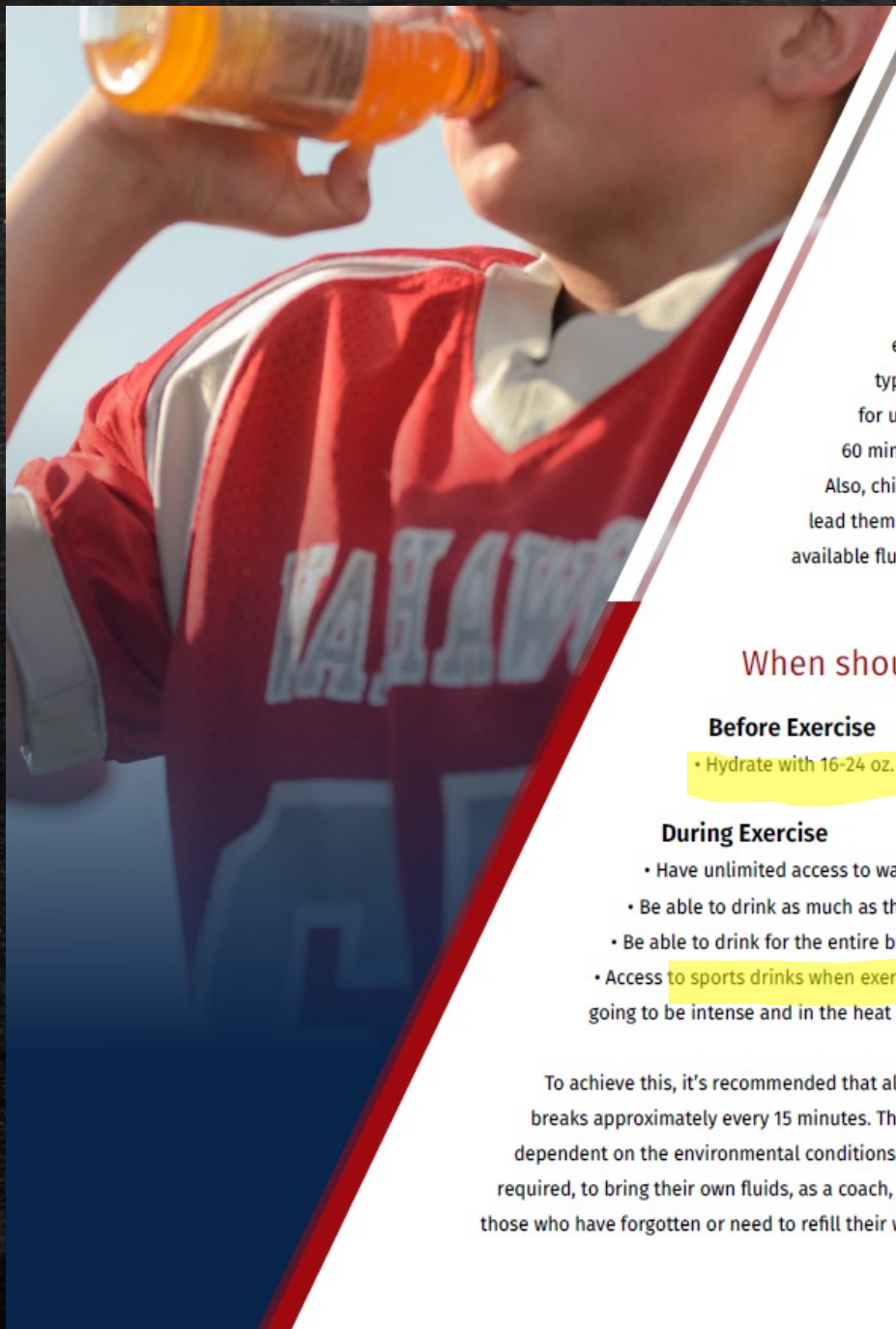


The following is important for understanding the table:

