



# WELCOME JCYFL RAMS!

Welcome to the new parents and returning parents of players and cheerleaders joining the 2010 football season. This is going to be an exciting year for all of us and the players. This packet will be especially important as a guide to help you throughout the season. If you ever have a questions concerning this packet or any information please see a team mom or a coach.

Let's get started.....

# Who's Who?

## Football:

Rams Head Coach and Varsity Coach.....Doug Walters 304-676-8848  
Varsity Assistant Coach .....Kenny Muse 304-283-7045  
Varsity Assistant Coach .....Richard Morton 304-728-9484  
Stats.....Scott Smith 304-702-5086  
Equipment Manager.....TBD  
Parent Committee Leader.....Toka Stevens 703-927-9826  
  
Junior Varsity Head Coach.....Bob Williams 304-886-1691  
Junior Varsity Assistant Coach .....Shane Titus 304-886-4939  
Junior Varsity Assistant Coach .....Ray Hawkins 304-839-1788  
  
Freshman Head Coach.....Glenn Robinson 304-579-5588  
Freshman Assistant Coach.....Tyrone Stewart 301-356-1617  
Freshman Assistant Coach.....Dave Martin 304-728-6159  
  
PeeWee Head Coach.....Mike Pizzuti 304-728-0685  
PeeWee Assistant Coach.....Dax Anderson 304-725-4596  
PeeWee Assistant Coach.....Mike Wilson 304-728-1176

## Teams Moms:

Rams Head Team Mom and Varsity Team Mom.....Christina Keller 304-582-1225  
Junior Varsity Team Mom.....Charity Hawkins 304-839-1788  
Freshman Team Mom.....Angie Reeley 304-725-2159  
PeeWee Team Mom.....Fredonia Stewart 240-595-2158

---

## Cheerleading:

Rams Head Cheerleading Coach.....Stacy Maisonneuve 304-270-7946  
Assistant Coach .....Stephanie Hoffman 304-268-2976  
Assistant Coach .....Janice Metzger 301-641-0634  
Assistant Coach .....Monica Pizzuti 304-728-0685

## Team Mom:

Cheerleading.....Deana Burger 304-676-5008

## Important Dates:

7/24/2010	Dicks Sporting Goods 15%Off Day	Martinsburg Dicks
7/25/2010	Parent Meeting 5p-6p	Marcus Field
7/26/2010	First Practice 6p	Jefferson Memorial Park
8/7/2010	JCYFL Cheer Camp 8a-5p	TBD
8/8/2010	JCYFL Cheer Camp	TBD
8/14/2010	Grid-o-Rama (Raffle Tickets are due to Team Mom or Judy Brown)	
8/14/2010	JCYFL Weigh In's	
8/20/2010	Pep Rally 6p-8:30p	Moose Lodge Pavillion in Charles Town
8/21/2010	Games Start	

## Golden Rules:

- ✓ Please be respectful to all coaches, team moms, players, cheerleaders, and other parents (whether from our team or other teams).
- ✓ Bad language or inappropriate behavior for anyone who represents the RAMS football team will not be tolerated. This is a youth football league and we all should be role models for all players and cheerleaders.
- ✓ If there are any problems or concerns approach your team mom or head coach for **YOUR** division. Please follow the chain of command before seeking out into the league with other teams or officials. All information is kept confidential within the RAMS staff.
- ✓ Ask. If you have questions, please ask.

## Practice:

For the first two weeks, practice will be held on Monday, Wednesday, Thursday, and Saturday. Practice will begin promptly at 6p and will end at approximately 8:15p. Practices could end earlier or even later in the evening depending on the decision of the coach.

If your child cannot make practice, it is the responsibility of the parent, player and/or cheerleader to contact a Rams Staff Member. Attendance can play a part on your child's participation on gameday.

Each parent is required to make sure that every player or cheerleader has water or a beverage to hydrate them throughout practice. Any beverages such as Tea, Kool-Aid, and Soda are prohibited for your child at practice. Coaches will check any containers that are not clear and have the right to empty the container if the beverage is prohibited. Gatorade and Powerades are acceptable. Please **do not** rely on coaches to bring your child beverages.

Smoking is prohibited near the coaching areas. Some players and cheerleaders have medical conditions so please smoke as far away from the coaching areas as possible.

Parents please stay for the practice to its entirety. **Your child's safety is important and if he/she gets hurt, you need to be accessible for that emergency.**

Finally, parents please let the coaches coach. If there are problems or concerns approach your team mom or head coach for **YOUR** division. Please follow the chain of command before seeking out into the league with other teams or officials.

## Parking/Courtesy:

Parking is available along the sides of the streets and additional parking is available at the park pool. Please do not park on grass or block driveways that belong to the homeowners along the road.

Please make sure you are considerate of the parks we will practice at. Trash should be put in the appropriate containers before you leave.

## Medication:

If a player or cheerleader has medication that must be used, please make sure the medication is labeled with the child's name and given to the coach. Please complete the contact/emergency form at the end of this packet.

## **Communication:**

There will be tons of communication streaming through this team throughout the season. **ALL** parents are encouraged to use the Rams Website, [www.jcyfl.net](http://www.jcyfl.net) (click on RAMS at the top of the page), as a tool to keep up on any updates, changes, etc. Team moms and coaches will do their best to make sure everyone is informed. However, it is the responsibility of the parents to make sure they as well follow up. If you should ever have a question about anything, please contact a team mom or coach.

