



901 N. Carpenter Road  
#32 PMB 128  
Modesto, CA 95354

Since 1993

YOUTH FOOTBALL & CHEER

[www.centralsaints.org](http://www.centralsaints.org)

## Central Saints 2009 Football Guidelines

Each of our coaches and board members are volunteers. Be assured that all of the personnel who will be in contact with your kids are here for the right reasons. All of us, Saints Board Members and Coaching staff have one goal in mind, to teach the kids "How to be Champions" on and off the field. Those families who are veteran Saints families know that we approach this as a way of life not only to teach football but life skills. Those families who are new will likely be apprehensive about the difficult schedule and hard work we expect of each and every person involved in the Saints Program. By the end of the season you will be amazed at the development of your player. The Saints organization promotes "WE" and "TEAM". Together Everyone Achieves More.

Per the T.V.Y.F.L. each player is required to have 10 hours of conditioning without pads before they can received full pads and engaging in contact.

### 1. PRACTICES:

- Ⓢ BE ON TIME, practice starts at 5:55 pm SHARP (Be early).
- Ⓢ Parents should be here to pick up their kids at 7:45pm.
- Ⓢ Your athlete should be mentally prepared for a difficult conditioning schedule.
- Ⓢ Your child should be drinking water during the day prior to practice.
- Ⓢ Your child should bring plenty of water.
- Ⓢ Do not eat anything heavy past 4:00pm.
- Ⓢ Your child should wear appropriate clothing (cleats, athletic shorts and T-shirt) Shorts should be no lower than the knees and shirt tucked in.
- Ⓢ Hair must be cut short (No exceptions)
- Ⓢ The snack shack will be open at each practice.
- Ⓢ All parents and participants are expected to pick up any trash after practice.
- Ⓢ Everyone is expected to practice GOOD SPORTSMANSHIP.

**ALL PARENTS & SIBLINGS MUST STAY OFF THE PRACTICE FIELD & GAME FIELD. PARENTS MUST SUPERVISE NON-PLAYER SIBLINGS AND OTHER CHILDREN DURING PRACTICES AND GAMES.**

## 2. GAMES.

- Ⓢ BE ON TIME, Athletes must arrive 1-1/2 hours prior to game time.
- Ⓢ Your athlete should be mentally prepared to do his/her best for the TEAM.
- Ⓢ Your child should be drinking water during the day prior to the Game.
- Ⓢ Do not eat anything heavy less than 2 hours before scheduled game time.
- Ⓢ Your child should arrive with all his/her equipment and ready.
- Ⓢ All participants are expected to participate in cleanup after Home Games.
- Ⓢ (Time T.B.A)
- Ⓢ Everyone is expected to display GOOD SPORTSMANSHIP.

### **QUESTIONS OR CONCERNS:**

Please DO NOT INTERRUPT PRACTICE to address any coaches. Please speak to the Head Coach of the squad prior to or after practice/games ONLY! You may also speak to the our League Rep. Brent Lowe, V.P. Delio Costa or the President, Greg Johnson.

### **PRACTICE FIELD PARKING LOT:**

Due to the possibility of theft and vandalism we must inform you that your vehicle and personal property should be kept locked and valuables out of sight. The Central Saints, Hart Ransom, St Stanislaus School and C.C.H.S. will not be held responsible for any lost, stolen or vandalized property. We advise parents to take random trips to the parking facilities.

PLEASE DRIVE SLOW while entering & leaving practice. The parking area gets busy before and after practices so please be careful to watch for players and cheerleaders going through the parking.

### **PRACTICE FIELD PLAYGROUND:**

Parents are required to supervise their non-player children at practices and games. Please do not leave them unattended. The Central Saints are not babysitters and will not be held responsible for them.

### **KEEP YOURSELF INFORMED:**

For more information use the website, <http://www.centralsaints.org> we maintain all season information. Any upcoming events are posted on our bulletin board at all practices.

Welcome to the Central Saints Family and the 2009 season.  
... "CHAMPIONS START HERE".

