

FZN

Jr Panthers Football

December 2021

FAQ

Q: What programs are offered?

A: Flag Football on Sundays in the Spring, and Tackle Football on Saturdays in the Fall

Q: How old do you have to be to play?

A: Currently, students in K-7th grade for flag season, and 5-8th grade for tackle seasons. Teams are divided by grade level.

Q: What league do you play in?

A: Jr Gateway Athletic Conference (GAC) League

Q: Who do we play?

A: Other Schools currently playing in the Jr GAC include Fort Zumwalt West, Fort Zumwalt East, Fort Zumwalt South, Francis Howell, Francis Howell Central, Francis Howell North, Holt, Liberty, Timberland, Troy, Warrenton, Washington

Q: Where are games played?

A: On any of the above-mentioned schools on fields within their district.

Q: How many games are played in a season?

A: Flag season plays 6 games plus playoffs and a championship weekend.
Tackle season plays 8 games plus 2 rounds of playoffs and a Superbowl.

Q: Do we play the entire field?

A: Flag games are played on half field; tackle games use the entire field.

Q: When and where are practices?

A: Practices are at the discretion of the coach but are often 2 or 3 nights per week or a Saturday morning. Practice locations vary but are typically at Dames Park, FZN high school or FZN Middle School.

Q: Are payment plans available?

A: Payment plans are available. We will never turn anyone away for financial reasons.
If you need to arrange alternate payment plans than what is being offered, please contact Stacey O'Neal at knbcmom4@gmail.com

Q: What do I get with my registration?

A: For Flag you receive a dri-fit t-shirt to keep.
For tackle: Free Summer Conditioning Camp, shoulder pads, conditioned helmet, practice pants, practice jersey, game pants, game jersey, belt, knee pads
(A \$100 equipment deposit is required for tackle equipment and returned upon return of the equipment)

Q: What do I need to provide myself?

A: Mouthguard and cleats.

For tackle a 5-pad girdle to wear under practice and game pants.

Q: Are football cleats required?

A: NO, any cleats are fine. No metal cleats. Baseball and soccer cleats work well.

Q: What documents are required?

A: A current physical is required for all players, copy of child's birth certificate and health insurance card.

Additionally, the Jr GAC requires that all students play in their designated school zones, we require the following documents to prove you live in FZN territory: Paid utility bill, copy of your child's report card.

Q: Who can I contact if I have further questions?

A: Stacey O'Neal at knbcmom4@gmail.com OR Karen Bauer at kebauer7@gmail.com