Below are tips on how to utilize the website to make it successful:

1. Register and use YahooGroups [www.yahogroups.com](http://www.yahogroups.com) . This is restricted to only members of that team and is also moderated so that spam or other types of harmful email are handled before they hit your inbox. If we can get each team to register all of its members, both old and new, then communicating with the team and the league will only take one email and a couple of phone calls NOT over one hundred phone calls.
2. Start using the website. All registration dates, meetings, documents, forms, rules, announcements, practice cancellations, and games will be published on the website. Parents and relatives will only need to navigate to the Rams page and content will be customized for ONLY our team.
3. Please promote both of the above to EVERYONE, parents, players, coaches, family members, and all your new teammates. Having everyone promote this will ensure that no one will question where they can find information or expect communication from.

## **Fundraising:**

Throughout the season, the Rams will be doing a few fundraising activities to raise money for the end of year banquet. Those events will be announced at the time of scheduling. I encourage all parents, players, cheerleaders and Rams staff to attend and participate. We have a Parent Committee Leader who is currently looking for volunteers to assist with fundraising. If you are interested, please contact Toka Stevens at 703-927-9826.

At the time of registration, every parent should have received a packet of raffle tickets to sell for the league. These tickets were included in the price of the registration fee. If you sell them, you get to keep the money if you paid the full registration fee. The stubs will need to be turned in to a RAMS team mom or Judy Brown, league secretary/treasurer by August 14<sup>th</sup>, 2010 which is grid-o-rama. Grid-O-Rama is typically the day they draw the winner for the raffle.

## **2010 RAMS PEP RALLY:**

When: Friday, August 20, 2010 6:00p-8:30p

Where: Charles Town Moose Lodge Pavilion

Each player and cheerleader is responsible for bringing a 12 pack of cold canned soda.

Each player and cheerleader is responsible for bringing in one dish:

Pee Wee – a dessert dish

Freshman – a pack of hotdogs and a pack of hotdog buns

J.V. – casserole item (can be hot dish or cold-fruit salad, pasta salad, veggie tray, etc.)

Varsity – Same as J.V.

Cheerleaders – a dessert dish

Coaches – a pack of hotdogs and a pack of hotdog buns

Team Moms – paper plates, napkins, utensils

If you are bringing extra family members, please be sure to bring extra food. We want to make sure we have enough for everyone.

Thank you!!

## Equipment and Uniforms:

Now is the time to order uniform needs! Please return the order form in this packet to a team mom for ordering. Football orders are due to a team mom by **August 2<sup>nd</sup>** in order to receive the items by game time. Cheerleading prices are still being finalized. More info to come later.

**Football Equipment:** Each player at the time of registration should've received a helmet, chin strap, practice pants, pant pads, and shoulder pads. If you are missing any of these items, please let a coach or equipment manager know immediately.

**Football Uniform:** Parents will be required to make sure their player has game pants, girdles (adult-size pants only), game socks, mouthpieces, cleats, and helmet decals. We are taking orders now for some of those items. Used items are available. Please see a team mom for a price of used items. Pricing for new items are as follows:

- Wilson Football Game Pants –
  - Youth XS-XL \$20.00
  - Adult S-XL \$22.00
- Girdles for Adult Size Pants -
  - Adult 3 pocket - \$11.00
  - Adult 6 pocket - \$17.00
- Socks - \$4.00 per pair. Offered in Maroon or Gold.
  - Youth Size 7-9
  - Junior Size 9-11
  - Adult 10-13
- Mouthpieces - Mouthpieces cannot be clear in color. I will have some to purchase for a \$1.00 but once we run out, it is up to the parent to make sure they get one.
- Helmet Decals - \$5.50
- Cleats – Football cleats are required. They can be molded or detachable. However, detachable cleats cannot be metal studded.

**Cheerleading Uniform:** Parents will be required to purchase cheerleading shoes, socks, hairbows, a turtleneck, and a warm-up suit. Pricing for these items are still being finalized. More info to come at a later date.

Cheerleading coaches will not allow:

- Jewelry
- Make-Up
- Gum
- Eating
- Sunglasses (prescription eyeglasses may be worn on the sidelines but must be removed for the half-time routine)

**Football Uniform Order Form:**  
(write on back if additional space is needed)

**Football:**

Wilson Game Pants: \$\_\_\_\_\_

Size: Youth S, M, L, XL      Adult M, L, XL, XXL

Girdle: Qty: \_\_\_\_ \$\_\_\_\_\_

Size: 3-Pocket      or      6-Pocket (circle one)

Socks: Qty: \_\_\_\_\_ Gold      Qty: \_\_\_\_\_ Maroon  
Size: YS 7-9 JS 9-11 AS 10-13 \$\_\_\_\_\_

Helmet Decals: Qty: \_\_\_\_\_ \$\_\_\_\_\_

Total \$\_\_\_\_\_

**Football:**

Wilson Game Pants: \$\_\_\_\_\_

Size: Youth S, M, L, XL      Adult M, L, XL, XXL

Girdle: Qty: \_\_\_\_ \$\_\_\_\_\_

Size: 3-Pocket      or      6-Pocket (circle one)

Socks: Qty: \_\_\_\_\_ Gold      Qty: \_\_\_\_\_ Maroon  
Size: YS 7-9 JS 9-11 AS 10-13 \$\_\_\_\_\_

Helmet Decals: Qty: \_\_\_\_\_ \$\_\_\_\_\_

Total \$\_\_\_\_\_

## Contact/Emergency Form:

(write on back if additional space is needed)

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Football or Cheerleading (circle one)

Any know drug or food allergies:

---

---

Any medical history that the coaching staff needs to be aware of:

---

---

Any medications taken on a routine or daily basis:

---

---

Parent(s) Name and Phone Number: \_\_\_\_\_

~~~~~

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Football or Cheerleading (circle one)

Any know drug or food allergies:

---

---

Any medical history that the coaching staff needs to be aware of:

---

---

Any medications taken on a routine or daily basis:

---

---

Parent(s) Name and Phone Number: \_\_\_\_\_