- Practice is defined as the time on the football field – including warm-up, stretching, breaks, cool down and conditioning – and it should never exceed three hours.
- A walk-through is defined as time dedicated to reviewing plays and field positions and should not exceed one hour.
- Heat acclimatization days should be continuous, if possible, but because youth athletes may only practice two days a week and you can't control what they do outside of practice, coaches and parents must be more aware of youth athletes exercising in warm weather.
- This is best practice not only for heat illness prevention but also general exercise conditioning.
- Remember that days between your practices (the off days) do not count toward acclimatization. It will take longer to acclimatize in situations such as this, and regardless of if athletes become fully heat acclimatized, they should still gradually be introduced to pads and intensity during the first few weeks of practice.

AREA OF PRACTICE MODIFICATION	PRACTICES 1-6		
	Days 1-2	Days 3-4	Practices 5-6
# of Practices Permitted Per Day	1		
Equipment	Helmets only	Helmets & Shoulder Pads	Full Pads (optional)
Maximum Duration of Single Practice Session	90 Minutes	2 hours	
Contact	No Contact		Full contact drills, maximum of 30 minutes per day (optional)





What types of fluid should I use for hydrating?

Water is the least expensive and most accessible fluid during exercise. Sports drinks contain electrolytes, sugar and water, which give athletes important nutrients during exercise. While water is appropriate during all types of exercise, sports drinks are recommended for use during intense exercise that is greater than 60 minutes or during intense exercise in the heat. Also, children like the taste of sports drinks, so it may lead them to hydrate more than if water is the only available fluid.

When should athletes hydrate?

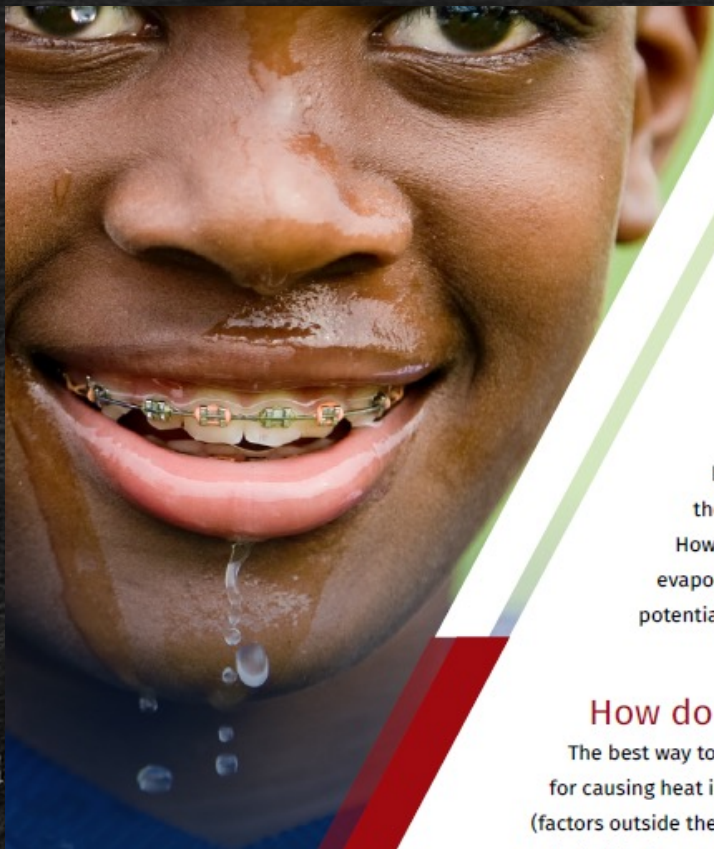
Before Exercise

- Hydrate with 16-24 oz. of water or a sports drink

During Exercise

- Have unlimited access to water during exercise/activity
- Be able to drink as much as they want
- Be able to drink for the entire break period if they wish
- Access to sports drinks when exercise is greater than 60 minutes or if exercise is going to be intense and in the heat

To achieve this, it's recommended that all exercise sessions should have predetermined breaks approximately every 15 minutes. The timing and length of breaks should be dependent on the environmental conditions. While athletes may be encouraged, or even required, to bring their own fluids, as a coach, always make sure extra fluids are available for those who have forgotten or need to refill their water bottles.



