Rockvale Youth

Football - Cheerleading

\*\*Parent Information\*\*

Sign Up Fees

Registration for Rockvale Youth Football and Cheerleading will be $165.00 for Football and $225 for Cheerleading.

What is included in the registration?

|  |  |
| --- | --- |
| Cheerleading | Football |
| Full Uniform (bloomers – skirt – shell – jacket) | Full Uniform  |
| Insurance  | Insurance |
| End of year medal  | Helmet |
| Use of pom poms | End of year medal  |
|  | Use of helmet |

Pre-Season Workouts

Pre-Season work outs are completely voluntary and you must sign a waiver for your child to participate. Work-outs will begin in April at the Rockvale High School Practice Football Field.

All pre-season work outs will be located at Rockvale High School Football Field from 6pm-7:30pm.

League Information

Southern Middle Tennessee Youth Football League (SMTYFL) is the league we participate in. The teams we will play in this league are as followed, Columbia – Shelbyville - Manchester (Coffee County) – Lewisburg -Franklin County – Giles County (These team may change year to year, with new teams coming into our league)

SMTYFL is an unweighted league in ALL age groups.

Practice and Games

Practice

Practices will be held at Rockvale High School and will start the Monday after TSSAA Dead Period. Times for practices will vary due to sport.

With Rockvale Youth Football and Cheerleading, we will run the first two weeks of practice Monday Tuesday, Thursday and Friday.

After the first two weeks, we will lower practice days for football and cheerleading which we call our school schedule.

\*\* Please note, TSSAA will now have Thursday night games. If Rockvale High School Football has a game on a Thursday night, we will practice on Friday of that week\*\*

|  |  |  |
| --- | --- | --- |
|  | Times | Days |
| Football  | 6:00 pm to 8:00 pm  | Monday, Tuesday and Thursday |
| Cheerleading  | 6:00 pm to 7:30 pm | Monday, Tuesday and Thursday |

Games

Rockvale Youth Football and Cheerleading home games will be held at Rockvale High School Football Field. Our home game will be played on Saturdays during evening hours. Away game location and times will vary depending on the opponent that week.

|  |  |
| --- | --- |
| Division | Time |
| Division 1 | 3:00pm |
| Division 2 | 4:30pm |
| Division 3 | 6:00pm |

Our League game schedule will not be out until towards the end of July. We apologize for any inconvenience for this but we do not know year to year what other teams will have in numbers.

If we have a home game and it is rained out on Saturday, we will try to makeup the game on the next day which is Sunday. That schedule will be the following:

|  |  |
| --- | --- |
| Division | Time |
| Division 1 | 1:00pm |
| Division 2 | 2:30pm |
| Division 3 | 4:00pm |

What do parents have to provide?

|  |  |
| --- | --- |
| Football | Cheerleading |
| Shoulder pads | White cheer shoes  |
| Practice pants | Practice clothes |
| Practice jersey | Water bottles with name (we will have refill station) |
| Cleats |  |
| Water bottles with name (we will have refill stations) |  |

Team Placement

Our athletes (football and cheerleading) will be placed on a team per their age at the cut off of Aug 1st of that year. These age groups are per our league affiliates which is Southern Middle Tennessee Youth Football League. SMTYFL does not have weight limit. We are the only true UNWEIGHTED league in Rutherford County.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Division 1 | Division 2 | Division 3 |
| Football | 5/6/7 | 8/9 | 10/11/12 |
| Cheerleading | 5/6/7 | 8/9 | 10/11/12 |

Communication

We will post most of our information on Rockvale Youth Football and Cheerleading Facebook Page. We also use the Band app.

When we start practice after the dead period, each head coach will find a team mom who will start a Band app channel. Each team will have direct communication to their team mom, head coach and assistant coaches.

Also, you can look us up on the following social media platforms:

Facebook – Instagram – Twitter

@rockvaleyfc