

## Youth football and College Admission.

Parents know that top-notch High School football players can get scholarships. But those are rare.

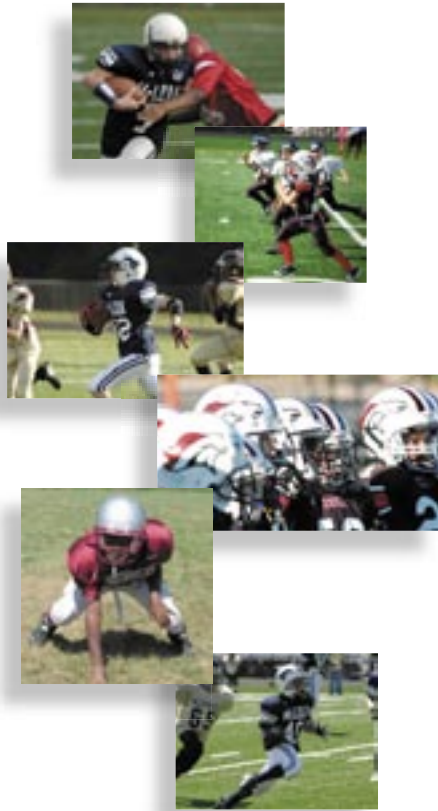
A more common and less known fact is that being both a good football player and a good student can get you admitted to many top colleges.

A good, not great, football player who is also a good student, will typically have his application rise to the top of the list of most Division III colleges he approaches.

That list includes:



## Join a youth football club today!



**G**eorge Mason High School in Falls Church has a great high school program, but no youth football organization to support it. There are however three excellent clubs near by! Registration begins in the spring with practices typically starting in the first weeks of August

For more information on the clubs around Falls Church go to: [www.thefccfa.org](http://www.thefccfa.org) or to the following club web sites:

<b>Club</b>	<b>web site</b>
James Lee:.....	<a href="http://www.jamesleerazorbacks.com">www.jamesleerazorbacks.com</a>
McLean Football: ..	<a href="http://www.mcleanyouthfootball.org">www.mcleanyouthfootball.org</a>
Vienna Football: .....	<a href="http://www.vyi.org">www.vyi.org</a>

## The truth about George Mason High School Football:

- In '97, George Mason had the area's longest losing streak having won only 3 games in 4 years — since then, GMHS has won 2 district championships and made 3 Region B playoff appearances.
- GMHS is the smallest public school in NoVA scheduling and competing against much larger schools, with excellent football traditions.
- The average roster size for the mustangs is 30 on Varsity and 30 on Junior Varsity.
- GMHS has had; 13 All-State players, 6 District Players of the Year, and 3 Coach of the Year awards.
- The Mustangs play Northern Region schools, WCAC schools, Group AA State Champion Broad Run and Group A Champions since the 2000 season
- 6 past team members are currently playing in college 4 of them at Division I level
- George Mason High Schools success is tied directly to the number of players with youth football experience!

**Imagine how successful George Mason Football could be with a consistent flow of experienced players!**



The Falls Church City Football Association's Mission:

Is a 501 c 3 organization whose purpose is to promote to the youth of the City of Falls Church participation in youth football and to develop a community connection with George Mason H.S. Football for more information email us at: [info@thefccfa.org](mailto:info@thefccfa.org)

Come see us at: The annual Memorial Day Celebration or the Fall Festival

Join us for: Our annual summer football camp at George Mason High School Field. The third week of July from 6-8 PM camp is held rain or shine

For more information: Go to [www.thefccfa.org](http://www.thefccfa.org) today and we'll see you on the field!

# Helping Build a Strong Connection



**Falls Church City Football Association**

a 501 c 3 organization

**COMMUNITY • CHARACTER • COMMITMENT**

## The Future of George Mason High School Football



All Coaches and Staff are certified through USA Football



# Youth Football, the best team sport there is!

No other sport requires so many players to execute specific, choreographed assignments every play, bringing together speed, strength, knowledge, technique, tenacity and hustle. Each play has 11 individual contests, with each player's role important to it's success. As a non-profit organization, the FCCFA is here

**You'll see how players benefit from the "most choreographed" team sport there is!**

to help you learn more about the sport, find the right club for your player, and provide a source of

clear unbiased input. Our goal it to give you the truth and We'll show you:

- How age-weight charts place youths on teams to protect younger, lighter players.
- How studies show that at the youth level, the injury rate is higher in other sports than it is in football.
- How learning the sport at a young age helps to protect players as they move up in age and weight.

**Your player will prepare himself for George Mason High School Football!**  
**George Mason has the most successful football program in the Falls Church/Arlington area.**

## What is the FCCFA?

The Falls Church City Football Association (FCCFA) was created with the goal of promoting to the City of Falls Church, participation in youth football and to develop a community connection with George Mason High School Football.

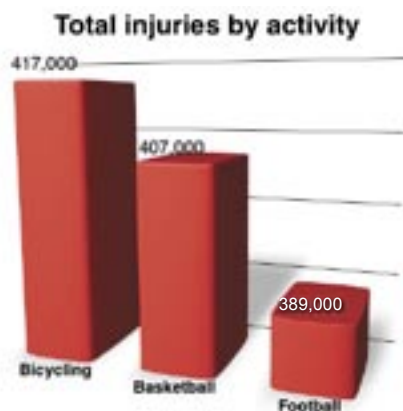
George Mason High School Football is the most successful football program in the Falls Church/Arlington area over the last 13 years. Under the present coaching staff, they have enjoyed consistent success. A constant challenge, however, is the lack of a steady flow of players with prior youth football experience.

With every new class the team has been starting at square one...

**...we want to change that!**

## Youth Football, Myths

Youth football has had some persistent myths surrounding it, injuries being the biggest one, however...



Source: 2001 study for the American Academy of Orthopedic Surgeons

**By Comparison**



**Youth Football has:**

**74%**  
**Fewer Injuries**



**than skate boarding**

**12%**  
**Fewer Injuries**



**than soccer**

Source: Pop Warner football statistics for organized football among boys 5 to 15.

## The Benefits of Youth Football

We all know that playing football has some benefits but did you know that there 3 areas it excels in...

### 1. Physical Benefits

- Fitness.
- Stress relief.
- Kinetic Mastery.
- Healthy habits.

### 2. Personal Benefits

- Valuing preparation.
- Attitude control.
- Identity and balance.
- Time management.
- Long-term thinking.

### 3. Social Benefits

- Relationships with other kids.
- Teamwork.
- Diversity.
- Relationships with adults.

Source: The Young Athlete: A Sports Doctor's Complete Guide for Parents By Jordan D. Metz, M.D., Carol Shookhoff, Ph.D.

## Why Join the FCCFA?

All youth members of the association receive **discounted rates on the annual summer camp, an invitation to the annual year end awards banquet, FCCFA branded shirts and items, free attendance to all GMHS home football games, the ability to apply for the FCCFA scholarship, as well as press coverage, and admission to special events like *the Co-Captain Run On* with the Varsity Team on game day.**



**Community Cable Access coverage,** Members of the FCCFA, are interviewed on "Coffee House" Sports at George Mason High School.

Members will also receive **coverage in the local news.**



Yearly membership is \$25.00 and it is tax deductible. If you're not interested in joining then you can donate to the annual scholarship fund, you'll be helping out some great athletes.

Go to [www.thefccfa.org](http://www.thefccfa.org) for more info and join today!



For information about the associaiton or the scholarship program go to: [www.thefccfa.org](http://www.thefccfa.org) or send an email to: [info@thefccfa.org](mailto:info@thefccfa.org)