How does the body handle heat?

High body temperature decreases exercise performance and is a major risk factor for heat illness. During exercise, working muscles produce heat, which is stored in the body until it can be released into the environment. The environment can add heat to the body through high air temperature and radiant heat from the sun. So the body has to keep itself from storing too much heat while continuing to exercise. Sweating is the body's best way to get rid of heat, via evaporation. As sweat evaporates from the skin, heat is transferred away from the body into the environment. However, as relative humidity increases, the body's ability for sweat to evaporate from the skin decreases, resulting in greater heat storage, load and potential for exertional heat illnesses.

How do I protect my athletes?

The best way to protect your athletes is to modify the risk factors that are responsible for causing heat illness. These risk factors can be classified into two categories: extrinsic (factors outside the athlete's control) and intrinsic (factors unique to the specific athlete). Extrinsic risk factors can be modified by changing practice times, taking off equipment or providing more breaks. Not participating with an illness, maintaining proper hydration and becoming heat acclimatized are all options to decrease intrinsic risk.

What is heat acclimatization, and how can my team do it?

Heat illness is most common during the first five days of practice. An easy way to protect athletes during this time is heat acclimatization. Heat acclimatization takes an average of 10-14 days to get the full benefits but still provides important protective benefits while it's occurring. Heat acclimatization is a series of adaptations that helps the body prepare for exercise in the heat. These changes help the body maintain lower temperature and heart rate, enhance sweating and store more water. The lower heart rate and body temperature means that athletes can exercise longer and at a higher intensity, which lowers the risk for heat illness.



ABOUT KING-DEVICK TEST

King-Devick Test in association with Mayo Clinic is a validated, accurate and objective remove-from-play sideline concussion screening test.

With results in less than two minutes, trained parents, coaches, athletic trainers, and school nurses can quickly assess if an athlete requires additional medical attention.



King-Devick Baseline Testing

- Mayo Clinic Sports Medicine is providing a baseline concussion test at no charge to JDL athletes.
- Thank you Mayo Clinic Sports Medicine!
- This year it will be Saturday July 22 from 9:00am-11:30am at Mayo Clinic Primary Care(295 and Gate Parkway) 7826 Ozark Drive, 2nd floor.
- Athletes have been assigned an arrival apt based on Last name, with a group arriving every 15 minutes. Anticipate 20-30 min



King-Devick Testing schedule 7/22/23

- 9:00 Last Names A-B
- 9:15 Last Names C-D
- 9:30 Last Names E-G
- 9:45 Last Names H-J
- 10:00 Last Names K-L
- 10:15 Last Names M
- 10:30 Last Names N-P
- 10:45 Last Names R
- 11:00 Last Names S-T
- 11:15 Last Names V-Z

WHY SHOULD I REMOVE AN ATHLETE WITH A POSSIBLE CONCUSSION FROM PLAY?

The brain needs time to heal after a concussion. An athlete who continues to play with concussion has a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect an athlete for a lifetime. It can even be fatal.

SOME ATHLETES MAY NOT REPORT A CONCUSSION BECAUSE THEY DON'T THINK A CONCUSSION IS SERIOUS.

They may also worry about:

- Losing their position on the team or during the game.
- Jeopardizing their future sports career.
- Looking weak.
- Letting their teammates or the team down.
- What their coach or teammates might think of them.

WHAT STEPS CAN I TAKE TO HELP AN ATHLETE RETURN TO PLAY?

