





A NEW ERA OF BLUE DEVIL YOUTH FOOTBALL

Playing with Grit

Leading with Character

Building the Next Generation of Blue Devil Football Families

Mt. Lebanon Youth Football Association (MLYFA) : Parent Information Night | 2026 Season



Agenda

- Welcome
- Introduction to the Association & Board
- What to Expect & What's New this season
- Football Community
- Help build this with us
- Q&A

Mt. Lebanon Youth Football Association (MLYFA)



Safety First Player safety is our top priority, with proper equipment, safe techniques, structured practices, and mandatory heat acclimation.

Player Development We focus on fundamentals, skill development, confidence, and giving every player the opportunity to learn, improve, and contribute.

Mission: The Mt. Lebanon Youth Football Association (MLYFA) provides a safe, structured, and positive environment where young athletes can learn football while developing teamwork, discipline, leadership, and character.

Strong Community MLYFA brings together Mt. Lebanon families through football, teamwork, sportsmanship, and community pride.

Organized & Accountable As a nonprofit (501c3) led by a volunteer Board of Directors, MLYFA is committed to strong leadership, clear standards, and a positive experience for every family.



Why Trust This Leadership Team



Football Experience

- Youth, high school & collegiate backgrounds
- Coaching and player development
- Deep understanding of the game

Professional Leadership

- Strategy
- Operations
- Technology
- Legal
- Athletic Administration

Commitment to Standards

- Safety
- Communication
- Structure
- Accountability

Parent Perspective

- We are building the program we want for our own kids
- Focused on experience as much as outcomes

MLYFA Board of Directors:

President:

JP White



Vice President:

CJ Bell



Treasurer:

Shawn Besong



Secretary:

Jason Lasser



Coaching Support:



What's Changing In 2026



NEW ENERGY. NEW STANDARDS. NEW MOMENTUM.

PROGRAM

- Development-focused coaching
- Safety-first approach
- Meaningful participation
- Stronger player experience

COMMS.

- New website
- TeamLinkt platform
- Predictable communication cadence
- Better parent visibility

CONNECTED

- Stronger high school alignment
- Summer camp(s)
- Shared Blue Devil identity

CULTURE

- Commitment
- Character
- Sportsmanship
- Expectations

Divisions

- Termites: Kindergarten - 2nd Grade
- Junior Varsity: 3rd & 4th Grade
- Varsity: 5th Grade
- Varsity: 6th Grade

Max Weights

- Termites: 115 lbs
- Junior Varsity: 145 lbs
- Varsity: 175 lbs
- Varsity: N/A

LEAGUE WIDE

| Division | Skill Weight | Single Dot | Double Dot | Max/Review Weight |
|----------------|--------------|------------|------------|-------------------|
| Termite | ≤ 75 | 76 - 100 | >100 | 115 |
| JV | ≤ 95 | 96 - 120 | >120 | 145 |
| Varsity 5 (-5) | ≤ 110 | 111 - 145 | >145 | 175 |
| Varsity 6 (+5) | ≤ 120 | 121 - 155 | >155 | None |



SOUTH HILLS YOUTH FOOTBALL LEAGUE

FOOTBALL - COACH MICHAEL AN - CHAIRMAN DAVID SHELLEY - VICE CHAIRMAN
PETER SMITH - MANAGER GARY THOMAS - DIRECTOR OF CLUB



ORGANIZATIONALLY

Connected to Something Bigger

YOUTH FOOTBALL IS __

WHERE BLUE DEVIL FOOTBALL BEGINS

K-2 → 3/4 → 5 → 6 → Middle School → HS

Shared Vision with the High School Program

- Development pipeline
- Shared standards
- Camps and mentorship
- One football community



