



# **About NBGC Athletics**

## **Core Values**

- 1. Everyone plays regardless of skill level**
- 2. Sportsmanship**
- 3. Teamwork**
- 4. Leadership**
- 5. Self-Reliance**
- 6. Honesty**

## **Our Goal**

**To create a safe and supportive environment  
in a sports setting**

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# K-1st Grade Rival League

## Teaching Points

### Offense

- Ball snapping
- Basic receiver routes
- Securing the ball
- Basic hand-eye coordination for throwing, catching, and handoffs

### Defense

- Basic defensive footwork
- Keeping track of your assignment and the ball
- Cleanly grabbing the flag without physical contact

### Intangibles

- Body control
- Basic game knowledge
- Encouraging teammates
- The end score is less important than the effort put forth in the game.

## What to expect

Rival League games are extremely fun for players and spectators alike. During the games, penalties are called progressively as the season continues and those moments are used for teaching. NBGC staff and team coaches are often on the field with the players helping them navigate the bustle of this new experience. Scores are not announced during or after games.

5 players are on the field for each team. On the offensive side of the ball there will be 1 quarterback. Any combination of running backs and receivers are acceptable. On the defensive side of the ball, positions to be filled are up to 1 rusher, and 4 cornerbacks/safeties.

# Rival League Game Format

## Game Time

- 20 minute halves. Running clock. Only stops for injuries or timeouts. 5 minute halftime.

## Timeouts

- 2 30-second timeouts per half.

## Sub patterns

- Every 5 minutes. Free subs last 5 minutes of second half at any whistle.

## Roster size

- 7-10

## Players On Field

- 5 players allowed on the field.
- Offense: 1 quarterback and any combination of running backs + receivers.
- Defense: 1 rusher and any combination of safeties + cornerbacks

# 2nd–3rd Grade Gridiron League

## Teaching Points

### Offense

- Catching the ball
- Minding the line of scrimmage
- Basic game rules and terms
- Proper throwing form
- Route running
- Avoiding penalties

### Defense

- Keeping track of assignment and ball
- Cleanly defending
- Minding the line of scrimmage

### Intangibles

- Helping teammates with game understanding
- Treating teammates, opponents, coaches, and game officials with respect
- The end score is less important than the effort put forth in the game.

## What to expect

Gridiron League is a great mix of beginning and slightly more experienced players. We want to see players start to develop leadership and communication skills. Players are coached on how to interact with teammates, coaches, and officials. Gridiron League will have playoffs at the end of the season. Typically all teams make the playoffs, but playoff format will depend on weeks of play remaining and number of teams in league.

Many penalties are not called at the beginning of the season as players get used to the flow of the game. As the season progresses, players are expected to start understanding how to avoid penalties, and the ones called are used to help teach the game.

# Gridiron League Game Format

## Game Time

- 20 minute halves. Running clock. Only stops for injuries or timeouts. 5 minute halftime.

## Timeouts

- 2 30-second timeouts per half

## Sub patterns

- Every 5 minutes. Free subs last 5 minutes of second half at any whistle.

## Roster size

- 7-10

## Players On Field

- 5 players allowed on the field.
- Offense: 1 quarterback and any combination of running backs + receivers.
- Defense: 1 rusher and any combination of safeties + cornerbacks

# 4th–5th Grade Elite League

## Teaching Points

### Offense

- Reading the defense
- Strategic playcalling
- Advanced route running

### Defense

- Containing the offense
- Seeing the whole field

### Intangibles

- Helping teammates with game understanding
- Self-confidence
- Displaying sportsmanship at all times
- Keeping gameplay clean
- Being gracious in both victory and defeat

## What to expect

Elite League games are exciting manageable for all levels of athletes. There are very few stoppages in the game as players continue to improve their game understanding through the flow of the game. Both sides are expected to understand how to play cleanly to keep both themselves and their opponents safe. Players are expected to display sportsmanship in both wins and losses.



