ISSUE
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QUARTERLY
NEWSLETTER OF THE
NORTH COUNTY
FOOTBALL LEAGUE

NCFL Huddle



Are you ready for some football?

This Issue

Important Dates P.1
Memory Bank Deposits P.1
NCFL Logo P.2
2 Minute Drills P.2
Press Conference P.2
Registration Fees P.3
CAP Elite Speed Camp P.3
Raffle Ticket Prizes P.3

Registration Dates

Willis League

Charles Traylor Sports Park

June 27, Saturday 10 am - 2 pm

July 18, Saturday 10 am - 2 pm

Montgomery League

KOA Kampground – Hwy 105 W

June 27, Saturday 10 am - 2 pm

July 18, Saturday 10 am - 2 pm

Important Dates

Player Evaluations / Uniform Fittings

July 18 & July 25

10:00 AM – 2:00 PM

Willis League

Charles Traylor Memorial Park

Montgomery League

West Montgomery County Park

Drafts

Montgomery - July 27 @ 6:00 PM

Willis - July 28 @ 6:00 PM

Kickoff Celebrations

Montgomery - July 29 @ 7:00 PM

Willis – July 30 @ 7:00 PM

First Week of Practice

Week of August 3

Scrimmage / Picture Day

Saturday, August 29

First Games

Saturday, September 12

Let's Make Some "Memory Bank" Deposits by Gary Meador - President

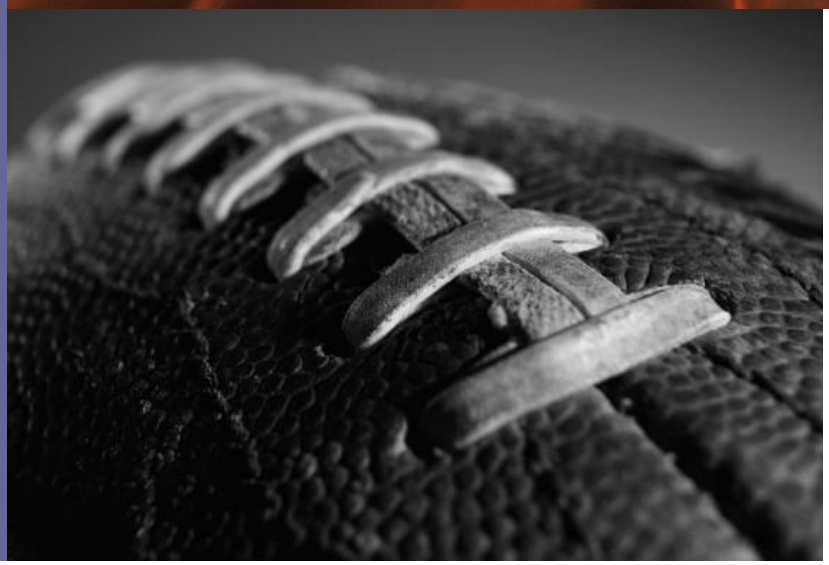
I sometimes get the question,"Why do you do what you do"...meaning..."Why are you still involved in youth football"? After all, my youngest son is about to be a sophomore in high school and has been out of youth football for three years. Actually, there are a few of us on the Board without kids playing. While I cannot speak for others, one of the reasons that I am still involved is because I have so many fond memories from my childhood of playing football. I want all of our kids to have an opportunity to make those memories for themselves. I think that a lot of people get involved with youth sports for the same reason. I have heard some say that adults involved in youth sports are just trying to re-live their glory days through their kids. There are, no doubt, some examples of that. However, I like to believe that the truth for most is that we want our kids to experience their own glory days.

"What do you want your players to remember about you and youth football in 36 years?"

I feel a little empathy for those who never got to experience huddling up with only seconds left on the clock, and one last chance to score. It really does not matter if the score will win you the game, or keep you from losing 28 – 0. There is an exhilaration one gets that cannot be duplicated outside of the sports world...the cheering, the coaches yelling last second instructions, your teammates counting on you, the nervousness that you might let them down. You feel both excited and sick to your stomach that the Quarterback called a play that counts on you making a key downfield block.