An athlete's return to school and sports should be a gradual process that is approved and carefully managed and monitored by a health care provider. When available, be sure to also work closely with your team's certified athletic trainer.

Below are five gradual steps that you, along with a health care provider, should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks, or months.



BASELINE:

Athlete is back to their regular school activities, is no longer experiencing symptoms from the injury when doing normal activities, and has a green light from their health care provider to begin the return to play process.

An athlete should only move to the next step if they do not have any new symptoms at the current step.

STEP 1:

Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking, or light jogging. No weightlifting at this point.

STEP 2:

Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (less time and/or less weight than a typical routine).

STEP 3:

Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills (in 3 planes of movement).

STEP 4:

An athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

STEP 5:

An athlete may return to competition.

REMEMBER:

It is important for you and the athlete's parent(s) to watch for concussion symptoms after each day's return to play progression activity. If an athlete's concussion symptoms come back, or he or she gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing him- or herself too hard. The athlete should stop these activities, and the athlete's health care provider should be contacted. After the okay from the athlete's health care provider, the athlete can begin at the previous step.

1. Kerr ZY, Register-Mihalik JK, Marshall SW, Evenson KR, Mihalik JP, Guskiewicz KM (2014). Disclosure and non-disclosure of concussion and concussion symptoms in athletes: Review and application of the socio-ecological framework. *Brain Inj.* 2014;28(8):1009-21.
2. Register-Mihalik JK, Guskiewicz KM, McLeod TC, Linnan LA, Mueller FO, Marshall SW. (2013a). Knowledge, attitude, and concussion-reporting behaviors among high school athletes: A preliminary study. *J Athl Train.* July 12, 2013.
3. Chrisman, S. P., Quitiquit, C., Rivara, F. P. (2013). Qualitative Study of Barriers to Concussive Symptom Reporting in High School Athletics. *J Adolesc Health.* March, 2013, 52(3): 330-335.



Procedures related to Covid-19/illness

If your athlete is not feeling well, please keep them home

We will continue to follow CDC guidelines for Covid-19 and NATA recommendations for youth football.

Physical must be completed and sent to jdlprovidencefootball@gmail.com by 7/29/23 to be able to participate.



The evolution of a JDL football player

●●○○ AT&T 9:32 PM 46%
coachjerry.smugmug.com



Login Full Site © 2014 SmugMug, Inc.

2nd grade



3rd grade



8th grade



10th grade

Game Lineups

- Head coaches select skill players for the week (running backs, QB, center) and enter this into the software.
- Coaches rate players into groups to match up on game day based on ability to block each other/aggressiveness etc.
- The software creates lineups for each game and rotates players to different positions matched competitively across the line of scrimmage
- Each player will play a minimum of $\frac{1}{2}$ of each game, but most often $\frac{3}{4}$ of every game.



JDL Huddle

- Very important part of practice & games
- Opportunity for coaches to recognize players in front of their peers and their parents for positive accomplishments and performances in practices and games.
- End of practices/games each coach calls out the positive attitude, effort, diligence etc. of a particular player.
- Building up young athletes through the game of football





JDL is...

A fantastic opportunity to provide a safe fun environment to help develop young men/women through the game of football.



Division assignments

- 7 Divisions
- D1 (limited contact, primarily 2-3rd graders)
- D2 (primarily 4th graders)
- D3-D6 (5th-7th graders)
- D7(primarily 7-8th graders)

Division assignments

- Division assignments will be sent out on the JDL Providence band app with a link to join your division specific band ie) D1 Band app.

