



FREE FREE

*NFL Saints Junior Player Development Program
Presented By Louisiana Youth Football*

**FOR Boys Ages:
12-14**

(Age as of December 31, 2008)

Registration Day:

Saturday, April 19 10:00am – 12:00pm

Riddell Equipment Fitting:

Saturday, April 26 10:00am – 2:00pm

JPD Location:

Southern University Laboratory School - Practice Field
129 Swan Street, Baton Rouge, LA 70807

JPD Practice Dates:

5 Weeks (April 29, 2008 – May 29, 2008)

Week 1: Tues. – April 29th, Thurs. - May 1st, Sat. – May 3rd

Week 2: Tues. - May 6th, Thurs. - May 8th, Sat. – May 10th

Week 3: Tues. - May 13th, Thurs. - May 15th, Sat. – May 17th

Week 4: Tues. - May 20th, Thurs. - May 22nd, *Scrimmage:* Sat. – May 24th

Week 5: Tues. - May 27th, *Awards Ceremony:* Thurs. - May 29th

JPD Practice Times:

6:00pm – 7:30pm Tuesday & Thursday

10:00am – 12:00pm Saturday

www.LouisianaYouthFootball.com



Program Explanation and Outline

As junior high school programs diminish, the NFL Junior Player Development program is an attempt to rebuild youth tackle football as an effective feeder system for high school programs.

The program is a readapted youth tackle football instructional and developmental playing method for junior high school boys and girls between the ages of 12 and 14. In order to receive a full experience and understanding of the game, every participant receives a wide range of training in a number of positions.

NFL Junior Player Development Instructional and Competitive Concept Outline

- ◆ All basic fundamentals, such as tackling and blocking, are taught and reviewed at every practice. They are best taught progressively, with the idea of “crawling” first, then “walking, jogging and finally running.” Fundamentals of form tackling and the six-point progression of blocking are first introduced six inches apart and then slowly separated by distance. This structured and controlled environment enables all players to learn at their comfort level.
- ◆ All practices are broken into instructional segments lasting no more than 15 minutes. The particular assigned position of the day is taught in an upbeat tempo that holds a player’s interest throughout the entire practice.
- ◆ Every practice ends with a review of skills. To further emphasize skills learned that day, there is also a weight-based competition between two adjacent teams on the field that have learned complimentary positions through one-on-one individual competition.
- ◆ The objective of competitive play focuses on the execution of basic skills learned, not necessarily the end result of a play. Participants compete for points awarded by a referee for proper set up and stance, as well as proper execution of skill.
- ◆ JPD is broken into three six-week stages. Every participant graduates from stages one through three in consecutive years and/or seasons. For example, each stage can be implemented every spring over three consecutive years or over three different seasons (spring/fall/spring). The focus of instruction and competition shifts after stage one to a progression of sharpening and combining with other skills. At this time a semblance of the actual game of football is developed. Instruction then focuses on how different positions work together, with competitions reflecting these changes.
- ◆ Each head coach applies the incorporation of life skill messages throughout all on-field skill training. Coaches follow a specifically designed curriculum created by a sports psychologist. Each week a different life skill is integrated throughout the on-field curriculum.
 - Week One: Responsibility
 - Week Two: Goal Setting
 - Week Three: Sportsmanship
 - Week Four: Self-Control
 - Week Five: Smart Moves
 - Week Six: Teamwork

About **LYF**:

Louisiana Youth Football is a non-profit community based organization formed to provide urban youth with positive alternatives to the streets. **Louisiana Youth Football** is focused on the developmental enrichment of all its members and programs. **Louisiana Youth Football**, with community, church, and the Park & Recreation Commission for the East Baton Rouge Parish's (*BREC*) support, is determined to create an understanding, develop respect, inspire leadership, foster teamwork, establish discipline, and nurture love amongst our youth & communities through football and educational programs.

