

# SCICOH SHARKS FOOTBALL

PO Box 510 North Scituate, MA 02060  
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## ABOUT SCICOH FOOTBALL

SciCoh is a 501(c)(3) and volunteer-run organization, founded in 1992, to provide a fun, positive, and successful tackle football experience for Scituate and Cohasset youth in Grades 2-8. SciCoh is a long-standing member of the Old Colony Football League (OCYFL). SciCoh follows and adheres to the OCYFL By-Laws in its operation and gameplay. SciCoh operates on funds generated from registration fees, fundraising, game admission, and donations.

## SAFETY

**COACH TRAINING:** Every SciCoh Coach is required to take annual "Heads Up" Coach Certification Training with USA Football. This training includes various safety, health, and technique courses including; concussion/cardiac arrest recognition and protocol, heat exhaustion, hydration, tackling, blocking, coaching foundations and principles, and much more. The head coach and 1 assistant coach for every team are also trained annually in CPR and First Aid. CORI background checks are done on all coaches every season.

**GEAR:** Every SciCoh player practices with a Guardian Cap on their helmet. Guardian Caps are padded covers that help reduce impact. Many NFL teams have now implemented the use of Guardian Caps during their practices. SciCoh sends all helmets to the original manufacturer for inspection and reconditioning every other year. Shoulder pads are also sent for inspection and reconditioning every other year. Helmets are retired and replaced after 10 years from the original manufacture date.

**EMT:** For every game, SciCoh hires an EMT to be on the sidelines to evaluate and treat any player injuries, including potential concussion concerns. The EMT is the only person that can clear a player's return to gameplay.

**FILM:** SciCoh uses HUDL to film every game. Coaches review this game film as an extra tool for not only play execution and position responsibility review of players but, more importantly, to also recognize and correct any safety concerns. The SciCoh Board of Directors and OCYFL may also review this film if any player or coach disciplinary action is needed.

## EQUIPMENT

**SCICOH PROVIDES:** Helmet, mouth guard, shoulder pads, Guardian Cap, game pants, and game jersey each season. Every player is fitted for the correct sized gear by trained Coaches and Board of Director members at equipment pickup in early August. All SciCoh issued equipment is returned to SciCoh at the end of the season.

**YOU PROVIDE:** Practice pants, practice jersey, cup, and cleats (metal spiked cleats are not allowed).





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## SCHEDULES

**TRAINING CAMP:** Begins mid-August and will run Monday-Friday. This is to get players acclimated to wearing their gear, fundamental instruction, various drills, conditioning, player skill assessments, and team bonding at every grade level. Contact is introduced at a gradual pace. As training camp progresses, coaches will begin to instruct and install plays, teach positional responsibilities and loosely assign player positions based on a number of assessment factors, while keeping player safety as the #1 factor. Coaches may schedule a pre-season scrimmage.

**REGULAR SEASON PRACTICES:** Once school starts, full equipment practices will go to 3 days each week, generally Wednesday-Friday, and typically run 1.5 -2 hours (W/Th) and 1 hour on Friday. Wednesday and Thursday will consist of warm-ups, drills, running plays, teaching and installing new plays, foundation reinforcement, and conditioning. Fridays are no-contact/helmet only practices and consist of warm-ups, special teams' run-through, position responsibility review, game plan review for the opponent ahead that weekend, running plays against air (no contact) and conditioning.

**REGULAR SEASON GAMES:** Generally consists of 8 games for Blue (Varsity) and 7 games for White (Junior Varsity), and split between home and away games, for all grade levels. Blue games are typically played on Sundays (some Saturday Night Games may be scheduled) with White games on Saturday mornings. Blue teams that qualify in the standings will make it to one playoff game and teams that advance past the playoff game will compete in the Super Bowl Championship. Game schedules will be posted on scicohfootball.com and also communicated via email by the head coaches with additional details.

## WEIGHT LIMITS

All SciCoh players must adhere to the OCYFL weight limit regulations. These are put into place and regularly reviewed for player safety. It is a league requirement for every player to weigh in before each game. The weight limit increases by one pound each week of the season. Please refer to scicohfootball.com for complete weight limit information for each grade level.

## EVENTS

Various events, team bonding opportunities, and fundraisers come up. Follow SciCoh's social pages to stay up to date!

At the end of the season, Grades 2-7 will have an awards night and Grade 8 will have a formal banquet to celebrate their final time together as SciCoh Sharks before they enter High School Sports.

