

# JOIN THE WILTON YOUTH FOOTBALL FAMILY!

## FALL 2022 FOOTBALL PROGRAMS

There's an opportunity for everyone in the Wilton Youth Football Family. We are a non-profit organization whose mission is to instill strong character and team values into Wilton youth via the skills and life lessons taught through football. We are run purely by volunteer parents in town and our focus is to provide an experience centered around the challenges of competition, the joys of victory, the lessons of defeat, the importance of commitment, and the spirit of community and teamwork. WYF programs are designed to offer recreational and competitive play for Wilton youth (boys/girls) in grades K – 8 via a safe, structured, and secure environment.

WYF (flag/tackle) proudly subscribes to USA Football's Development Model, which is designed to help coaches teach athletes based on their age, the skill they are learning and game type. This approach assists with the development of young athletes and allows them to learn the game and related skills in a progression that best suits them. This path offers more opportunities to play the game and choose the type of football kids want to play. The Football Development Model stands for having fun, developing a base of athleticism, and learning skills step-by-step. This allows young athletes to compete, which is something kids love and differentiates sport from exercise. Pillars of this model include age-appropriate teaching methods, set standards to reduce contact, and define a progression of game types to benefit athlete development, confidence and overall well-being.

### FLAG

- Co-ed and Girls only
- Grades Pre-K - 8th
- In-town house program
- Excitement of the game – without the contact
- Fun, fast-paced 5 vs. 5 format

### ROOKIE

- Co-ed, Grades 3 - 4th
- Travel program, hybrid of Flag and Tackle
- Introduces athletes and coaches to tackle football (no tackling)
- Allows in depth skill development in fundamental areas of the sport
- Full contact game with pads and guardian helmets
- Competes in Fairfield County Football League (FCFL)

### TACKLE

- Co-ed, Grades 5 - 8th
- Full contact travel program
- Full pads & guardian helmets
- Competes in Fairfield County Football League (FCFL)
- FCFL considered 'Gold Standard' youth football league due modified rules that promote safety and fundamental skill development

See back of flyer for  
more information about  
each program

# WHICH WYF PROGRAM IS RIGHT FOR YOU?

## FLAG

- **THE GAME:** We follow the NFL Flag format with shorter/narrower fields, 5 players per side, rotating player positions, and no player-to-player contact. Players are introduced to foundational football skills. Our parent volunteer coaches know that their priority is safety, having fun, teaching new skills, encouraging effort, and promoting sportsmanship.
  - **TIMING:** Fall (Primary) and Spring (Secondary) seasons
    - *Note: The program is flexible for multi-sport athletes. During each season, WYFC attempts to work with other town sports to coordinate/schedule games around other in-town games. A player's dominant season sport should always take priority over a recreational out-of-season practice or game.*
  - **REFEREES:** Wilton Middle/High School students are trained and employed to support the sport and community
  - **TEAM SELECTION PROCESS:** WYFC ranks the players and then conducts a blind draft process to create as fair and balanced teams as possible, allowing for a competitive, fun division.
  - **COMMITMENT:** Practice 1 day/week; and 1 in-town game on Saturdays
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## ROOKIE

- **THE GAME:** This program allows basic skill development and focus in the early years to help players learn the game of football. Played on a shorter/narrower field, there are 9 players per side. The game involves rotating positions, players wear full pads/helmets, and there is full blocking contact, but no tackling. Additionally, there are no special teams (no kickoff or live punts).
  - **TIMING:** Fall Season
    - *Note: The program is flexible for multi-sport athletes. Rookie is expected to be the primary focus of the Fall sports season. WYF is supportive of multi-sport athletes' time commitments; however if a player is going to miss a game/practice, coaches must be notified with as much notice as possible and players/parents should understand that absence may impact playing time and positions. (\*Flag registration is free if you participate in the Rookie program)*
  - **REFEREES:** FCFL Referees
  - **COMMITMENT:** Practice 2 days/week; and 1 game on Saturdays or Sundays (depending on ref/field availability)
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## TACKLE