"*Readyyyy...Break!*" you line up in your position...and the ball is snapped. Brushing by the Defensive End, you take off downfield to block the Safety...he doesn't even see you coming as you wedge yourself between him and the running back as he rounds the corner for a 40 yard touchdown run. "*Sacred Heart, Sacred Heart...that's how you do it Meador!*" is what I remember Coach Palmer yelling from the sidelines as we huddled up for the extra point. He was a great coach. That was 36 years ago.

I believe that most football memories are created from brief, exceptional moments in time. Kids will seldom remember the scores from any of their games, or win/loss records. What they will recall are their "good" coaches, that they got to play, and those brief moments in time when they made an impact. My challenge to our volunteer coaches this season is to make it your mission to ensure that there are plenty of opportunities for positive deposits in each kid's memory bank. The game is meant to be played to win, but you can do your very best, play to win, be a good sport and compassionate as well, they are not mutually exclusive goals. Remember that as you are trying to decide whether or not to leave a "weaker player" in at a crucial moment in the game. He might have one of those brief, exceptional moments in time as a result. What do you want your players to remember about you and youth football in 36 years?



NCFL Logo

Hopefully you have already seen it on one of our signs, banners, ads, or on the website...the new NCFL logo is complete.

The center of the logo is in the shape of Montgomery County with three stars signifying the communities in which the majority of our players live ...Montgomery, Willis and Conroe. The county is colored to resemble the state flag, as Montgomery County is known as the official "Birthplace of the Texas Flag".

The four league colors of purple, white, gold and black make up the logo. Each area of the county is colored with the local High School's colors of purple and white (Willis), purple and gold (Montgomery), and gold and white (Conroe).

Press Conference

Q: Is Youth Football more dangerous than other youth activities?

A: It would be intellectually dishonest to say that there is no risk of injury associated with any sport...much less football. However, despite the amount of contact on the field, the facts may surprise you. A 2002 Mayo Clinic study of youth football showed that most injuries that occurred were mild. The study, which appeared in Mayo Clinic Proceedings, found that the risk of injury in youth football does not appear greater than the risk associated with other recreational or competitive sports.

"Our analysis showed that youth football injuries are uncommon," said Michael J. Stuart, M.D., a Mayo Clinic orthopedic surgeon and the principal author of the study. Dr. Stuart and his colleagues studied 915 players aged 9 to 13 years, who participated on 42 football teams.

In another study, The Institute of Sports Medicine and Athletic Trauma in New York completed an injury survey in 71 towns covering over 5,000 players. The injury experience of 5,128 boys (8 to 15 years of age, weight 50 -150 lb participating in youth football revealed an overall rate of injury of 5%. For the 2009 NCFL season, this equates to 18 players out of an expected 350. Of that number, the statistics show that 12 of those injuries will be minor, such as bruises and contusions, and 6 will be more severe, such as sprains, fractures, or muscle injuries.

The study goes on to show that organized football among 5 – 12 year-olds has: 12% fewer injuries than soccer; 50% fewer injuries than bicycle riding; and 74% fewer injuries than skateboarding in the same age group.

The facts are that most youth football related injuries are predictable and therefore preventable. Assuring that players have proper fitting protective equipment, are not trying to play with existing injuries, and stay properly hydrated and monitored for heat stroke and heat exhaustion will give our players the best chance to beat the odds of injury, and give them a better football experience.

2 MINUTE DRILLS

WEBSITE

The new website is up and running!

www.northcountyfootball.org

In just ten weeks, we have almost 6,000 hits to our Homepage. Content includes the Bylaws, News, Calendar, Parent's Guide, and all of the NCFL forms. Content is updated weekly.

ARE YOU INTERESTED?

The NCFL still needs to fill two Montgomery Junior Board positions. We also need Coaches in several age groups in both Willis and Montgomery. Please visit our website for more information.

YOU COULD BE FAMOUS!

