

# Central Cascade Youth Football & Cheer

2024 INFORMATION SUMMARY

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New Parents

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CENTRAL CASCADE YOUTH FOOTBALL & CHEER



## INFORMATION SUMMARY



# OVERVIEW

Central Cascade Youth Football and Cheer is affiliated with Inland Northwest Youth Football and Cheer League offering tackle football and cheerleading in the Central Cascade Area. Central Cascade Youth Football & Cheer (CCYFC) has over 150 football players and cheerleaders participating in the program each year. We strive for success on the field as well as in the classroom.

CCYFC utilizes a grade-based system with five divisions. The divisions include 2nd Grade and under, 4th Grade and under, 6th Grade and under, 7th Grade division, and 8th Grade division. This structure allows for players within the same grade, and potentially similar ages, to compete together. CCYFC is also in the process of developing a 5th-grade division for further separation. By grouping players based on their grade level, CCYFC aims to ensure a more aligned social development level among participants.



## Why Grade based and not Age based?

All youth football programs prioritize player safety and consider the social development of their players. However, some differ in their approach to division structures. Division structures can have a significant impact on the physical and mental well-being of younger or older players within the same division.

Age-based divisions ensure that players are grouped together based on similar ages, which can help create a level playing field in terms of physicality and skills. However, it may lead to concerns about potential negative impacts on younger players in the division, as they might face challenges keeping up with the older players or experience differences in physical maturity.

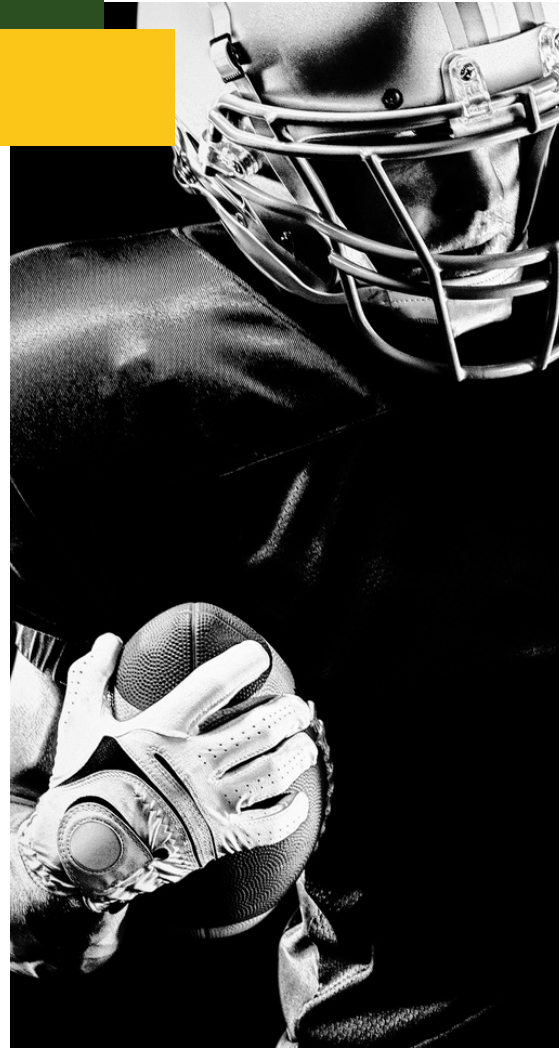
On the other hand, basing divisions on grade level takes into account the potential differences in physical and social development between students of different ages. By grouping players who are at the same stage of social development, it may provide a safer and more inclusive environment for all participants.

It is important for youth football programs to continuously evaluate and consider the physical and social well-being of their players when determining division structures. This should be done through research, historical evidence, and ongoing discussions among stakeholders.

Ultimately, the goal is to provide the best possible environment for youth players to develop their skills, enjoy the game, and stay safe. By adapting and improving division structures based on these considerations, youth football programs can create an inclusive and nurturing environment for all participants.



# Season length



CCYFC offers a longer regular season (9 weeks 8 Games and 1 by-week) and provides opportunities for post-season playoffs and championships. This allows the players to not only compete for a goal at the end of the season, but also improve individually and work within a team environment. CCYFC believes in setting goals for the kids to strive towards, as it can be a motivating factor for them. Having a home field advantage for the first round of playoffs is also a great benefit for the teams.

# What does a typical season look like from start to finish?

Registration opens in April; we start off with an early bird special with increases in price based on when you register. Registration ends August 1.

Last week in July, we will start practice. We begin with a colonization period. Each athlete needs 20 hours before full contact. We do one week of no pads and start the second week with helmets and end in pads. This way the athlete gets used to moving around and exerting themselves in a gradual process before they are in full pads. There are walkthroughs and lots of water breaks during this time. We follow the USA football guidelines.

The second week of August we do a book certification for all athletes in the league to ensure everyone is on the appropriate team and level. By the third week of August, we have our first game. Just about every Saturday not including Labor day and the teams By-week is a game. The second to the last week in October we have our last regular season game. For the noncompetitive divisions and the teams that are not eligible this will mark the last game of the year. For the teams that qualify there are two weeks of championships. The second week in November is our regional championships for the leagues #1 and #2 teams to play against other top ranked teams in the state.

For Cheer there is an end of the season Cheer competition the Sunday of the last regular season game.



## What is the commitment families need to be ready to make?

CCYFC has mandatory volunteer requirements for all athletes and their families.

We have a mandatory fundraising commitment in the form of Concerts at the Gorge. All families must volunteer for the concerts that CCYFC will work at. This is a great fundraiser. There is a bye out for this. Raffle tickets. Each year CCYFC raffles off tickets to a Seahawks game. Each athlete will need to sell one book. You will pay for your book during registration, then you can sell the books or give yourself ten reasons to win.

