



We're off and running!

Teams have been established and practices are underway. The players are working very hard to prepare themselves mentally and physically for the upcoming BGYFL season, which begins the weekend of September 5th. Can you feel the excitement building? If you have any questions or concerns as the season progresses, please direct them to your child's head coach.

It's more fun if you get involved

With a program as large as the Wheaton Rams, there are many opportunities for parents to get involved and help support their child's team. It takes many hands to ensure a fun and successful season but if everyone pitches in, we can really accomplish a lot without too much effort. So when your Team Parent asks for volunteers to help in the concessions stand or work the chain gang, please step up. Remember...it's for the kids.

2009 Kick-Off Classic

The 16th Annual Wheaton Kick-Off Classic will be held the weekend of August 22nd and 23rd at Graf Park. This is **THE** premier pre-season event for youth football in Chicagoland. Teams from all over the area are coming to town to test their skills against the mighty Rams. It's a lot of fun and a great experience for players, parents and coaches. In addition to the games, there will be concessions and an opportunity to purchase spirit

wear. Also, Velocity Sport Performance, a valued partner and sponsor of Rams football, will once again be present. Please stop by their tent to meet the Velocity staff and learn about their programs and facilities.

Home Game Parking

Rams home games are played at Graf Park, which is adjacent to Monroe Middle School. Parking for all home games is next door at the DuPage County Fairgrounds. Use the west entrance and follow the signs to the lot reserved for Rams parking, which is at the back of the property, adjacent to the West (lighted field) at Graf. There is direct access from this lot to our playing fields. Please be considerate of our neighbors and use this lot instead of parking on side streets of the neighborhood. Police patrols will be ticketing any parking violators.

Chili's Night Out

Now that the season is upon us, family meal times can often be difficult to orchestrate. Wouldn't it be great to have someone else do the cooking for a change? The Wheaton Chili's restaurant would be happy to help you feed your family and support Rams football. Every Thursday night from August 20th through September 24th Chili's in Danada Square West will donate 10% of your bill to the Wheaton Rams. Simply present the attached voucher when dining in or taking out. Think of it...your family gets a delicious meal, you don't have to cook or clean up and the Rams receive a donation. Everybody wins!

Note: The end date on the voucher is incorrect. This promotion only runs through 9/24 so let's take advantage of this generous offer while we can!

Rams Pride

It's not too late to get your Rams Pride on! Spirit wear will be on sale during the Wheaton Kick-off Classic (8/22 & 8/23). Stop by and pick up that special something that will leave no doubt about your allegiance to the Blue & Orange!

Important Dates

Please mark your calendar for these events...

8/22 - 8/23 Wheaton Kickoff Classic
8/24 – 8/27 Football/Cheer Pictures
9/5 – 9/6 BGYFL Opening Weekend
11/13 – 11/15 BGYFL Super Bowl Weekend

A reminder on the new Striper Rule

A striper rule has been implemented throughout the BGYFL. In order to help explain the striper rule and what it means to Rams players we've included the rule itself, some thoughts on why the rule was implemented, some examples of how the rule might be of benefit and a chart.

First, the rule...

A player exceeding a class weight limit by no more than 10% will be designated a striper. A Striper shall be identified by affixing a stripe of contrasting color to the front and back of the player's helmet. All Stripers must be defined no later than week two of the BGYFL regular season and will be designated as such on the final team roster. Once a player is designated a Striper, that player shall remain a Striper for the balance of the BGYFL regular season and post season playoffs.. Weekly growth allowance for Stripers follows the same guidelines as for non-stripers.

On offense, a Striper must play an interior line position from tackle to tackle within the Free Blocking Zone (IHSA rules) in a three (3) or four (4) point stance. Since a Striper is not an eligible receiver, he need not be covered. On defense, a Striper is restricted to line positions, must line up in a three (3) or four (4) point stance and must take a forward charge at the snap of the football. A Striper may not drop back from the line of scrimmage or stunt to an outside position and cannot line up more than one yard outside of the offensive tackle. At no time may a Striper advance the football and if a Striper ever gains possession of the football the play shall immediately be blown dead. Stripers shall not be allowed to punt or kick.

Second, why a striper rule...

1. Maximize the number of players permitted by our weight parameters to play with kids their own age and school

class without jeopardizing the overall safety parameters of the BGYFL.

