



**TEWKSBURY**  
YOUTH FOOTBALL *Cheerleading*

Tewksbury Youth Football  
P.O. Box 362  
Tewksbury, MA 01876



Dear TYF Families—

Although we are saddened about the recent cancellation of our 2020 competitive tackle & cheer season, we are committed to providing our members with a football and cheer experience this fall in a safe manner. Our Board has recently met and discussed the guidelines issued by the State of Massachusetts and we believe that TYF can meet them with the support of our members and still be able to offer a product that will keep our members engaged and active.

TYF will be offering Flag Football along with a NO CONTACT Skills/Drills & Conditioning Clinic.

The NO CONTACT Clinic has a target start date of Tuesday September 15<sup>th</sup> and running every Tuesday and Thursday for 6 weeks through Thursday October 22<sup>nd</sup>. Members will be separated by grade band and the boys conditioning will be separate from the girls conditioning.

Here is a sample of what the 6 week program would look like:

### **Football Clinic**

- Broken down by age/grade and further broken down to limit amount of kids per group.
- After 3 or 4 weeks, further break down by positions so can further enhance fundamentals of each position in small groups.
- All workouts will be done in stations
- Sample night would be following:
  - Stretch / Warm-ups
  - Conditioning / Agility & strength work
  - Water break
  - Review & teach positions and fundamentals, stances, etc.
  - Water break
  - Blocking fundamentals
  - Cool down / relay race type activity
- Fundamentals could consist of route running, passing, hand offs, gradually getting kids split into position based and eventually into running plays and formations to see the aspect of the sport come together.

### **Cheerleading Clinic**

- Broken down by age/grade and then further broken down to limit amount of kids per group.
- After week 3 or 4, further break down by skill



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- Focus on basic aspects of cheer to include:
  - Conditioning
  - Motions
  - Jumps
  - Game day cheers
  - Dance
- Sample night would be the following:
  - Stretch / Warm Ups
  - Conditioning in stations
  - Water break
  - Cheer techniques and basics
    - Motion drills
    - Jump drills
    - Cheer vocabulary
  - Each week new concept will be introduced
  - Water break
  - Game day cheer/dances
    - New side line cheers to be taught
  - Cool down and contactless fun cheer games

At this time, we are asking ***ALL*** members to [click here](#) to begin the next steps of enrolling in Flag Football (if not already), the NO CONTACT Skills/Drills & Conditioning Clinic, OR choosing to opt out of the 2020 season. **Please note, this must be completed ONCE for each child in each program.** If you are choosing to opt out you will be eligible for a full refund or a rollover of your balance paid towards next season. **You must specify, before Wednesday August 26<sup>th</sup>, or your balance paid will be rolled over to next season AND you will NOT be eligible for Flag Football or the No Contact Clinic, there will be no exceptions to this.** If you choose to enroll in Flag Football the cost is \$150 per child, the clinic as laid out above is \$100 per child any balance would be refunded or rolled over to next year.

We understand that this has been a long few months and our kids have suffered different set-backs in many ways, TYF is committed to providing that outlet that many of our children need.

Thank You

TYF Board of Directors