



# THE SKINTALK

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## Welcome Parents, Players and Cheerleaders to The 2008 Season!

As the emails start to come and phones start to ring I can tell that football is almost here. I'm not sure if it's the kids or the coaches that get more excited. But it's clear to me that football fever is in the air and I'm very excited about the upcoming season too!

Kids, get off the couch and get moving! Parents, get your rest because we are going to need your help. You do not need to be on the board or coaches on the field to make a big impact. This year we are going to look for volunteers to help us in many ways. There are opportunities to volunteer that are seasonal and do not require an extended time commitment. We will tell you more about those opportunities later in this SkinTalk.

One statistic that we are very proud of is the number of returning players we have each year. This is a testament to the type of organization we run but can create challenges for new parents and kids to register. As is normal this time of year we still have children on waiting lists for some football teams. If your child has decided not to play this year, please contact Dea Markley by e-mail at [deamarkley@msn.com](mailto:deamarkley@msn.com) or leave a message on the hotline (360-8633).

We realize that good communication is imperative to the success of our association. You can find out information in several ways: Our hotline (360-8633) should be updated daily throughout the season with current event information; our website at [www.kanawhafootball.com](http://www.kanawhafootball.com) frequently with new information including schedules, scores, photos and more; and each team will have their own team page on the website which will be updated by team parents and coaches. We urge you to utilize these resources frequently for information. The SkinTalk, our official newsletter will be mailed out as necessary, otherwise it will be posted on the website at intervals throughout the season.

New families and returning families please remember our success is a direct result of all the people involved- the coaches that volunteer so much of their time, the board members that do their jobs 12 months a year, along with the parents that commit their time to make sure the kids are at practices and at games and provide support. Unfortunately with all this being said we are not perfect. Undoubtedly the coach will call a play that does not work. You will not agree with how early you need to show up before a game starts. You will be served some fries from the Hut that are not warm (Please return them!) But remember we are all here because of the kids. We are parents, we are friends and we are all teaching our children with every action we take before during and after every game and every practice. Let's all be proud of our own performances and set good examples for our kids to follow.

The first night of practice is always a little confusing and a little chaotic, but there will be excitement in the air, because it's finally underway. There will be signs directing your child to his/her practice area and board members will be around the "hut" (our concession stand) to help you out. We look forward to meeting all of our new families and renewing friendships with our returning families. If we can ever be of any assistance to you, please do not hesitate to contact me or any board member.

Sincerely,  
Roburt Kickler, KYFCA President  
[roburt@gmail.com](mailto:roburt@gmail.com)

# 2008 Football Dates, Events, Facts:



## Football Equipment Handout

Monday, August 4<sup>th</sup> 5:30 – 7:30 p.m. for **Flags** (ages 5,6, 7) & **Juniors** (ages 13 &14)

Tuesday, August 5<sup>th</sup> 5:30 – 7:30 p.m. for **Pee Wees** (ages 8 & 9)

Wednesday, August 6<sup>th</sup> 5:30 –7:30 p.m. for **Midgets** (ages10,11 & 12)

Sunday, August 10<sup>th</sup> – Make Up Equipment Handout for all teams: 3:00 – 5:00 p.m.

\*At equipment handout your child will receive a helmet with soft cup chin strap (except Flags), practice pants, practice jersey, and game pants. New players must have a girdle and 7-piece pad set which can be purchased at equipment handout or at any sports store. Hard cup chin straps (optional) will be available for purchase at equipment handout Conditioning shorts, pads and girdles will be available for purchase while supplies last. Game jerseys will **not** be handed out at this time.

**Parents...Important....PLEASE TAKE NOTE!! There will be no equipment handouts for any football players on Monday, August 11<sup>th</sup>, Tuesday, August 12<sup>th</sup> or Wednesday, August 13<sup>th</sup>.** In years past, we've had too many players wait until the first week of practice to get their equipment which tied up board members and disrupted important conditioning practices. Please try to make either your team's equipment handout date or the makeup date on Sunday, August 10<sup>th</sup>. If you absolutely can not make those dates then we will hand out equipment for those remaining players on Thursday the 14<sup>th</sup> and Friday the 15<sup>th</sup> before and after practice.

NOTE: If you need a helmet for the UR football camp in July, we can provide you with one. Please e-mail Dave Bull at [toro7587@yahoo.com](mailto:toro7587@yahoo.com) or [kspen01@aol.com](mailto:kspen01@aol.com).

## Pre-Season Football Practice Days/Times:

August 11<sup>th</sup> – August 29<sup>th</sup> Monday through Friday 6:00 p.m. – 8:00 p.m. for **all** football teams.

