



To all 2010 K-Flag players and parents... Welcome to your first year of Little Viking Football. We have 21 players currently registered for the program. This is the largest number of kids in K-Flag ever and I expect the number to grow after we start our season.

I want to thank the parents who attended some of our meetings in August and to those of you who have been e-mailing me the past month. Our K-Flag program will kick-off on Monday September 13th at 6:15 p.m. at Lake Parsippany Field. For those of you who are not familiar with this field (home of Par Troy West Little League), below are directions to the complex. Outlined below are some answers to commonly asked questions which I hope are helpful to everyone. I would also suggest that you visit our website frequently at www.littlevikings.com for updates about our program.

[What should my son/daughter wear to practice?](#)

Please dress for the weather. In September, shorts and a t-shirt are best. For footwear, if you have soccer cleats or baseball cleats already, these will work. If you need to buy something, don't go expensive. A cheap pair of rubber molded cleats work great. At the end of our first practice, we will be giving each player a "2010 Little Viking Football" t-shirt. This will be our practice jersey for the year.

[Where will practice and what will the schedule be?](#)

We have been running the K-Flag program for 4 years and it has been very successful. We will practice one day each week. Each practice will begin at 6:15 p.m. and will end at 7:30 p.m. Every practice will be at the same field – the Lake Parsippany complex.

[Who will be coaching/can I get involved in coaching?](#)

I will be leading the program again this year. I love working with the kids and the parents, and I look forward to another successful year. Several people have asked me if they can help out as assistant coaches. The simple answer is "yes". My goal would be to lead the program for the first few practices and then hand off the head coach spot to a parent ready, prepared and interested in taking this on. (I also coach two travel flag teams). I would love to have 4-5 other assistant coaches. This will give us a great ratio of coaches to kids. Please send me an e-mail if you are interested in coaching.

[What are the goals of the program?](#)

First and foremost we want the kids to have fun! We want to create a feeder program to our competitive flag football program, then on to Little Viking tackle football and ultimately to Par Hills Football. Getting an early exposure to football is important so as kids get older and begin to focus on which sport they like best, we would love them to pick football. Our recent K-Flag players have graduated and stayed with the program. For example we have 40 players in our Travel Flag program and 30+ players in our PreClinic (3rd grade tackle) football program. This is great!

Our other goal is to find our coaches for the future. This clinic teaches football fundamentals to the kids and our future coaches. A strong program requires a strong coaching staff.

What will my child do in practice?

We will teach your kids the very basic elements of football – how to throw and catch a football, how to get in a good 3 point stance, how to take a handoff from a QB. We will also work on speed and agility exercises which will help the player in football and any other sport. Our weekly practices will be very repetitive. The players will continue to improve as they go through the drills with every practice.

We do not have games at the K-Flag level. We look at this level as a weekly football clinic. In each of the past 4 years, we have been able to advance the players skills to the point where at the end of the season we held a very controlled inter-squad scrimmage or two.

Emails are the best way for me to communicate to the team. If there are any other e-mails addresses you would like me to add to the group list, send them my way. I look forward to meeting everyone on 9/13 and working with you and your kids.

LAKE PARSIPPANY FIELD

COMPLEX -(Football): 89 Elmwood Road, Parsippany. Field

- From Route 10 East: Take Route 202 exit (Boonton / Morristown) and turn LEFT at the top of the ramp onto Route 202 North. Continue 3/4 mile and turn RIGHT at the light onto Halsey (Gulf Station on corner). See directions below: Halsey Rd at Route 202.
- From Route 10 West: See directions from Route 287
- From Route 287: Northbound take Exit 39 keeping LEFT at the fork in the ramp for Route 10 West. Southbound take Exit 39B for Route 10 West. Cross Ridgedale Ave. and take the Dryden Way exit. At the "T" turn LEFT onto Sylvan Way. Turn RIGHT at the light onto Route 202. Turn RIGHT at the light onto Halsey (Gulf Station on corner). See directions below: Halsey Rd at Route 202.
- From Route 80 East: Take Exit 42A towards Morris Plains / Parsippany. Merge onto Route 202 South for 1.5 miles. Turn LEFT at the light onto Halsey Road (Gulf Station on corner). See directions below: Halsey Rd at Route 202.
- From Halsey Rd. at Route 202: Turn RIGHT onto Elmwood Road (Street signs for Lake Parsippany Park and Little League W). STRAIGHT on Elmwood becomes drive path into the field. JR/SR field on left, LL baseball and softball on right.



Michael Pietrowicz
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