- **THE GAME:** Our Tackle program competes on a full-sized field and has 11 players per side. Athletes engage in full contact and wear full pads/helmets. This is a volunteer-run program - by parents and board members. Participation in WYF does not have a weight requirement to play as in the Pop-Warner system, although there is weight restriction for skilled positions (weight restriction for carrying/catching the ball).
- **TIMING:** Fall Season
  - *Note: The program is flexible for multi-sport athletes. Tackle is expected to be the primary focus of the Fall sports season. WYF is supportive of multi-sport athletes' time commitments; however if a player is going to miss a game/practice, coaches must be notified with as much notice as possible and players/parents should understand that absence may impact playing time and positions.*
- **REFEREES:** FCFL Referees
- **COMMITMENT:** Practice 3 days/week; and games on Saturdays or Sundays (depending on ref/field availability)



# JOIN THE WILTON YOUTH CHEER FAMILY!



## FALL 2022 CHEER PROGRAM GUIDE

Wilton Youth Cheer strives to create an environment of camaraderie and fun while fostering a love for the sport of Cheerleading. We are committed to promoting an atmosphere of healthy competition, respect and trust as our young athletes challenge themselves to improve their skills in tumbling, dance, strength, stunts and precision moves. In addition to the physical side of our sport, we also provide character-building opportunities off the fields to ensure that our cheerleaders stay true to the values of the Wilton Youth Football and Cheer organization and stay connected to the broader community via meaningful outreach and leadership initiatives. We look for opportunities to spread cheer, develop friendships, and give back to the community by supporting local causes and events with our spirit and participation. As an organization, we are grateful for our team of supportive volunteer coaches and parents and look forward to introducing many exciting elements to our Cheerleading program as we evolve and grow. Go Warriors!

### SIDELINE

We offer sideline Cheer for Co-Ed Flag & Girls Only Flag Football games (Grades K-6) as well as Co-Ed Tackle Football games (3rd-8th grades).

### COMPETITIVE

Our Competitive Cheer Squad is coming back this Fall after a 4-year hiatus. This program takes cheerleading to the next level, as the squad applies their Sideline Cheer Skills to a competitive team. This is a separate squad from Sideline cheer with its own practice times. Travel will be involved across the state.



Flip page for  
more information  
on each program

# WHICH CHEER PROGRAM IS RIGHT FOR YOU?

## SIDELINE

- **COACHES:** Board and volunteer parents who strive to provide a positive experience for all involved and take the values of the WYFC organization seriously
- **TIMING:** Late August - Mid-November (\*Spring season: April - June)
- **GRADES/AGES:** K - 8th
  - *The structure of squads are subject to change per enrollment numbers*
- **PRACTICE/GAME COMMITMENT:** Practices on Fridays after school at Comstock Community Center (\*Cheer bus available from Miller-Driscoll) and Flag Football Games are on Saturdays
- **UNIFORM:** Uniform, pom poms, and practice shirts provided
- **REGISTRATION:** \$200



## COMPETITION

- **COACHES:** Along with a professional choreographer, weekly practices will be run by fitness expert, former cheer captain and professional dancer, Jolene Ballard, who has been featured as a Dallas Cowboy Cheerleader on the reality show, "Making the Team" and brings her passion for cheer to the Wilton community.
- **TIMING:** Late August - March
- **GRADES/AGES:** Grades 3rd - 8th (Up to 30 girls; If necessary, tryouts will be held)
- **PRACTICE/COMPETITION COMMITMENT:** 1 mandatory practice on late Sunday afternoons (in addition to 1 Sideline practice and game each week) and 5 state-wide competitions (Jan - Mar 2023)
- **UNIFORM:** Sideline uniform provided with additional charge for custom competition costume, that cheerleaders may keep
- **REGISTRATION:** \$250 (\*Approx. uniform cost) plus 4-5 competition registration fees (\*Approx. \$50 each). Cheerleaders to provide their own white sneakers.



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