## Elite League Game Format

### Game Time

- 20 minute halves. Running clock. Only stops for injuries or timeouts. 5 minute halftime.

### Timeouts

- 2 30-second timeouts per half.

### Sub patterns

- Every 5 minutes. Free subs last 10 minutes of second half at any whistle.

### Roster size

- 7-10

### Players On Field

- 5 players allowed on the field.
- Offense: 1 quarterback and any combination of running backs + receivers.
- Defense: Any combination of rushers, safeties, and cornerbacks.

# 6th–8th Grade Legends League

## Teaching Points

### Offense

- Advanced play-calling
- Calling audibles
- Exploiting defensive weaknesses

### Defense

- Strategic zone and man usage
- Strategic positioning

### Intangibles

- Situational awareness
- Strengthen communication skills
- Treating teammates, opponents, coaches, and game officials with respect

## What to expect

Legends League games are the highest level of football at NBGC. Games are relatively fast paced as many players have acquired some of the skills needed to play over the years. The game is also welcoming to newcomers who will quickly learn from their teammates and coaches and put their skills to use. You can expect to see a few jaw-dropping plays each week! While we want players to be well-rounded and learn to play any position, they are also allowed to start to specialize in certain areas. Players are expected to display sportsmanship in both wins and losses. Scores and standings will be kept each game, however, the main goal is to learn and have fun in a positive, encouraging environment.

# Legends League Game Format

## Game Time

- 20 minute halves. Running clock. Only stops for injuries or timeouts. 5 minute halftime.

## Timeouts

- 2 30-second timeouts per half.

## Sub patterns

- Every 5 minutes. Free subs last 10 minutes of second half at any whistle.

