



# GOLDEN EMPIRE YOUTH TACKLE FOOTBALL



4308 Resnik Ct. suite 201 Bakersfield, CA 93313 - P.O. Box 20472 Bakersfield, CA 93390  
Office phone 661 837-4393 Office Fax 661 837- 4393

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6/1/14

**To:** GEYF/GEYC Families, Participants, coaches, and staff.

**From:** GEYF/GEYC Board of Directors

*Please see below:*

**Stage (1) - Normal Practice Schedule** without restrictions.

**Stage (2) – Modified Practice Schedule.** (See below)

**A.** All GEYF/GEYC Practices will start no earlier than **6:30pm** and will not exceed more than **2 hours** in length.

**B.** All GEYF/GEYC Practices will be conducted with limited physical activity. GEYF/GEYC Programs will be allowed to hold light walk - through practices focusing more on technique and less on physical activity.

**C.** There will be no “team and or individual conditioning “while the “Modified Practice schedule is in effect. Teams are to use the conditioning period to conduct stretching and provide a cool down period for all participants.

**D.** All GEYF/GEYC Participants will be given “Fluid Breaks” a minimum of every fifteen (15) Minutes. Participants will have unrestricted access to fluids throughout the course of practice, and will be encouraged to hydrate as much as possible before, during, and after practice.

**E.** GEYF/GEYC Coaches will closely monitor all participants for signs of Heat Exhaustion and or any type of physical distress. Any participant displaying signs of Heat Exhaustion and or any type of Physical Distress will be removed immediately from all activity; and if warranted, medical personnel will be contacted and said participant will be medically evaluated and or treated. Safety of all GEYF/GEYC participants, spectators, coaches, and volunteers is our first priority.

**Stage (3) – Stripped -Down Modified Practice Schedule.** (See below)

**A.** All GEYF/GEYC Practices will start no earlier than **7:00pm** and will not exceed more than **1 hour** in length. Participants will be allowed to participate in a **Stage (3) – Stripped - Down Modified Practice** wearing tee shirt and shorts only. Helmet, shoulder pads, practice/game pants/girdles with **(7)** seven piece pad set, or integrated practice/game pants **will not be utilized during this phase.**

**B.** All GEYF/GEYC Practices will be conducted with limited physical activity. GEYF/GEYC Programs will be allowed to hold light walk - through practices focusing more on technique and less on physical activity.

**C.** There will be no “team and or individual conditioning “while the **Stage (3) – Stripped - Down Modified Practice** is in effect. Teams are to use the conditioning period to conduct stretching and provide a cool down period for all participants.

**D.** All GEYF/GEYC Participants will be given “Fluid Breaks” a minimum of every fifteen (15) Minutes. Participants will have unrestricted access to fluids throughout the course of practice, and will be encouraged to hydrate as much as possible before, during, and after practice.

**E.** GEYF/GEYC Coaches will closely monitor all participants for signs of Heat Exhaustion and or any type of physical distress. Any participant displaying signs of Heat Exhaustion and or any type of Physical Distress will be removed immediately from all activity; and if warranted, medical personnel will be contacted and said participant will be medically evaluated and or treated. Safety of all GEYF/GEYC participants, spectators, coaches, and volunteers is our first

**Stage (4) – All GEYF/GEYC Practices or physical activity will be cancelled until further notice.**

**Note\***

GEYF/GEYC Teams are both eligible and encouraged to hold indoor chalk talks, view films, or conduct any **non physical** activity during **Stage (4)** on field practice cancellation. Same 2.5 hour instruction limits apply to these indoor sessions.

GEYF/GEYC Teams may have the ability with **prior league approval** to conduct Saturday and Sunday morning practices when the heat exposure is reduced. Saturday and Sunday practices will be subject to all previously listed staging requirements. Same 2.5 hour instruction limits apply to Saturday and Sunday sessions.

Please note that all practice sessions are subject to the GEYF/GEYF Staging restrictions.

Golden Empire Youth Football reserves the right to not only modify its practice schedule at any time, but may also cancel practice when warranted.

Sincerely,

***GEYF***  
***Board of Directors***