



**NAPA SAINTS
FOOTBALL & CHEERLEADING
PROGRAM**

The following is an outline of our season:

1. **PHYSICAL** – If your child has already had a physical between November 2009 and this year, 2011, you must have your doctor sign the provided physical statement card. If your child is still in need of a physical, schedule your appointment now and take the required physical card with you to the appointment for your doctor to complete. Participants must have a doctor's signature on **OUR** physical card **BEFORE** we can let them practice.
2. **BIRTH CERTIFICATE** – If this is the first year your child is participating in our program or your child did not participate in 2010, an original certified birth certificate must be submitted pursuant to the certification process required by the Diablo Valley Youth Football Conference. Your child will not be allowed to participate if it is not supplied. After the certification process is completed by the Conference, it is returned to our organization after the official weigh-ins held in September 2011.
3. **PRACTICE** – All practices will be held at Redwood Middle School located at 3600 Oxford Street, Napa. Practice starts on August 1, and is held every night, Monday through Friday, 5:30 - 7:30pm. Prior to equipment being issued, each child must complete a mandatory 10 hours of conditioning. After the first game in September, practice will be held three days a week, usually Tuesdays, Wednesdays and Thursdays. Practice time changes will occur later in the season due to standard time. Please make sure that your child brings plenty of water to drink.

For the first week of football, only shorts and a white T-shirt will be required. Your child's last name should be printed on this T-shirt, both front and back in 3-inch block letters. Football cleats are required and only rubber molded cleats are allowed. **Metal or screw-in cleats are strictly forbidden.** Your child's coach will explain what other equipment may be needed at a later time.

Cheer will be issued a practice shirt and skirt on the first day of practice. Girls are asked to wear this practice shirt and skirt to all practices and must wear tennis shoes at all times. Any other clothing (sweats, warm-ups, sweatshirts, etc) worn during practices must be in accordance with Saints' colors (black, white and gold/yellow) and dress standards. No spaghetti straps on shirts are allowed. Jewelry of any kind, hair clips, and artificial nails are not allowed at any time during practices or games.

4. **GAMES** – The first game football and cheer participate in is the Jamboree. The Jamboree usually occurs during the last weekend of August. The official season begins on September 10, 2011. The season consists of nine (9) games played on Saturdays, as well as playoff games which occur during November. The final championship game, The Turkey Bowl, is held the Saturday after Thanksgiving. This year, there will be five (5) home and four (4) away games.

Each Thursday, please review the "TOUCHDOWN REPORT" online, which is our weekly newsletter that communicates to the parents and players important information, including volunteer assignments for home games, game times, and directions to the away games. If your child needs a ride, please have them check with their teammates. Coaches are not responsible for giving rides. All home games are played at Justin-Siena High School, located at 4026 Maher Street in Napa.

2011 SCHEDULE

| WEEK | OPPONENT |
|-------------|---|
| 1 - SEP 10 | San Leandro |
| 2 - SEP 17 | @ San Ramon T-Birds |
| 3 - SEP 24 | @ San Ramon Bears |
| 4 - OCT 1 | West Pittsburg |
| 5 - OCT 8 | East County |
| 6 - OCT 15 | @ West County |
| 7 - OCT 22 | @ American Canyon |
| 8 - OCT 29 | Benicia |
| 9 - NOV 5 | Antioch |
| NOV 12 - 26 | Quarter Finals, Semi Finals & Turkey Bowl |

5. **CHEER COMPETITIONS** - Our cheer program participates in 3 to 4 competitions held on Sundays within our season. Failure to make these commitments will be the deciding factor in making our program. The Napa Saints organization will cover fees for the DVYFC Competition at Davis and the Five Star Competition in Napa, but cheerleaders and their families will incur additional costs for participation and entrance fees to the USA Cheer Competition at Great America and JAMZ Competition at Six Flags-Marine World (approximately \$75).

6. **RAFFLE TICKETS** – The cost for the equipment and game uniforms rental for football and cheerleading is \$175, with a \$25 discount for siblings also participating in our program. At the time equipment is issued and payment of the equipment rental fee is received, you will receive 175 raffle tickets. You can be reimbursed for your equipment fees by your child selling these raffle tickets. If you do not wish your child to sell the tickets, you may fill them out with your name on them. Return the raffle ticket stubs to the drop box location that will be available at all of our home games. If your child drops out or is unable to participate in our program prior to the Official Weigh-ins, a refund of your rental fee will be issued based on the number of raffle tickets returned to us, along with the equipment. **No refunds will be issued after September 6, 2011.** (Please note that a **\$20.00 service charge** will be applied to all returned checks.)

7. **PARENT INVOLVEMENT** – **This is a very important part of our successful organization.** During our home games, we run a full concession stand at Justin-Siena. We need parents to work in various positions, including the concession stand, announcer, clock, spotter, chain gang, minimum play recorders, and gate. **All parents will be required to work a minimum of four (4) two-hour shifts.** Our program succeeds when all of our parents work together to support and provide the home-game spirit that the Napa Saints are known for.

8. **PAPERWORK NIGHT (CHEER ONLY) -- Thursday, July 21, 2011, 5:30 p.m. to 7:00 p.m Redwood Cafeteria -**
 This paperwork night is **MANDATORY** for all cheerleaders and mascots. We ask that at least one parent/guardian accompany their child in order to complete and sign the required paperwork. It is at this time that your child's birth certificate (if applicable) and signed physical card will be submitted. Your child will be photographed for their player card and signing all required paperwork. Coaches will be available at this time for you and your child to meet, and they will be happy to answer any questions you may have with regards to the program. If for some reason you cannot make this night, please leave a voicemail on our Saints' line 707-258-5842

9. **SAINTS' WEIGH-IN DAY (FOOTBALL ONLY) – Thursday, July 21, 2011, 5:30 p.m. to 7:00 p.m. Redwood Cafeteria**– This weigh-in is **MANDATORY** for all players. We ask that at least one parent/guardian accompany their child in order to complete and sign the required paperwork. It is at this time that your child's birth certificate (if applicable) and signed physical card will be submitted. Your child will be also be weighed, photographed for their player card, and signing all required paperwork. Coaches will be available at this time for you and your child to meet, and they will be happy to answer any questions you may have with regards to the program. If for some reason you cannot make this night, please leave a voicemail on our Saints' line 707-258-5842.