**What to wear to practice?** The first 5 days of pre-season is conditioning only. **All** players wear athletic type shorts/ t-shirts, cleats and bring your helmet (except flags). If you have Kanawha shorts and t-shirts we'd love to see you in them! Contact/tackling drills will begin the second week of practice. Your coaches will instruct you on what to wear and bring to practice. During the first couple of nights of practice Dixie Sporting Goods will be at our field with a representative to fit and sell shoulder pads, and other equipment for your child. Shoulder pads and any other pads, will not be needed until the second week of practice so it is a good way to make sure your child is fitted properly.

**Inclement Weather Policy:** If there is inclement weather during the day of a scheduled practice, Henrico County will make a decision on whether or not to close our fields. This decision is usually made by 3:00 p.m. Once they make a decision, we will put any cancellations on the hotline (360-8633) and website. If bad weather occurs after 3:00 p.m., the decision on whether to close the fields is at our discretion. If the hotline has *not* been updated by 5:30, assume practice is on. If bad weather occurs after 5:30 and we have to make a last minute decision, we will have a board member in the parking lot advising you that practice is cancelled. During practice, if lightening is in the area, we will have the kids leave the field and ask them to stay in their parent's cars for a period of time until we advise as what the status of the remainder of practice will be. ***There should be an adult in charge of your child during practice at all times for this reason as well as for safety reasons.***

## **What should your player expect during preseason practice?**

Preseason can be long, hot and exhausting! Coaches will be concentrating on conditioning the players, teaching or re-emphasizing the fundamentals of football and teaching specialized skills that they will need to play the game against some of the top competition in the area from other metro and gridiron football teams. They have only a little over three weeks to accomplish this and turn 25 – 30 kids into a top notch football team, so practice **is** intense. You can help your child by having them begin running/sprinting drills now! **VERY IMPORTANT:** Your child needs plenty of water during the day **before** practice time. Bring a water bottle every night to practice. Coaches will give plenty of water breaks, but your child needs to be hydrated **before** he comes to practice in order to prevent dehydration during practice.

## Regular Season Practices

September 1<sup>st</sup> - No practice for football or cheerleading due to Labor Day Holiday.

September 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> : 6-7:30 p.m. (\*practice change due to holiday)

September 6<sup>th</sup> – First regular season game day for all METRO teams and GRIDIRON teams.

September 8<sup>th</sup> – October 23<sup>rd</sup>: Mondays, Tuesdays and Thursdays 6:00 p.m. – 7:30 p.m.\*

(\*From time to time, there may be scheduling conflicts with Short Pump Elementary School where we have to switch our practice nights from Tuesday to Wednesdays, or there may be times when inclement weather prevents us from practicing on our regular night and we have to switch to another night. When this happens, we will communicate this as quickly as possible via coaches, team parent communication, website updates and our hotline will be updated with the latest information regarding any changes in the practice schedule.)

### **Metro Football vs. Gridiron Football**

The Kanawha Youth Football and Cheerleading Association is a member of and has had teams participating in two football leagues in the Richmond area, the Metropolitan Youth Football League (Metro) and The West Richmond Gridiron Youth Football League (Gridiron). Your child will be placed in either the Metro or Gridiron League based on which team will provide him with the best opportunity for a positive experience and substantial playing time based on a number of factors such as age, weight, and prior experience. This will be determined in a joint effort by the Kanawha coaches and athletic director.

The majority of our teams play in the Metropolitan Youth Football League (Metro). We have been a member of Metro since our formation in 1987. We usually field 7 teams in Metro: Flag JV, Flag Varsity, Pee Wees (JV and Varsity), Midgets (JV and Varsity) and Juniors. There are 8 regular season varsity games, 7 junior varsity games and a chance for post-season play for a championship at each level. The West Richmond Gridiron Youth Football League (Gridiron) was established in 2002 initially to accommodate the tremendous number of Midget aged children (ages 10, 11 and 12) from the western part of Richmond who wanted a chance to play football, but could not because of the restricted ages and weights and number of teams that Metro would allow. By it's third season, Gridiron had opened up teams to Pee Wees (ages 8 and 9) for the same reasons. Gridiron league teams play 8 regular season games on Saturdays, post season play and have a Gridiron champion at each level. Games are held at the fields of the teams participating in Gridiron, including Kanawha, Western Tuckahoe, Goochland, Glen Allen, and Ashland.