During the season, each team is required to supply 5 volunteers for home games and 3 for away games. This is on a rotation by team. These are for yard markers and chains and MPR's (Minimum Play requirements). Other team volunteers are snacks and Concessions volunteers.





## Are there discounts or scholarships?

CCYFC offers payment plans for all families. You can make up to 3-5 payments. As long as you are paid before the start of the season. CCYFC will always work with you.

**Sibling discounts:** CCYFC offers sibling discounts for up to 5 siblings.

CCYFC offers full and partial scholarships on a first come, first served basis. The cutoff for scholarship request is July 15th or sooner. The full or partial is CCYFC's discretion. We have a budgeted number of scholarships. We also base it on the number of sponsorships we get as well.

# HOW OLD DOES MY ATHLETE NEED TO BE TO PARTICIPATE? (Cheer)



Cheerleading: 5 years old as of July 31 of the current year.

Cheer is aged based on current Washington state and Jamz regulations.

Athletes are divided into the following divisions.

8U: 5-8 years old.

10U, 14U&18U: 18 years and younger based on age, experience and registration date.

Our Spirit squads align with JAMZ and Washington State Jr Rec rules, our coaches are certified through Youth Cheer and Dance Alliance (YCADA). Together with YCADA, our league is able to provide online educational courses for its coaches, administrators and judges on team skill levels for Cheer and for Dance Teams (Pom Performance & Theme Dance).

Teams participate on the sidelines at football games for home and most away games. In addition to Game Day, teams participate in qualifying spirit events (League and Post-Season) and then continue to regional and if qualified state and national championships.



# HOW OLD DOES MY ATHLETE NEED TO BE TO PARTICIPATE? (Football)



Football: 6 years old as of July 31 of the current year. Our football teams are based on the grade the athlete will be going into in September that year.

(2U) 2nd Grade and Under <i>No 3rd graders</i>	-9	unlimited***	Ball carrier weight <85lbs.
4th Grade and under (3rd/4th Grade Team) <i>No 4th Graders</i>	9-10**	unlimited***	<110 lbs.
6th Grade and under (5th/6th Grade Team) <i>No 7th Graders</i>	11-12**	unlimited***	<130 lbs.
7th Grade and under (7th grade Team) <i>No 8th Graders</i>	12-13**	unlimited***	unlimited***
8th Grade and under (7th/8th grade Team)	13-14	unlimited***	unlimited***

2nd, 4th and 6th grade teams have ball carrier weights. Weights are based on beginning of the season weights. No weekly weigh ins.

\*\* Indicates average age for those grades. These are grade-based levels. Age is less of a factor.

\*\*\* Indicates unlimited weight except for the specified ball carrier weight, weigh ins will be done pre-season and pre playoff. There is also an opportunity for a 5th grade only team and 7th grade only team based on number of athletes that register.

# What team (City) will my athlete play for?

Teams are first based on the school district the athlete lives in. If not enough athletes from that district register. The athlete will be placed in the closest city with a CCYFC/INYFC team. Based on division and city then closet city, division and city.

# WHAT EQUIPMENT WILL I NEED TO SUPPLY FOR MY ATHLETE TO PARTICIPATE?

CCYFC will provide Helmet, Shoulder pads, and paints. The athletes' jerseys both home and away are included as part of registration.

It is recommended that parents supply the following: Shoes, athletic supporter, mouthpiece (Make sure that it is strapped to their helmet. Depending of what uniform deal CCYFC will get you could also provide shirt for under pads, socks and practice jerseys.



## What level of competition will my athlete get?

CCYFC is a part of Inland Northwest Youth Football and Cheer (INYFC). INYFC is a youth football and cheer league based in Spokane, Washington. The league follows NFHS (National Federation of State High School Associations) rules with some modifications to ensure player safety in the younger divisions.

INYFC covers a wide range of geographic areas, including schools from "C" level to "4A" level. This means that the youth programs are drawing athletes from various schools in the area. The league believes that this diversity in competition enhances the youth programs and provides the athletes with an advantage when they transition to high school football.

The seamless transition from INYFC to high school football is a key focus for the league. By exposing the athletes to a wide range of competition and following similar rules, INYFC aims to prepare them for the next level of their football careers. This ensures that when the athletes enter high school, they already have some experience and familiarity with the game, making the transition smoother.

CCYFC and INYFC have teams representing several schools and districts. Some of these schools include Wenatchee and Eastmont High Schools, Quincy High School, Cashmere, Farris High School, Shadle Park, Lewis and Clark, Mead, Mt. Spokane, University High School, Central Valley, Newport High School, Deer Park High School, Colville, and Reardan. Additionally, there is also the opportunity for teams to compete against schools from Sandpoint and the Columbia Basin area.

By having teams from a variety of schools and districts, INYFC provides a platform for athletes to face different opponents and experience diverse styles of play. This exposure to a range of teams helps to enhance the youth programs and better prepare the athletes for the next level of competition.



# How do I get involved?

SCCYFC is always looking for involved parents. From Coaches to Team managers to board members.

Each team can have up to 10 team staff members:

All staff need to pass a mandatory background check, all coaches need to be USA certified and at least two staff members need to be CPR/First Aid certified.

Coaches: up to 5 (Head Coach and 4 assistant coaches)

Team manager:

Team photographer/videographer:

Team Equipment manager:

Team Nurse (Needs to be a certified medical professional)

Student demonstrators (Have to be at least two years older than oldest member of team/if under 18 no background check needed) (Max two per team)

## Contact us:

For more information or to join our mailing list:

Email us @: [ccyfc.president@gmail.com](mailto:ccyfc.president@gmail.com)



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