## Roster size

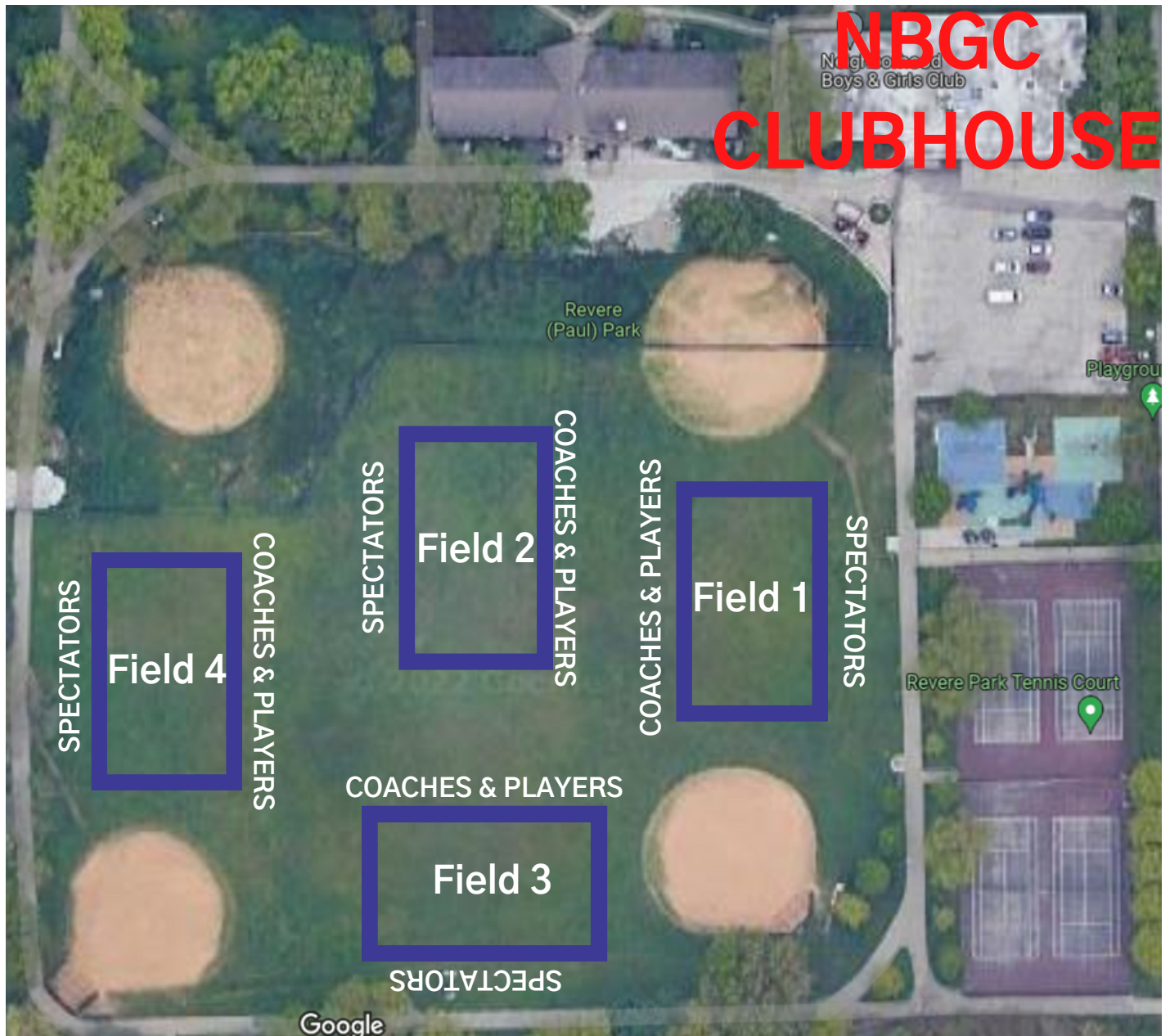
- 7-10

## Players On Field

- 5 players allowed on the field.
- Offense: 1 quarterback and any combination of running backs + receivers.
- Defense: Any combination of rushers, safeties, and cornerbacks.

# Spectating

## Field Map



Spectators can find a spot on the sideline of the fields indicated above. Please avoid spectating from the endlines which will be in way of the staff bringing equipment to and from fields. Additionally, it is important that spectators are mindful to not leave trash (food wrappers, plastic bottles, etc. out on the fields. There are green garbage cans and blue recycle bins around the field. Lets keep Revere Park pristine!

# Code of Conduct

For as much joy as they can bring, sports events can also be an emotional affair. These feelings should never be allowed to reach the point that they interfere with the goals of creating a welcoming environment for all players and their families, learning the fundamentals of sports, and displaying sportsmanship.

Parents and spectators are expected to adhere to the following principles:

1. Treat players, coaches, officials, and other spectators with respect.
2. Refrain from the use of violence, verbal threats, or profanity
3. Refrain from interfering with the game through actions such as entering the field of play or yelling at or to players, coaches, or referees. Comments should be brought forth after the game.
4. Refrain from any language that belittles or ridicules a participant.

Remember: A player on an opposing team in one season may be on your child's team during the next.

# FACES YOU'LL SEE



**YASMINA CHAMMAS** - League Supervisor  
Yasmina@nbgc.org



**LUKE MCNAMARA** - Athletic Aide  
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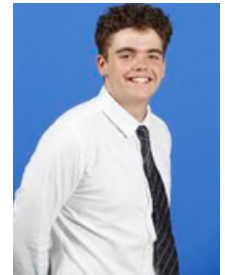
**PARIS ROBINSON** - Athletic Aide  
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**JACK HUNTER** - Athletic Aide



**AVA SANDOVAL** - Athletic Aide  
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**Jackson Dunne** - Athletic Aide  
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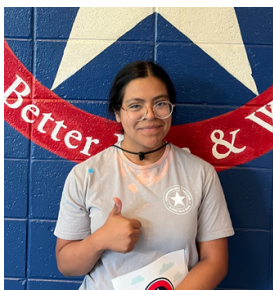
**ALEX CARBAJAL** - NBGC Leader



**PHOENIX ARROYO** - NBGC Leader



**PEYTON MARRERO** - NBGC  
Leader



**PERLITA GAYTAN** - Athletic Aide  
PGaytan@nbgc.org

# ADDITIONAL NOTES

## **Team Creation**

Teams are put together by looking at school, requests, age, grade, past teammates, player skill level, and neighborhood. We will do our best to honor teammate and coach requests, but they cannot be guaranteed.