Teams in both leagues will practice at our home field at Short Pump Park. Metro teams automatically have 4 home games played at Short Pump Park and 4 away games. The metro **Varsity** schedule has been posted on the Metro website: [www.metro.org](http://www.metro.org) however, please be aware that there can be changes to that schedule before the season begins. The Metro JV and the Gridiron schedule usually do not come out until mid to late August. Also, please be aware that we have **NO** control over when the Metro JV schedule comes out. This is solely done by a scheduling committee with the Metro Youth Football League and is entirely out of our hands as to when then schedule comes out. All teams wear the uniform of the Kanawha Redskins and all teams are led by qualified coaches whose mission is to make this a positive, fun filled experience for your child.

### **NEW VOLUNTEER OPPORTUNITIES THIS YEAR.....WE NEED YOU!!**

If you have ever been a part of a large non-profit organization – school, sports, recreation – you know that volunteers are the backbone that make an organization either successful or a failure. At Kanawha we are no different. We have a network of volunteers that begins with the Board of Directors and flows down to our coaches, team parents and parent volunteers. Some years we feel are very successful due to the number and dedication of our volunteer and some years the burden of the work falls on just a few. With that in mind, the members of the 2008 Board have voted to restructure the Kanawha Board to better utilize our greatest resource which are our members. This year we are using committees which fall under certain Board of Director's leadership to help that person with their responsibilities so it is not so overwhelming. This is where we need your help. The committee positions listed below are NOT board positions...only seasonal responsibilities that we need each year to help us with many of the tasks that are involved in running a large organization.

#### Field and Equipment Committee: Falls under the direction of the Field and Equipment Director – Dave Bull

We need volunteers from both Metro and Gridiron teams to help with field setup and removal during Saturday home games of yard markers, goal post pads, etc. Ideally parents from the Metro Flag JV team which plays the first game of the day would handle set up and someone from the last game of the day which would be Metro Pee Wee JV would handle the pickup of the field markers (this does not include trash pickup – the County is responsible for that). We would need the same for Saturdays when the Gridiron teams play at our field. We also need volunteers to help stencil the field before our Saturday home games. A group of dads could be doing this during practice on Thursday nights and would only be done before home games. If you have any questions, or are interested in helping out on this committee, please e-mail Dave Bull at [toro7587@yahoo.com](mailto:toro7587@yahoo.com) or you can sign up at your child's equipment handout time in August.

#### Concessions Committee: Falls under the direction of the Concessions Director – **position currently open**

Concessions sales are our main source of additional income during the season. It is also a huge responsibility that falls on other shoulders – not just the Concessions Director. The Treasurer is responsible for the cash that flows through concessions. The Volunteer Director is responsible for assigning volunteers to work in concessions during practice and games. The Concessions Director's main responsibility is purchasing food and supplies, ordering drinks and maintaining inventory and pricing for purchases. For many years the Concessions Director has also been the person who oversees the volunteers for nightly practices and Saturday home games. This year we have created a Concessions Committee which we hope will distribute these responsibilities.

Concessions Managers: We are looking for at least 5 managers who would volunteer to oversee the concessions area for one night each week during pre-season practice (Monday – Friday). Once the season starts in September and practice is only 3 nights a week, we would work out a rotating schedule between practice and home games (THERE ARE ONLY 4!!) Each nightly concessions manager would be responsible for getting the concessions area ready to open for practice (starting the grills and other appliances, bringing supplies into the kitchen, etc.) This would all be done with the help of board members who are already at practice, so it's an easy job. Once the volunteers arrive, the manager would check in periodically to make sure things are running smoothly and help as needed. The manager would help board members on duty to close up after practice and note any food or supplies that the Concessions Director might need to purchase for the next practice.

PLEASE, PLEASE consider helping us out this year by volunteering for this committee, or for the position of Concessions Director. If you would like more information or have any questions about the new concessions manager positions, please e-mail Kim Spencer at [kspen01@aol.com](mailto:kspen01@aol.com)

### **Sponsorship Opportunities at Kanawha**

If you are interested in sponsorship opportunities at Kanawha, please contact our Fundraising Director, Russ Johnson at 749-8861 or via e-mail at [russj4478@aol.com](mailto:russj4478@aol.com). We have many different options available from prime scoreboard signage sponsorships to website and yearbook advertising, so please contact Russ if you have questions.

### **Golf Tournament Returns in 2008!**

We are excited to once again host the Kanawha Youth Football and Cheerleading Association Golf Tournament this year at Sycamore Creek Golf Course in Goochland, Virginia.

Date: Monday, October 13<sup>th</sup> at 1:00

Format: Captain's Choice

Entry Fee - \$500 per team

Sponsorships available for longest drive and closest to the pin

Prizes and Raffles

We will be sending more information and registration forms out in August or you can e-mail Russ Johnson at [russj4478@aol.com](mailto:russj4478@aol.com) for more information. Please save the date and join us for a fun filled day to benefit our kids.