Louisiana Youth Football's mission is to utilize organized and structured athletics as a tool to enlighten and cultivate the development of well rounded youth through establishing a foundation of the following life skills: Responsibility; Goal Setting; Sportsmanship; Self Control; Smart Decisions; Teamwork; Leadership; Perseverance



AGREEMENT TO WAIVER OF CLAIMS AND LIABILITY RELEASE

In consideration of acceptance as a Participant in the NFL Junior Player Development Player Program (hereafter the "Program"), the undersigned Participant (hereafter "Participant") and Participant's parent(s) or legal guardian(s) agree to the following Waiver of Claims and Liability Release (hereafter the "Waiver and Release"), which will cover events occurring from the time the Participant commences participation in the Program until the termination of participation therein.

WAIVER OF CLAIMS AND LIABILITY RELEASE

It is the intent of the undersigned Participant and Participant's parents or legal guardians to release, the NFL Youth Football Fund, NFL Properties LLC, NFL Ventures L.P., the National Football League (the "NFL"), its member clubs and each of their respective affiliates, subsidiaries, officers, directors, agents, sponsors, and employees (the "NFL Entities") collectively from any claims or liability to the fullest extent possible under the law, and to advance that intent the undersigned hereby agrees as follows:

1. WE UNDERSTAND AND HEREBY ACKNOWLEDGE THAT THE GAME OF FOOTBALL IS A FULL-BODY CONTACT SPORT THAT PRESENTS THE INHERENT RISK OF SERIOUS BODILY INJURY, AND OUR WAIVER AND RENUNCIATION OF CLAIMS IN THIS AGREEMENT EXPRESSLY APPLY TO ANY BODILY INJURY, DAMAGE, OR ACCIDENT THAT MAY BE SUFFERED BY PARTICIPANT OR OTHERS RESULTING FROM THE PARTICIPANT'S PARTICIPATION IN THE GAME OF FOOTBALL IN CONNECTION WITH THE PROGRAM.

2. **We the undersigned, as a Participant in and the parents or legal guardians of a Participant in the Program, hereby waive and renounce any claims against the NFL Entities,** or any other person participating in the Program, including without limitation any claims based on negligence, for any injury to the Participant or others, loss damage, sickness, accident, delay, or expenses of any kind whatsoever resulting from the Participant's participation in the Program.

3. We also agree to hold harmless the NFL Entities from any and all claims arising out of the equipment or uniform supplied to Participant for use in the Program, or the equipment or other materials used by Program staff in implementing the Program.

4. We understand and acknowledge that the NFL Entities do not guarantee the security or safety of Program sites, of the areas adjacent to and surrounding Program sites, or of any areas Participants may traverse on their way to or from Program sites. We release the NFL Entities from any and all claims arising out of accidents or events caused by a Participant or third parties not associated with the Program, which incidents could occur on Program sites, in areas adjacent to or surrounding Program sites, or in areas traversed by Participants traveling to our Program sites. We further release the NFL Entities from liability for any damage or injury that may occur as a result of the surface or condition of the Program site itself (e.g. the football playing field), or the condition of facilities or equipment used at the site.

5. We recognize that the Participant must obey the instructions of coaches, their assistants, and any other Program staff, and we have instructed the Participant to obey said coaches and other Program staff. We understand and acknowledge that the Program staff and NFL Entities reserve the right to terminate the participation in the Program of any Participant whose conduct may be considered by the NFL Entities, in their sole discretion, to be detrimental to or incompatible with the interests and security of the Program or the NFL Entities. In the event of any such action by the NFL Entities, we understand and acknowledge that we will have no right to any compensation or damages from the NFL Entities.

6. We represent and confirm that the Participant has undergone, or will undergo prior to commencement of his participation in the Program, a full and comprehensive physical examination administered by a Board-certified physician who will supply to the NFL Entities or their designated representative a letter certifying, on the basis of aforementioned physical examination, that the Participant is physically fit to play the game of full-contact football and otherwise to participate in the Program. We further confirm that we have executed, or will execute prior to commencement of the Participant's participation in the Program, the "medical history" form provided to the Participant at the time of his registration for the Program, and we will return the executed medical history form to the NFL Entities or their designated representative.

