

## **Capital Cougars TCYFL Football League**

Dear Players and Families,

Welcome to another exciting season of football with the **TCYFL COUGAR franchise!** We're thrilled to have you as part of our football family and can't wait to kick off another year of competition, growth, and community.

Whether you're a returning athlete or joining us for the first time, you are now part of a tradition that values teamwork, sportsmanship, and the development of both football skills and life lessons. At TCYFL, we believe in creating an environment where players can build confidence, friendships, and a strong work ethic—both on and off the field.

This season promises to be filled with hard-fought games, committed coaching, and unforgettable memories. Our coaches, volunteers, and league organizers are dedicated to ensuring that each player has a safe, supportive, and fun experience from the first practice to the final whistle.

We encourage all parents and guardians to stay actively involved, cheer loud from the sidelines, and help us uphold the positive values that make youth sports so impactful.

### **Mark your Calendars:**

-Gear check out:

**June 7<sup>th</sup>** 10am-1pm, **June 21<sup>st</sup>** 10am-1pm, **July 12<sup>th</sup>** 10am-1pm, **July 19<sup>th</sup>** 10am-2pm

Conditioning: Begins the first week of July and is optional

August 4<sup>th</sup> All Franchise gathering and first practice

-First day of Practice: August 4<sup>th</sup> Your Athlete is required to have 3 non padded practices, and 12 total practices before first game (Jamboree counts as a practice)

-Jamboree; TBD

Stay tuned for updates regarding schedules, team meetings, and special events. You can also find important info and resources on our new Instagram account [@cougsnation.tcyfl](#)

Thank you for being a part of this journey. Let's make this season one to remember!

**Let's go Cougs!**