The lower limit for a team roster is the amount of players needed on the field minus 1.

The upper limit is 2 times the amount of players needed on the field plus 1.

This is something to keep in mind while making team requests.

Example: If teams play 7 vs. 7. The lower limit for a roster is 6 and the upper limit for a roster is 15.

## **Snacks**

If you want to bring snacks for a child that is not your own, be sure to clear it in advance with the parents and coaches on that team to avoid any allergy issues.

## **Volunteering as a coach**

Volunteering as a coach is the best way to get close to the action and is always extremely appreciated. Having a coach that cares is a huge difference-maker in a player's development. Estimated time commitment is 2-4 hours/week (1-2 games, 1 team practice)

Steps:

- Indicate your interest on your player's registration form
- Confirm interest. Staff will reach out once team rosters are set and will send link to the background check. The background check process typically takes 5 minutes or less.

Remember:

- If you are a first-time coach, don't be nervous. NBGC staff and the parents on your team are here to support you.
- We can provide you with practice plans/drills, field time for practices, and equipment

# ADDITIONAL NOTES

## Weekday Games vs. Weekend Games

**Parking** - Almost every team will be playing on Saturdays, so it will be much more difficult to find a spot in the Revere Park parking lot on weekdays. If you are unable to find one in the lot, please respect the "no-parking" cones in the lot and refrain from parking somewhere that is not a dedicated space. There is regular street parking available on Irving Park road.

**Game Times** - Timeliness is EXTREMELY important on Saturdays when one game delay can impact all other games scheduled that day. Please do your part by being present to help us get games going promptly!

## Important Dates

- **August 28th** - Preseason Practices begin
- **Week of September 11th** - Games begin; Team assignments and game schedules sent and posted 3-7 days before the first game
- **November 17th** - Pep Rally @ 5:00 PM
- **November 18th** - Thanksgiving Day Classic; Last day of games; Lucky date raffle

## League Game Days

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gridiron League		Rival League		All Leagues
	Legends League		Elite League		

## Player Needs

For preseason practices, players should come with a water bottle and wear athletic gear.

For games, players should come with their team uniform and a water bottle. Other gear such as mouthguards or athletic cups are optional. NBGC provides everything else needed for a game.



# ADDITIONAL NOTES

## **General Season Format**

**Preseason** - Each NBGC season begins with 2-3 preseason practices designed to teach or refresh players on the rules of the game and basic game skills. Preseason practices are open to the entire league regardless of team. Preseason practices are run by NBGC Staff. Team coaches don't need to worry about bringing practice plans, materials, or equipment. Following preseason practices, families are sent their team assignments and game schedules. Each team is also generally scheduled for 1 preseason game that does not count toward the season standings.

**Regular Season** - Each team is scheduled for 6-9 regular season games. Teams accumulate standings points based on their attendance, sportsmanship, and game result.

**Postseason** - Every team generally makes the playoffs. This may vary depending on league size and season length.

**Special Events** - The postseason is generally followed by a special events like a league-wide All-Star Game and/or Parents vs. Kids games.