Illustrative



Special Guest: MtLHS Head Coach Bruce Fronk



LEBO FOOTBALL

BLUE DEVILS

HEAD FOOTBALL COACH Bruce Fronk

Experience and Accolades

- 2023-2025 South Fayette Defensive Coordinator
- 2021 6A Football WPIAL and State Champion
- 2020-2021 Mt. Lebanon Track and Field Throwing Coach
- 2018-2022 Mt. Lebanon Varsity Assistant Football Coach (DBs, WRs, and OLBs)
- 2016-2017 Blackhawk Varsity Assistant Football Coach (DBs and WRs)
- 2014-2017 North Catholic Varsity Assistant Basketball Coach and x2 WPIAL Champion



Today and Always, Play Like a Blue Devil



What Families Can Expect



Season Snapshot

Development Camps: June & July (Dates TBC)

Season Begins: Monday 8/3 Camp starts

Regular Season: August–Sept

Practices (3x a week) + Games (7 + Playoffs)

Playoffs / Wrap-Up: October - Super Bowl ~10/31

“Typical” Week

Practice: 2 hours Mon, Wed, Thurs

Games: Saturday ~ 3 hours (including Warm-up and 5th Quarter)

“Typical” Practice

Warm-up: 15min

Fundamental Football Work: 20min

Water Break: 5min

Individual position work: 20min

Full Contact: 20min

Water Break: 5min

Team Offense / Defense 20min

Conditioning: 10min

What to Expect

Player Experience

- Skill development
- Playing opportunities
- Team culture

Family Experience

- Communication rhythm
- Volunteer touchpoints
- Community events

Program Expectations

- Commitment matters
- Safety comes first
- We develop athletes and people

Help Us Build This

It Takes a Community

REGISTER

Secure your spot

RECRUIT

Bring one friend with you

SUPPORT

Volunteer • Donate • Sponsor

REPRESENT

Mailing List • Social • Yard Signs

Join the Movement!

Be Part of the Next Chapter - mtleboyouthfb.com



Thank you!



Questions?

Appendix: SHYFL Schedule



| <u>SHYFL Calendar of Events</u> | <u>Day</u> | <u>Date</u> |
|--|------------|-------------|
| February SHYFL Meeting | Monday | Feb 16 |
| March SHYFL Meeting | Monday | Mar 9 |
| April SHYFL Meeting | Monday | Apr 13 |
| May SHYFL Meeting | Monday | May 11 |
| June SHYFL Meeting <i>(Registration numbers and field availability are due at the June Meeting for team determination, schedule creation, and referee reservations.)</i> | Monday | June 8 |
| July SHYFL Meeting | Monday | July 13 |
| Coaches Cookout / Rule Review / August SHYFL Meeting | Sunday | Aug 2 |
| Camp - Week 1 (Heat Week) | Monday | Aug 3 |
| Camp - Week 2 (Full Pads) | Monday | Aug 11 |
| Rosters Due from Coaches for Weigh-Ins | Thursday | Aug 13 |
| SHYFL Weigh-In at BPHS | Sunday | Aug 16 |
| Camp - Week 3 (Full Pads) | Monday | Aug 17 |
| SHYFL Alternative Weigh-In Day (At Boyce/Mayview in USC) | Thursday | Aug 20 |
| League-Wide Scrimmage | Saturday | Aug 22 |

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|---|-----------------|--------|
| League-Wide Scrimmage | Saturday | Aug 22 |
| Regular Season Week 1 | Saturday | Aug 29 |
| Regular Season Week 2 | Saturday | Sep 5 |
| Regular Season Week 3 | Saturday | Sep 12 |
| September SHYFL Meeting | Monday | Sep 14 |
| Regular Season Week 4 | Saturday | Sep 19 |
| Regular Season Week 5 | Saturday | Sep 26 |
| Regular Season Week 6 | Saturday | Oct 3 |
| Regular Season Week 7 | Saturday | Oct 10 |
| October SHYFL Meeting | Monday | Oct 12 |
| Playoff Week 1 - Round 1 | Saturday | Oct 17 |
| Playoff Week 2 - Round 2 | Saturday | Oct 24 |
| Playoff Week 3 - Super Bowl (Will Review and discuss SB on Halloween) | Sat, Sun, Shift | Oct 31 |