

## Solon Saturns Frequently Asked Questions

**What is the Solon Saturns' philosophy toward football training?** The Solon Saturns youth football program teaches and promotes the competitive game of tackle football in Solon, Ohio to prepare players to be competitive at the next level of competition. The Saturns promote the importance of fundamentals, self-esteem and teamwork in a safe, fun environment. The program is designed to provide an opportunity for players to learn and improve their tackle football skills.

**Are the Solon Saturns part of the Solon Comets program?** No. The Solon Saturns are not affiliated with the Solon Comets program. The Solon Saturns program does have the support of the Solon Comets program and does instill certain aspects of their program. However, the Solon Saturns are a community-based program and only allow residents of Solon to participate.

**When and where are practices?** All practices will be held behind the Solon Middle School. Practices will begin on August 1st. Prior to the start of school, all teams will practice 5 days a week (Monday thru Thursday evenings and Saturday mornings). Once school begins (the week of August 22) practices will be twice a week (Tuesdays and Thursdays). We realize that for families new to the program that this schedule may seem overwhelming at first. However, being in good physical shape and learning proper form is essential to safety in football since it is a full contact sport so the number of practices is necessary and typical for the teams in this league. A full practice schedule is available on the website.

**Should I stay at practices?** You should be at the 1<sup>st</sup> practice and after teams are announced on August 10<sup>th</sup>. You are not required to stay at practices, but are welcome to observe from beyond the practice area.

**What is expected for practices?** All players are expected to be at the field suited and mentally ready for practice prior to practice starting. Discipline is part of football so being prepared and starting on time is part of the coaching philosophy. Being ready to play means having all equipment on, a full water jug with them, and being ready to fully listen to the coaches. Practices are run by the coaching staff and parents are welcome to watch from a distance that allows safety for the coaches and players. Please respect the coaches and commissioners requests if asked to move.

**What equipment will I need to provide for my child?** The Solon Saturns provides all required pads, helmets, jerseys, and football pants, which are required to be returned at the end of the season. You will be asked to provide a good pair of molded cleats, a water jug, and an athletic supporter or cup.

**Are Pets allowed at Solon Saturns practices and games?** NO. All pets are prohibited for liability reasons.

**Where can I park?** Please park in the parking lot next to the SMS Field. It is illegal to park along the road next to the wooden posts on the south side of the drive. There must be enough room for the police and fire departments to drive a vehicle through. Illegal parking will be subject to parking tickets by the Solon Police.

**How far will we have to travel to games?** The Solon Saturns are part of the Western Reserve Youth Football League which contains 8 communities. The farthest teams are no more than 1 hour away. The families are responsible for getting their children to the games in a timely manner. There is no team transportation, but there should be plenty of parents available to help carpool if necessary.

**Where are our home games played?** The majority of home games are played at the Solon Middle School field. The Saturns try to schedule at least one weekend of games to be played on the Solon High School field. This is not guaranteed.

**When are games played? How long is the season?** Games are either on Saturday or Sunday and begin August 27. The regular season (for Varsity and Jr. Varsity Division) is 6-7 weeks with a guarantee of an additional game in the post-season playoffs. The top 2 teams in the league's Varsity and Jr. Varsity divisions will also play in the league's Super bowl which will take place on either November 5th or November 6th. The full schedule will be announced after the league has released the schedule.

**When will game schedules be released?** The full regular season schedule will be announced after the league has released the schedule sometime in the middle of August.

**What fees will be required for the season?** The \$250 registration fee is the only fees required for the season. There will be an opportunity to order Solon Saturns apparel (e.g., sweatshirts), but the organization sells the apparel at cost and purchase is optional. Fees are used for equipment, insurance, league fees, referee fees, and maintenance. All Solon Saturns Coaches and Administrators are volunteers and are not paid positions.

**What happens to my registration fees if my child quits?** Anyone leaving the program prior to the first game will have their registration fees returned to them in full.