Practice Schedule

- Starting Saturday 7/29/23
 - Saturday 8:30-10:00am,
 - D1-D2 Grass field "Hodges"
 - D3-D4 Grass Stadium Field
 - D5-D7 Turf Field
 - Monday and Thursday D1 and D2 6:00pm-7:30pm grass field on "Hodges"
 - Monday and Thursday D3-D7 6:30-8:00pm, D3-D4 Grass Stadium, D5-D7 Turf field
 - No practice Sat 9/2/23 or Monday 9/4/23(Labor day weekend)
- Games will begin 9/9/23(10 games)
- Saturday games will replace Saturday practice
 - Games will start at 8:30am(D1, D5, D6) and 10:00am(D2,D3,D4, D7)
 - Last games (Jamboree) planned 11/11/23 3:30pm-10:30pm Providence Turf Field



Communications

- Each division will have a Head Coach and a General manager that will communicate to the team through the Band app specific for that division throughout the season. ie D1 band app (line ups, parent communication etc.)
- You can also private chat your coaches through your division band app to let them know of any absences or other positive communication:)
- Chris Ford and I will continue to communicate league wide information through the JDL Providence football band app throughout the season. This will also include lightning delays/cancellations on practice/game days.

Weather policy on Practice/Game days

- Policy: Practice is always **on** unless it is cancelled by Coach Chris or myself through the JDL Providence Football Band app.
- If you do not feel safe leaving the house do not travel to practice

Key Start Dates

- 7/29/23 First practice- cleats, shorts, shirt, water(1/2 gallon)
- 8/3/23 Helmet/shoulder pad fitting at practice(Providence weight room/training building)
- 8/5/23 JDL Combine- Turf Field 8:00am-10:30am(no pads or helmet)
- 8/7/23 First day of helmets(must have mouthpiece attached to helmet)
- 8/12/23 First day of shells(helmet, shoulder pads, practice jersey)
- 8/19/23 Full pads(will need integrated pants)



Things your player will need

- Black integrated game pants(will be used for practice as well)
- Mouthpiece with lanyard(when wearing helmet)



DICKS Sporting Goods (coupon on Band app and our Website)

EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS.

EXCLUSIVE SHOP EVENT

20% OFF YOUR ENTIRE PURCHASE



NEED AN ITEM NOT AVAILABLE IN-STORE?
Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed below. Some exclusions apply.


JDL Providence Football
Offers valid 7/21/2023 - 7/24/2023

JDL Providence Football
Valid 7/21/2023 - 7/24/2023

20% OFF THROUGHOUT THE STORE

EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS.

Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties, such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone!



F00048734O241CR2T

Coach Chris Ford 2021 Division 2



Player Pack and Apparel Update



01234
56789

DESIGN IS NOT TO SCALE



Order #38-Art Request

Customer Job: PAL

Sales Rep: 38

Date Created: 3/22/22

Designer: RN

Colors:



Jersey Notes:

REV. FOOTBALL
FRONT # 8"
BACK # 8"

Seamstress Notes:

TOP STITCH COLOR: WHT
SERGER COLOR: BLK
BUTTON COLOR: n/a
COVERSTITCH: WHT/BLK



Player Pack and Apparel Update

Practice Jersey



Shirts

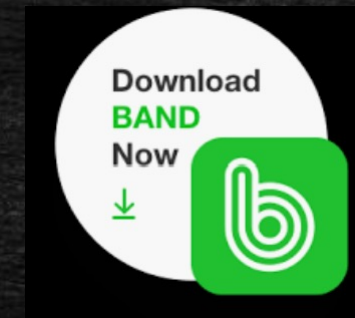


Shorts



Communication Update

- Updates will be posted on the JDL Providence Football website at www.jdlprovidencefootball.com prior to the season
- All practice and game day communications will come from the coaches via the Band app in season for individual divisions
- All League wide communication will be posted on JDL Providence Football Band app throughout the season.
- Please subscribe to calendar updates on the website or JDL Providence Football Band app(same google cal, ical)



JDL Serve

- Sign up for JDL Serve Band app on JDL Prov web site



- Heat and Hydration teams for each field
- Chain gang for game days
- Manpower for special events
- Field set up and break down
- Treasurer/ Board Position

Q&A Session

Thank you for trusting JDL with
your athletes

This will be a great season!!!!