The NCFL is on the lookout for sponsors to display at our new fields...including premium spots on our new scoreboards! Your business could be prominently displayed in front of thousands of your clients, potential clients and competitors. Please contact Gary Meador @ 713/702-5999 to discuss options.

2009 Raffle Ticket Prizes

1st Prize
5 Day/4 Night Vacation for Two ($2500 value)

2nd Prize
50" LCD Flat Screen TV

3rd Prize
Laptop Computer

4th Prize
5000 Watt Generator

5th Prize
Weekend for Two at The Woodlands Resort

6th Prize
Home Theater Sound System

7th Prize
$250 Home Depot Card

8th Prize
$250 Day Spa Gift Card



The Top 3 Ticket Sellers will win...

1st Place
Laptop Computer

2nd Place
Xbox 360

3rd Place
iPod iTouch

Teams that sell at least 500 tickets will win $250 towards a team party!

Each player is responsible for selling a minimum of 10 x $5.00 tickets before they can receive their uniforms.

Raffle ticket stubs and money will be due by Friday, August 21.

The Raffle winners will be announced at the NCFL games on Saturday, September 12.



CAP ELITE
Centers for Fitness and Athletic Performance

The NCFL and CAP Elite have teamed up to offer our players and their friends the opportunity to train like the Pros! The CAP Elite instructors will work with our youths to build strength, power, increase speed, jump higher, move quicker, improve agility, build endurance, and increase flexibility.

The program runs through the end of July and is offered in a series of one week segments (Monday through Thursday). You can attend as many weeks as you desire. Each session will be held in the evening and will last for approximately one hour.

Visit *www.northcountyfootball.org* for registration

2009 Registration Fees

There is no doubt that costs for almost everything increase over time. Most organizations choose to pass their increased costs on to their consumers through increased prices for products, or increased fees for membership. The North County Football League is proud that, as opposed to passing along increased costs, we have chosen to find ways to become more efficient each year. In fact, our registration fees have not increased for the past four straight years. For 2009, the registration fee is once again $150 per child. We know that, in these tough economic times, every little bit helps...so this year we are also offering an "additional child discount". For a family's second and third child, the 2009 registration fee will be reduced by 15% to $127.50 per child.

By way of comparison, the NCFL is one of the best deals around for a competitive youth football program. Most of the other North Houston area programs fall in the $200 - $250 per player range. Many of these programs also have very nice facilities that demand these higher fees for maintenance and expansion.

This coming season, the NCFL will also be moving to new facilities located at the West County Park in Montgomery, and in Charles Traylor Sports Park in Willis. We are very appreciative to Montgomery County for all of the work they have done to directly benefit our youth football program. This includes building new fields and equipping them with announcer booths, goal posts, irrigation systems and grass.

However, with these fields will also come a responsibility for our league to maintain them and provide for a lot of infrastructure equipment that we have always "borrowed" from MISD and WISD. In short, we will continue to keep our fees down by challenging ourselves to find efficiencies, but it may be necessary in the future to increase fees...just not this year!

The player registration fee for the North County Football League season includes a Game Jersey, Game Pants, Helmet Decals, one Mouthpiece, a Participation Trophy or Medal, and a basic Individual and Team Photo Packet. The balance of the player registration fee will help us pay for ongoing field maintenance, game officials' fees, insurance, utilities, field equipment, the NCFL website, and advertising. Our registration fee only covers the basic operating expenses to put on the actual football season. The NCFL Sponsorships and Fundraising efforts will provide funding for underprivileged player scholarships, capital improvements and major repairs to our facilities.

FACTS:

Registration fees for other area leagues with their own facilities...

South County (The Woodlands)	**$250**
Humble	**$225**
Kingwood	**$225**
Magnolia	**$160**
College Station	**$175**
Katy	**$150**
Klein/Spring/Tomball	**$200**

We want to know what you think, and about any other ideas you have to improve your league. Please reply to this e-mail with your thoughts, or contact an NCFL Board member. All feedback is appreciated.

NCFL