*Information required is mandatory (all fields must be complete)

7. We further understand that should any medical services be provided or made available to the Participant in connection with his participation in the Program, the provision or availability of which the NFL Entities do not sponsor or guarantee, the NFL Entities do not warrant or make any representation concerning the adequacy or continuation of such medical services, nor can the NFL Entities be deemed responsible or held liable for any claims arising out of the provision of such medical services or the failure to provide or to continue to provide such medical services. We also understand that the NFL Entities cannot be held liable for any other services provided in connection with the Program, including without limitation any coaching, counseling, transportation, or security services.

8. We hereby grant the NFL Youth Football Fund the right to use the name, image, likeness, photograph, and biographical material, including without limitation to any material collected through Program surveys, pertaining to the Participant throughout the world in any and all media, now known or hereby created, in connection with promoting or publicizing the Program or any other endeavor.

9. If any portion of this Waiver and Release is declared invalid or unenforceable by a final judgement of any court of competent jurisdiction, we hereby agree that such determination shall not affect the balance of this Waiver and Release, but this Waiver and Release shall remain in full force and effect, as such invalid portion shall be deemed severable.

10. **(For California Residents Only)** I hereby expressly waive all rights under Section 1542 of the Civil Code of the State of California, and under any and all similar laws of any jurisdiction. I am aware that said Section 1542 of the Civil Code provides as follows:

A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS WHICH THE CREDITOR DOES NOT KNOW OR SUSPECT TO EXIST IN HIS FAVOR AT THE TIME OF EXECUTING THE RELEASE, WHICH IF KNOWN BY HIM MUST HAVE MATERIALLY AFFECTED HIS SETTLEMENT WITH THE DEBTOR.

Full name of Parent or Guardian (First and last name)

Signature of Parent or Guardian

Relationship to Participant

Full name of Participant (First and last name)

Signature of Participant

Date

Address

City/State

Zip

Phone Number

Age as of December 31
of current year

Birthdate

Email Address

Participant's Current School

High School Participant plans to attend

*Information required is mandatory (all fields must be complete)

NFL Junior Player Development
MEDICAL FORM

Participant Name / Birth date: _____ **Weight:** _____

Assumption of Risk and Consent for Treatment

I understand that there is an inherent risk of injury with my participation and contact football, and that this injury may lead to permanent disability or death. In the event of routine of emergency health examinations diagnostic procedures, treatment of illness, and/or injuries, permission is hereby granted to treat the athlete above by the NFL Youth Football Fund ("JPD") medical staff, physicians associated with other community facilities as needed.

Name of Parent / Guardian: _____ Date: _____

Signature of Parent / Guardian: _____ Date: _____

Signature of Student: _____ Date: _____

Emergency Contact #: (____) _____

Medical Insurance Information

Indicate the status of your personal health insurance coverage. If covered, the information indicated below must be provided for all applicable policies.

- _____ I am not covered by a health/accident insurance policy.
_____ I am covered by my own health/accident insurance policy.
_____ I am covered by my parent's health/accident insurance policy.

Health Insurance Company Name & Address: _____

Group #: _____ Policy #: _____

Physician Consent

Height: _____ Weight: _____ Blood Pressure: _____

Allergies: _____

Medication student-athlete is taking: _____

Previous Medical Conditions: _____

Previous Orthopedic Conditions: _____

_____ Student-athlete cleared for all full contact physical activities (full contact football)

_____ Student-athlete restricted from physical activities, reason and/or conditions for clearance (if any)

Conditions for clearance (if any): _____

Signature of Doctor: _____ Date: _____

***(Doctor's stamp of approval also required)**