The Kanawha Youth Football and  
Cheerleading Association  
Post Office Box 29013  
Richmond, VA 23242



## Conditioning Camps - A great way to get your kids in shape before the start of practice!

**UNIVERSITY OF RICHMOND 2008 FOOTBALLCAMP** . The Youth/Junior Camp is open to those entering grades 3-8 and will be held July 13-16. The High School Camp is open to those entering grades 9-12 and will be held July 20-23. Camp costs are \$60/camper for the Youth/Junior Camp and \$75/camper for the High School Camp. Both camps will begin at 6:30 p.m. each evening and run until 8 p.m. (Youth/Junior) and 9 p.m. (High School). THIS IS A VERY POPULAR CAMP AND SPACES ARE LIMITED. Applications must be received by UR by JULY 1st with a non-refundable fee of \$20.00. You can download a registration form at our website [www.kanawhafootball.com](http://www.kanawhafootball.com) or at [www.richmondspiders.com](http://www.richmondspiders.com) and click on the "camps" link.

**VELOCITY SPORTS PERFORMANCE** is partnering with Kanawha to sponsor a NIKE-SPARQ Summer Football Camp to get your players in shape just in time for pre-season practice. This camp is for any youth player - rec league or school participant - ages 7-14. The camp will be held at Short Pump Park (Home of the Kanawha Redskins) August 4th - 7th from 6:00 - 8:00. This is a NON-CONTACT football camp designed specifically to enhance athleticism. Drills will be football focused. All camp participants will receive a NIKE t-shirt and an official SPARQ rating. Cost is \$95.00. More information along with the registration form has been included in this newsletter or you may go to our website at [www.kanawhafootball.com](http://www.kanawhafootball.com) to download additional registration forms.

**G.O.A.L** High Performance Sports and Conditioning Training - **G.O.A.L** offers a FREE consultation to anyone who is interested in our services or improving their athletic ability. We also offer FREE testing to find your fitness baseline so that we are able to identify any weakness and begin to overcome them. This information will help us put together an individualized program that will allow you to **Gain Overall Athletic Leadership**. Each participant will receive a G.O.A.L T-Shirt and a workout program to enhance their speed and agility for any and every sport. For more information, visit the website at [www.goal4life.net](http://www.goal4life.net) or contact Coach Craig at 833-6310.

## Kanawha Cheerleading

*Simply the Best*

The 2007-08 school year is but a distant memory and summer stretches ahead of us but, even so, it is time to start thinking about fall cheerleading. We here at Kanawha are looking forward to the 2008 season—and to letting everyone know what we have known all along—at Kanawha we are "*Simply the Best*"

Many things are happening "behind the scenes" over the summer but a most important one is getting uniforms purchased and distributed. Uniform fittings will be held July 14<sup>th</sup> (Pep squad and Flags) and 15<sup>th</sup> (Pee Wees Midgets and Juniors) from 6:30 to 8 pm. Please try to stick to the schedule and be patient as I prefer to give each cheerleader the attention they need for the perfect fit. Enclosed is a review of the uniform information you need to know before attending the uniform fitting. Cheerleaders are provided with a skirt and vest by Kanawha. These items are to be maintained properly and returned to Kanawha at the conclusion of the season. The skirt and vest may need altering and cost of any alterations are to be covered by the cheerleader.

Additional pieces of the uniform are listed below and must be purchased by the cheerleader. Costs will be approximately \$150 to 200; actual costs will be available at in July. However, you will not need to go looking for any piece of the uniform! The 2008 cheerleading uniform includes but is not limited to Gold Briefs, Socks, Kaepa Squad Shoe, White Mock Neck Shirt, Warm-up Suit, Poms and Hair Ribbon. These items are required and will be available for purchase at the fitting. Spirit wear items (cheer bags, t-shirts and shorts) are also available for purchase. New this year is a very cool practice outfit sporting the "Simply the Best" theme! All spiritwear items are optional.

Please note: No jewelry is to be worn at practices or at games. This includes pierced earrings. No bandages or other means may be used to 'cover' jewelry.

I'm looking forward to seeing returning cheerleaders and getting to know the new ones! If you have any questions/thoughts/comments, please don't hesitate to contact me, Melissa Ellyson, at [cheerncoach1@verizon.net](mailto:cheerncoach1@verizon.net) or 770 7610. PLEASE NOTE THE NEW EMAIL ADDRESS!

Have a great summer and, remember... ***GO REDSKINS***