

We hope that the answers to these questions will clarify some uncertainty that you may have about youth football in general and, specifically, our program. If you don't find the answers to your questions here, please feel free to call us at 404-838-6722 or email us at [drivingthebus34@gmail.com](mailto:drivingthebus34@gmail.com). Below are answers to the questions we get most often.

## **What is the New Found Life Youth Football League (NFLYFL)?**

NFLYF is the OFFICIAL FOOTBALL Provider for the City of Milton. The NFLYFL is the premier youth football league for boys and girls (ages 4 – 15) in the Milton/Alpharetta area. The director of this league is retired professional football player, coach Tim Lester. The mission of NFLYFL is to develop the total person-spirit, mind and body-through character-development programs that build strong kids, strong families, and strong communities.

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## **What are the programs within the NFLYFL?**

The NFLYFL is made up of three major programs.

- Milton Steelers Tackle Football (Grades K-8<sup>th</sup>)
  - Milton Steelers Competitive Flag Football Program (Grades K-8)
  - NFL Play 60
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## **What teams do NFYFL have currently in their program?**

All players are Put on teams based on their current high school.

1. **The Milton Steelers BLUE** are for players that live-in Milton and are zone to attend Cambridge High School.
2. **The Milton Steelers RED** are for players that live-in Milton and are zone to attend Milton High School.
3. **The Milton Steelers BLACK** are for players that DO NOT live-in Milton and are not zoned for either one of The City of Milton's local high schools.
4. **The Milton Steelers ELITE** are for players who have 3 or more years of tackle football experience and want to compete at a higher level.
5. **Our Flag Teams** are for players 5-14 who reside in Milton and the surrounding areas of North Fulton.

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## **How do the Fall tackle and flag teams differ other than the obvious use of flags versus tackle?**

The tackle teams compete throughout the North Fulton. Players learn football fundamentals in a safe, comprehensive manner from coaches who have played at the college and pro levels. All players have a chance to learn proper blocking and tackling techniques with state of the art equipment such as a tackle blocker, a five-man chute, the Shadowman tackling system, blocking dummies, and a Kaboom dummy.

The flag football program was started in memory of Mike "Big Show" Scott, who was the offensive line coach for the varsity football team at Milton High School. Mike Scott loved this community and gave 100% of his time to the betterment of his players. Our fall flag teams also compete throughout North Fulton. Our flag football league builds a solid base of

fundamentals while players gain a multitude of football skills that are also transferable to other sports. Beginning with flag is extremely important for individuals whether they later decide to play tackle football, continue with their flag football experience, or play sports other than football.

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## **What is NFL Play 60?**

NFL Play 60 is the National Football League's campaign to help kids stay active through some sort of physical activity for at least 60 minutes a day. Coach Tim Lester is the commissioner of the Milton/Alpharetta NFL Play 60 League. He knows firsthand the value of staying healthy and the importance to teaching young athletes to make "Winning Choices." Our Play 60 initiative holds various year-round programs to keep kids active and involved. These include:

- Winter Speed and Agility
  - Spring Recreational Flag Football
  - Spring USA Football Heads Up Blocking and Tackling Program
  - Summer Track Club
  - Play 60 Flag and Tackle Summer Camps
  - 7 on 7 Flag Football Leagues
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## **What is a "feeder" team and is the NFLYFL considered a "feeder program?"**

A feeder team typically means that all the players on that team are slated to go to the same high school based on the zoning of the local school district. Some believe that playing on a feeder team will automatically give their child an advantage when that child

gets to high school. This is not necessarily true. In fact, feeder programs, especially at the elementary level, can limit choices in terms of both coaches and positions because of the often-limited numbers of players available that happen to be zoned to a school. What matters above all is how players are coached, not where they live. We do believe that having relationships with our local high school coaches is important however, it is not the most integral part in developing our young players for their future football careers; the most essential aspect for a young football players is proper coaching, learning football fundamentals and not just learning plays to compete on GAME DAY.

Since our **primary focus** is teaching football fundamentals, film study, rugby tackling and blocking techniques, and USA Football mechanics we are confident that we will equip all our players with a solid foundation of football. We also believe if young players learn the groundwork of football fundamentals regardless where they attend high school they will have the tools needed to be competitive and successful on and off the field.

In winter of 2017 NFLYF had to put their players on teams based on where they live due to the fact the local league requirements have changed; requiring all teams to zone their players based on their high schools. Coach Lester has had the opportunity to coach with Milton High School Varsity Football Team. Over the last two years Milton High School Coaches have performed skills football camps for our players; in addition to, we have employed varsity football players as coaches for our spring flag football teams and as coaches for our fall tackle football teams. Coach Lester, being a retired professional football player, knows the importance of teaching true football fundamentals and knows that tapping into the expertise of our local high school coaches helps to ensure that all players in the NFLYFL program benefit in their football development.

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**What if I live outside of the Milton/Alpharetta area, can I still play with the NFLYFL?**

Absolutely! You will play for the MILTON STEELERS.

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**What levels of play are available for the tackle program?**

Recreational Tackle Football Teams K-8 will play in the North Metro Atlanta. These teams will compete and travel to local parks to participate in recreational tackle football games.

Elite Tackle Football Teams 3-8. These teams will compete in both North and South Atlanta.

