

Tuolumne County Youth Football & Cheer

Football Handbook (page 4)

This equipment must be returned to Tuolumne County Youth Football & Cheer. At the season's end or parent will be billed for replacement equipment.

PARENTS

Parents are as important to the success of the team as the players. Coaches and parents must work together. Please keep the coaches informed about problems that may be going on with your child. If the child has been sick, taking medication, or going through some emotional trauma we need to know.

Parents and coaches must communicate with mutual respect. Parents and coaches reserve the right to postpone conversations that are getting out of hand. Heated discussions have no place in front of the players.

Coaches put in on the average 20 hours a week. Parents are asked to put in only a few hours working the concession, helping practices, working the chain gang, preparing or coming to ball games. With thirty + player, no four people can keep up with everything. In order for our fees to remain low, parents are required to volunteer four hours of their time per season or pay \$20.00.

PRACTICES

Normally practices will be held on Tuesday, Wednesday & Thursday between the times of 5:30-7:30 p.m. The first four weeks before Labor Day will consist of 5 day a week practices. The first week of practice will be dedicated to physical fitness and drills. The rest of the time we will be in full pads.

Every week's practices are different. New skill is learned, problem areas are corrected, and new plays are learned. Your child will be at a disadvantage by not making every practice on time.

HOME CONDITIONING

During the season, players should drink 6 -8oz glasses of water throughout the day (minimum). Each player should complete 20 sit ups and push ups each morning and at bedtime. Players need a high-carbohydrate diet.

All of us at Tuolumne County Youth Football and Cheer would like to welcome you and your family to a wonderful organization. If you have any suggestions or comments please forward them to:

TCYF&C

**P. O. Box 5113
Sonora, CA 95370**

or send us an email at: tcyfandc@mlode.com