**Are there any fundraisers?** Yes, we will announce the fundraiser in August. Proceeds from concessions go towards our scholarship fund and help defer the cost of registration fees. A large number of Volunteers are needed to facilitate concession stand and game day operations. Other fundraisers may be offered to supplement the Solon Saturns Scholarship Fund, but those fundraisers will consist of selling Solon Saturns items.

**How many players are there per team and how are the teams comprised?** Teams are comprised of no more than 20 members to optimize coach to player ratios and playing time. This is consistent with other teams in the league. The teams are drafted by the head coaches in an attempt to keep the talent level across the teams as even as possible. The first week of practice is intended to be for conditioning and evaluation to give the coaches a look at the players prior to the draft.

**How much playing time should a player expect to get?** The league requires a minimum amount of playing time so all players will play in every game. However, not all players will play an equal amount of time. This is a travel league and the coaches strive to balance the needs of the individuals to learn the game and the desire of the teams to be successful in game situations. As players become more accustomed to both the physical and mental aspects of the game, they are likely to get more playing time.

**What are the "Varsity," "Jr. Varsity," and "Freshman" Divisions?** These represent the different divisions in the league which are determined by age and grade. "Varsity" are the oldest players who are 10 - 12 year olds (5<sup>th</sup> and 6<sup>th</sup> grades). "Jr. Varsity" are 8 – 9 year olds (3<sup>rd</sup> and 4<sup>th</sup> grades) and "Freshman" are 6 - 7 year olds (1<sup>st</sup> and 2<sup>nd</sup> grades).

**What are the weight requirements for the league? Why are there weight requirements?** Weight requirements are necessary to keep the league safe and instructional. The Weight requirements for each division are as follows:

**Varsity Division** – 125 lbs without Shoulder Pads and Helmets to play any position. Up to 140 lbs without Shoulder Pads and Helmet to play Offensive or Defensive Line.

**Jr. Varsity Division** – 110 lbs without Shoulder Pads and Helmet to play any position. Up to 120 lbs without Shoulder pads and Helmet to play Offensive or Defensive Line.

**Freshman Division** – 110 lbs without Shoulder Pads and Helmet to play any position.

**Do players try out for specific positions?** Every player is given a chance to be evaluated at their choice of position. It is ultimately the Coaches decision of what positions they feel the player can best help their team.

**Are there cuts?** No. The Solon Saturns has made a change in philosophy. But, if a child is physically or mentally not ready for tackle football, the commissioner will contact the parents/guardians to discuss options.

**Who are the coaches? How are they chosen? What is required if I'm interested in coaching?** Coaches are fathers and volunteers in the program. The Head Coaches are chosen by the Solon Saturns Board of Directors. Assistant Coaches are chosen by the Head Coach. If you are interested in coaching, please notify the Solon Saturns Commissioner either at practice or via the Solon Saturns web site, [www.solonsaturns.com](http://www.solonsaturns.com). All Solon Saturns coaches are certified by NYSCA (National Youth Sports Coaches Association). Coaching positions are limited based off league recommendations.

**What is the draft? Should I be concerned about what happens?** The draft is a method of each team selecting players for their team through the evaluation of the players during the first 6-7 practices. The draft is designed to allow each team to select as equal talent as possible that is available in the draft.

**What can I do to help? Is there a need for volunteers?** Volunteers are vital in the organization. The Solon Saturns have multiple opportunities for Volunteers. Some of these are Coaching, Concession Stand, Awards Dinner, Team Equipment Manager, Team Parent, Spirit Wear, etc. If you are interested in Volunteering, please contact the Solon Saturns Commissioner.

**Where do I go if I have more questions about the program?** Please visit the Solon Saturns Web Site, [www.solonsaturns.com](http://www.solonsaturns.com). If your questions are still not answered, you can always contact the Solon Saturns Commissioner.

**Are Cheerleaders part of the Solon Saturns Youth Football program?** No. Although the Solon Saturns teams are fortunate enough to have the support of cheerleaders at many of the games, the cheerleading program is run by My Gym of Solon. For more information about cheerleading, please contact My Gym of Solon at 440-914-9497 or via email [mygymsolon@sbcglobal.net](mailto:mygymsolon@sbcglobal.net).