



FEBRUARY 2009

Visit us at <http://littleknightsfootball.org>

UPCOMING EVENTS

11 March 09 - General Membership Board Meeting @ Jaycees Facility

8 April 09 - General Membership Board Meeting @ Jaycees Facility

25 April 09 - Registration for Football Players and Cheerleaders g @ Home Field Equipment Room
COST: Football \$75.00
Cheerleading: \$50.00

*** Additional \$30.00 Credit Hour deposit (separate check) will need to be provided at registration - Check will be refunded when you meet the six (6) hour credit hour requirement (per family)*

13 May 09 - General Membership Board Meeting @ Jaycees Facility

10 June 09 - General Membership Board Meeting @ Jaycees Facility

20 June, 25 July and 1 August 09
Registration for Football Players and Cheerleaders g @ Home Field Equipment Room
COST: Football \$90.00
Cheerleading: \$50.00

*** Additional \$30.00 Credit Hour deposit (separate check) will need to be provided at registration - Check will be refunded when you meet the six (6) hour credit hour requirement (per family)*

REGISTRATION will be held at the LITTLE KNIGHTS home field, 3539 State Route 159 South (behind the Catholic War Veterans Building)

A MUST READ FOR ALL COACHES & PARENTS

Tips for keeping Kids hydrated during the Pre-Season HEAT WAVE. One statistics that YFUSA hates to report is the number of young athletes lives cut short by non proper hydration during pre-season practice.

This is a team effort. Players, Parents, and Coaches must monitor each other during this time of year.

We have all been drilled to drink plenty of water prior, during and after practice, but let's say it again. **DRINK, DRINK, DRINK.**

For more detailed studies on hydration pertaining to youth sports go To Gatorade Sports Science Institute (<http://www.gssiweb.com/>)

Here are some key points to keeping the players going throughout practice with out losing teaching time.

1. Plenty of water between reps. NO EXTRA SALT!!!!
2. Keep a jug of ice towels near the drills. While you are teaching a new technique, helmets off an cool rags on their necks
3. Be mindful the number of reps each player gets. Rotating your players will allow them to cool down. Keep an eye on you BIG GUYS, most youth programs may not have a large number of linemen to rotate. These big guys tend to heat up faster than lighter players.
4. Here is a great practice plan schedule as to when to determine the tempo of your practice. Use the calendar and chart the number of practices until your 1st game. Try and do more technique & teaching on hot days and full scrimmage on less hot days.
5. Most youth leagues will weigh their player prior to a game. As coaches we are responsible for each player on the field. Weigh the player prior and after practice. Keep track of all weight loss and **WATCH** then drink 2 cups per pound lost after practice. As adults we cannot assume the player will leave practice & follow your instruction on nutrition and hydration.
6. Buddy UP- Use the buddy system and have players monitor each

MARK YOUR CALENDARS
2009 GAMES START
SATURDAY 5 SEPTEMBER



LITTLE KNIGHTS FOOTBALL & CHEERLEADING CLUB
ESTABLISHED IN 1953-BELLEVILLE/SMITHTON, IL

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Not sure what team your child can play on, here's the Tri-County Football weight policy:

PLAYER ELIGIBILITY

DIVISION	Age as of September 1 st	Max Weight	Position Restrictions
TYKES	5-6	65 lbs	None
	5-6	Unlimited	If over 65 lbs Interior Lineman
	7-8	85 lbs	None
JR PEE WEE	7-8	Unlimited	If over 85 lbs Interior Lineman
	9 (Playdown)	60 lbs	None
	9-10	100 lbs	None
PEE WEE	9-10	Unlimited	If over 100 lbs Interior Lineman
	11 (Playdown)	80 lbs	None
JR MIDGET	11-12	110	None
	11	Unlimited	If over 110 lbs Interior Lineman
MIDGET	12-13	130	None
	12	Unlimited	If over 130 lbs Interior Lineman
JUNIORS	13-14	160	None
	13-14	Unlimited	If over 160 lbs Interior Lineman

LITTLE KNIGHTS SPONSORS

CATHOLIC WAR VETS
 3535 STATE ROUTE 159
 HALL RENTAL CALL JOE 235-5834

JAS OVERHEAD DOORS
 617 S 29TH STREET
 BELLEVILLE, IL 62226
 (618) 233-9652

ALLSTAR CARPET & UP-
 HOLSTERY CARE
 8 LUCINDA AVE
 BELLEVILLE, IL 62221(618)
 239-9445

GREENFIELDS FISH STAND
 3535 STATE ROUTE 159
 SOUTH OF BELLEVILLE
 CARRY OUTS AVAILABLE 234-3074

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