



Multi-Sport Athlete Guidelines

The Young Thunderbirds Football Program encourages players to play multiple sports. Multiple studies show that athletes that play multiple sports avoid burnout, reduce the risk of injury, build confidence, and become overall better athletes.

Parents and coaches alike often find difficulty managing the demands of playing multiple, especially when it comes to practices and games.

We hope to help parents understand the expectations of playing tackle football with the Young Thunderbirds, and help to avoid misunderstandings when conflicts should arise.

The Young Thunderbirds believe that every sport has a season. **Fall is football Season.** While our program offers multiple off-season opportunities for players to continue workouts, these are always optional, and attendance at other sports is encouraged.

Tackle football is the ultimate team sport. With 11 players on the field, it is imperative that players know their position, understand plays, and are able to correctly utilize the skills coaches teach. This is not only for success on the field, but for players safety, as well.

When tackle practices begin with equipment (helmet/shoulder pads/pants), the Young Thunderbirds expect a commitment to practice attendance. This typically begins once July 4th has passed. Without a base knowledge of how to correctly tackle, hit, and aggressively play, players have a higher risk of injury. Missing practices will become a safety issue!

As the season begins, practice and game attendance is expected unless personal circumstances (family emergency/illness/etc.) do not allow for attendance.

If you a conflict with a different sport, remember that **Fall is Football Season** and the Young Thunderbirds expect players to prioritize football during football season. When other sports are in season, the Young Thunderbirds will expect you to prioritize other sports.

When you commit to play for the Young Thunderbirds, remember this, practice and game attendance are crucial to team success and attendance is expected at every scheduled practice and game.