



Valley - Clinton Youth Football GRADE BASED PROGRAM



**Welcoming players from: Clinton, Essex, Chester, Deep River, Lyme,
Old Lyme, Ivoryton, Westbrook, Old Saybrook, Haddam, Killingworth**

Register at www.clintonfootball.com

Valley-Clinton Youth Football is part of the Shoreline Youth Football Conference. **The SYFC is a grade based/age protected division with no weight limits.** SYFC has been around for 35 years and the 2018 season will mark its 36th year. Other programs require players to be weighed in prior to their game and limit the positions a child can play based on their weight. This will not happen at VCYFC.

Here are 7 Reasons Why Kids Should Play Youth Football

It's Fun. Having fun is what youth football is all about. It always starts at practice. Coaches will focus on making practices fun. Coaches often will throw in a fun activity or two during the practice week to change things up. This will allow kids to enjoy themselves and it will keep them interested in the sport.

Develop New Skills. Playing youth football requires children to communicate with both teammates and their coaches. Teamwork is probably the most important skill that is learned by playing football. Teamwork is a trait that kids will need to carry into teen and adulthood. Youth football will also assist in the development of social skills, which is necessary to be successful in not just football, but in life as well.

Making Friends. Playing youth football will allow kids to make new friends. Playing football will help develop team chemistry and a sense of brotherhood. These friendships can last for a lifetime. Also, for the most part, they will be making friends that are also on the right path.

Develop Competitiveness. Life is about competition- whether it is playing a team sport or applying for a job. Nothing is given to you in life so it is important that kids learn how to work hard and compete for everything. Setting goals and working competitively towards them is what youth football should be about. Kids need to learn to always compete and set high goals for themselves. When we say "competitiveness", we do not mean "winning at all costs". It's all about effort.

Become Physically Fit. Football will require kids to take part in physical fitness. If it is a nice day, kids should be outside playing. Kids need to stay active and participate in sports and recreation. Football is a physically demanding sport that will have the kids exercising at every practice and game. There is no other sport that teaches physical fitness better than football.

Keep Children Busy. Playing sports will help keep kids busy after school. Participating in youth sports and recreational activities will help keep the kids busy and out of trouble. It will keep kids in a controlled, structured, and positive environment. It will also get the kids in good physical condition and it will keep them away from those unproductive video game sessions. Keeping kids busy and out of trouble is one of the best reasons why kids should play youth football. No other sport will require more commitment and DISCIPLINE.

Safer Game. The game of football has never been safer. All coaches in the Shoreline Youth Football League are Heads Up Certified. Heads Up Football is designed to change the culture around America's favorite sport and strengthen player safety at the youth level. This comprehensive solution promotes concussion recognition and response, coaching education, proper equipment fitting and Heads Up Tackling, which aims to take the head out of the line of contact.

- **TACKLE FOOTBALL- Grades 4-8: \$200 if you register by 5/1/2018. \$225 after that date. \$50 discount for each additional child that is registered.**
- **FLAG FOOTBALL- FLAG TEAM 1- Grades K-2** **FLAG TEAM 2- Grades 3-5: \$50**

Installment payment options and scholarship information available on the website or by request- via email