2. Provide a safe haven for the "Younger-Heavier" player who might otherwise have to play up 2 age levels because of weight. Creates a more competitive situation for the younger player that recognizes the maturation level of a player is of equal if not greater importance as the player's weight.
3. Uniform step up in weight allowance for Stripers (10% increase in body weight for each Division classification.)
4. Broadens program participation at the upper weight class (130 lbs.) for franchises that are unable to field a Varsity team.

Third, examples...

Bobby is 10 years old and turns 11 on October 14th, which qualifies him to play in the 90lb weight class for his age. However, Bobby weighs 109lbs without equipment. Prior to the striper rule, Bobby would have to play "up" two classes to the 115lb. class due to his weight. This would mean Bobby would be playing with 12 and 13 year olds. With the new striper rule, Bobby will be allowed to play at 100lb. class instead.

Billy is 13 years old and turns 14 on May 5th. Billy's age allows him to play in the 130lb. class. However, Billy weighs 140lbs. without equipment. Prior to the striper rule, Billy would have to play Varsity with players up to 175lbs. and stripers of unlimited weight. Under the new striper rule, Billy would not have to move up, but would play at the 130lb. class.

Remember, in **BOTH** examples, the player would be limited to playing an interior line position (tackle, guard or center on offense / tackle or nose on defense), as a striper, for the entire season.

NOTE: Players must be designated a striper beginning week 1. Should a player attempt to make week 1 weight as a non-striper and fail,

they must either make week 1 weight in week 2 or move up to the next weight class. Players cannot declare striper status and make striper weight week 2 if they attempted to make the non-striper weight in week 1.

Finally, a chart...

Weight Level	70	80	90	100	115	130	Varsity
Maximum Age	8	9	10	11	12	13/14	13/14
Maximum Weight (Striper weight)	70	80 (88)	90 (99)	100 (110)	115 (126)	130 (143)	175 (any)
Equipment Allowance	8	8	9	10	11	12	14
Week 1	79	89 (97)	100 (109)	111 (121)	127 (138)	143 (156)	190
Week 2	80	90 (98)	101 (110)	112 (122)	128 (139)	144 (157)	191
Week 3	81	91 (99)	102 (111)	113 (123)	129 (140)	145 (158)	192
Week 4	82	92 (100)	103 (112)	114 (124)	130 (141)	146 (159)	193
Week 5	83	93 (101)	104 (113)	115 (125)	131 (142)	147 (160)	194
Week 6	84	94 (102)	105 (114)	116 (126)	132 (143)	148 (161)	195
Week 7	85	95 (103)	106 (115)	117 (127)	133 (144)	149 (162)	196
Week 8	86	96 (104)	107 (116)	118 (128)	134 (145)	150 (163)	197
Week 9	87	97 (105)	108 (117)	119 (129)	135 (146)	151 (164)	198
Week 10	88	98 (106)	109 (118)	120 (130)	136 (147)	152 (165)	199
Week 11	89	99 (107)	110 (119)	121 (131)	137 (148)	153 (166)	200

Weighing In

Striper or not, all players will be weighed prior to kick-off of every game. Players must make weight wearing all their required protective gear, minus the helmet. Players must weigh in wearing what they will play the game in. For example, if you weigh in wearing athletic shoes in order to save some weight, you must wear the athletic shoes for the game. No exceptions to the weigh in policies will be tolerated.

The first two regular season games are critical for making weight.

WEEK 1

Any player exceeding the maximum week 1 weight will be excluded from participating in the game and the team's official roster will indicate the player DID NOT make week 1 weight.

WEEK 2

Prior to the week 2 weigh in, the head coach, player and his/her family must decide whether or not the player will attempt to "make weight" at his/her current class or move up to the next class in week 2. Three important factors influence this decision. First, the player must make ***week 1 weight***. Second, the Rams program discourages "cutting weight" of more than a couple of pounds. Third, and most importantly, if the player fails to make week 1 weight, the player will **not** be allowed to participate for the ***entire season***.

WEEK 3 thru SUPER BOWL WEEKEND

Players will continue to weigh in prior to each game. If the player ever fails to make weight they will not be allowed to participate in that week's game and must meet the next week's maximum weight.