The coaching staff will not make final decisions on the “ELITE” teams until this summer, when they have had a chance to evaluate all the players who sign up to play, even those who chose not to participate in our various assessments skills camps held during the months of March, April and May can still make an Elite team if they have 3 or more years of Tackle Football Experience

At this age level, we know kids will be coming to us with different levels of ability, knowledge, and comfort playing tackle football; we want to make sure that our programming offers opportunities to meet the kids where they are, just like in school kids who are in the same grade are taught math or reading based on their current ability as opposed to everyone learning everything at the same pace. Our coaches are committed to teaching the fundamental skills that are transferable to any position at any program. Our coaches realize kids get older and develop physically and mentally, their “true” position will become apparent. This doesn’t happen in elementary school. We understand there is a

temptation to get caught up in the meaning of “ELITE” and “D2” or “Rec” levels when the reality is what level a child plays at in elementary and middle school is not a predictor of, and certainly not a guarantee of, where they will end up later in their athletic life.

The goal of our program is to prepare our participants to be the best people, teammates, and football players they can be (in that order). We focus on teaching the fundamentals to all our kids. Regardless of where a child plays during the game on Saturday, they will be coached on the fundamentals at all positions. For example, during the individual period of practice, linemen will still be running the ball through the tackle breaker, and running backs will be learning proper steps for blocking. The linemen may not get to run the ball on Saturday, but the next year, or in a few years, when they are asked to be a running back, they will know what to do because they have been taught those skills.

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### **What does D1, D2, Select, and Rec actually mean?**

“D1,” “D2,” “Select,” and “Rec” refer to the divisions within tackle football and are universal to all, or most, youth football leagues in the state of Georgia. We realize that all players develop at different levels and different rates, and that players also begin tackle football at different times in their lives. Therefore, we offer different tackle divisions to accommodate our players as they learn the sport and as they grow physically and cognitively. We offer different levels so all athletes can be successful as they utilize their God given gifts and talents at their own pace. We are about building fundamentally sound youth football players.

Rec simply means a recreational team where all players who sign up will play on a team. Rec level teams are also called D2 in some youth football leagues. There are no tryouts for the D2 team. If you want to play, you can play.

To be on an Elite or Select team, players are required to be assessed for safety purposes.

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### **Where do Recreational and Elite/Select, Teams Play?**

Recreational teams compete in North Georgia. We play games at various schools and stadiums in North Georgia. Our Elite/Select teams will travel all over; some games will be in North Georgia and some games will be played on the Southside of Georgia. All our home games are played on the turf at Bell Memorial Park or Milton High School Stadium.

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### **Will there be a draft?**

Yes. There is a draft for tackle teams at the Recreational level only if there are to be multiple teams for a given age group. A draft is important to make sure each team has sufficient talent and players are not forced to play a position that they are not comfortable or successful playing. At this early age of tackle football, we strongly believe teaching football fundamentals, mental toughness, and heart to truly succeed competition are currently the most important aspects. We believe all players must earn their position based on objective feedback from experienced coaches and the needs of the team. At this age, kids are still

developing both physically and mentally at very different rates, and the position they play in 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, or 5<sup>th</sup> grade is probably not where they will play in later years, especially after they go through puberty. However, all players, regardless of the position they play on game day, will learn the fundamentals of all the positions. There is not a draft for players at the Select level.

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### **When will we practice?**

K-2<sup>nd</sup> grade tackle players will practice twice per week.

3<sup>rd</sup>-5<sup>th</sup> will practice three days per week

6<sup>th</sup> -8<sup>th</sup> tackle players practice four days per week

One day will be dedicated to film study in addition, to Fridays being a “Walk Through” for the ELITE TEAMS ONLY.

Flag players will practice two times per week for 1 1/2 hours each practice.

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### **What is the refund policy?**

A \$75 administration fee will be withheld for all refunds issued prior to July 1<sup>st</sup> after that date ABSOLUTLY No refunds will be given.

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## **Do tackle players rent equipment from you?**

Yes. All players will need to raise or donate \$200.00 to rent both equipment and uniforms. We have Certified Representatives from different vendors individually fit each of our players.

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## **What equipment do I need to purchase for tackle football?**

Your athlete will need to purchase BLACK practice pants and cleats, and a practice jersey based on the team they are on, for example:

**Milton Steelers Red** will need to purchase a **RED** Mesh Practice Jersey

**Milton Steelers Blue** will need to purchase a **BLUE** Mesh Practice Jersey

**Milton Steelers BLACK** will need to purchase a **BLACK** Mesh Practice Jersey

**Milton Steelers ELITE** will need to purchase a **GOLD** Mesh Practice Jersey.

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## **What is the cost to participate in the Fall Tackle and Flag football programs?**

Fall Flag Football has a \$125 registration fee which includes one jersey. All players will need Black Shorts. Parents are required to purchase their players soft shell helmet and shoulder pads for

\$70.00 if this is an issue will have a few to rent at a first come first serve bases.

Fall Tackle Football has a \$0 registration fee for all City of Milton Residents and due to the Memorandum of Understanding between the City of Milton and Alpharetta all Alpharetta Residents will also have a \$0 registration fee.

There is a however, a \$90.00 out of City Fee for All non- Milton Residents. Registration for Fall Flag and TackleFootball also includes a \$2 million dollar insurance policy that covers every player and includes an additional \$25,000 concussion insurance in case of injury.

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### **How do you handle emergencies at a game?**

New Found Life Youth Football League has an Emergency Action Plan. Every team has a trained safety coach and an assistant safety coach.

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### **Do you have a banquet at the end of the season?**

Yes! Our league has a large banquet at the end of the fall season for all flag and tackles athletes who participate in the fall season. We will do one major fundraiser in the fall to cover the cost of the banquet. Also, because we believe that supporting our community is important, a portion of the proceeds for this fundraiser will also go to the Scott family that we identified earlier in this FAQ.