# PRESEASON PRACTICE SCHEDULE



## Fall 2023 Flag Football & Soccer Preseason Practice Schedule

Sport	League	Date (2 practices per league)	Time	Location
Flag Football	Rival League (K-1st Grade)	Thursday, August 31, 2023	4:30 PM - 5:20 PM	Revere Park Fields
		Saturday, September 9, 2023	10:00 AM - 10:50 AM	Revere Park Fields
	Gridiron League (2nd-3rd Grade)	Tuesday, August 29, 2023	4:30 PM - 5:20 PM	Revere Park Fields
		Tuesday, September 5, 2023	4:30 PM - 5:20 PM	Revere Park Fields
	Elite League (4th-5th Grade)	Thursday, August 31, 2023	5:30 PM - 6:20 PM	Revere Park Fields
		Saturday, September 9, 2023	11:00 AM - 11:50 AM	Revere Park Fields
	Legends League (6th-8th Grade)	Tuesday, August 29, 2023	5:30 PM - 6:20 PM	Revere Park Fields
		Tuesday, September 5, 2023	5:30 PM - 6:20 PM	Revere Park Fields
Soccer	Challenge League (K-1st Grade)	Monday, August 28, 2023	4:30 PM - 5:20 PM	Revere Park Fields
		Saturday, September 9, 2023	11:00 AM - 11:50 AM	Revere Park Fields
	Champion League (2nd-3rd Grade)	Wednesday, August 30, 2023	4:30 PM - 5:20 PM	Revere Park Fields
		Wednesday, September 6, 2023	4:30 PM - 5:20 PM	Revere Park Fields
	Premier League (4th-5th Grade)	Monday, August 28, 2023	5:30 PM - 6:20 PM	Revere Park Fields
		Saturday, September 9, 2023	10:00 AM - 10:50 AM	Revere Park Fields
	World League (6th-8th Grade)	Wednesday, August 30, 2023	5:30 PM - 6:20 PM	Revere Park Fields
		Wednesday, September 6, 2023	5:30 PM - 6:20 PM	Revere Park Fields

# SAMPLE GAME SCHEDULE



**Neighborhood  
Boys & Girls Club**  
For Better Men & Women

## ELITE LEAGUE FALL 2022 FLAG FOOTBALL SCHEDULE

Date	Game	Time	Field
Tuesday, September 27, 2022	<i>Locusts vs. Spartans</i>	4:30 PM	2
	<i>Bobcats vs. Vikings</i>	5:30 PM	2
Saturday, October 1, 2022	<i>Cougars vs. Eagles</i>	9:00 AM	3
	<i>Locusts vs. Bobcats</i>	10:00 AM	3
Tuesday, October 4, 2022	<i>Locusts vs. Eagles</i>	4:30 PM	2
	<i>Cougars vs. Vikings</i>	5:30 PM	2
Saturday, October 8, 2022	<i>Vikings vs. Spartans</i>	9:00 AM	3
	<i>Bobcats vs. Cougars</i>	10:00 AM	3
Tuesday, October 11, 2022	<i>Eagles vs. Spartans</i>	4:30 PM	2
Saturday, October 15, 2022	<i>Spartans vs. Bobcats</i>	10:00 AM	3
	<i>Vikings vs. Locusts</i>	11:00 AM	3
	<i>Eagles vs. Cougars</i>	12:00 PM	3
Tuesday, October 18, 2022	<i>Cougars vs. Bobcats</i>	4:30 PM	2
Saturday, October 22, 2022	<i>Eagles vs. Locusts</i>	10:00 AM	3
	<i>Spartans vs. Vikings</i>	11:00 AM	3
Tuesday, October 25, 2022	<i>Bobcats vs. Locusts</i>	4:30 PM	2
Saturday, October 29, 2022	<i>Vikings vs. Eagles</i>	10:00 AM	3
	<i>Spartans vs. Cougars</i>	11:00 AM	3
Saturday, November 5, 2022	<i>Locusts vs. Spartans</i>	9:00 AM	3
	<i>Bobcats vs. Vikings</i>	10:00 AM	3
	<i>Cougars vs. Eagles</i>	11:00 AM	3
<b><u>Playoffs</u></b>			
Matchups through November 19th TBD			

*Italics Indicate Preseason Game*