



# Raiders Newsletter

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[www.palmacyouth.com](http://www.palmacyouth.com)

August 2, 2010

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- **Welcome** to the 2010 Pal-Mac Raiders Football & Cheerleading Season. There has been lots of changes this year, it is sure to be an exciting season!
  - **Practices** are as follow for August: A,B,C Football & Cheer is Mon, Tues, Wed, Thurs 5:30-8pm and Flag Football & Cheer is Tues, Wed, Thurs 5:30-7pm. All A,B,C football & cheerleaders must have a minimum of 10 hours of practice before they can hit/tackle or stunt!!!
  - **Mandatory Parent Meeting** will be tomorrow 8/3, at the bleachers on the field at 7pm, at least one parent/guardian must attend this meeting! Lots of important information will be given about the season!
  - **Paperwork**, please make sure that all necessary paperwork is into our Registrar, Christina Leere so that you child can be added to the roster. Any incomplete registrant can not be added to the certified roster until all missing paperwork is in. **NO ONE CAN PRACTICE WITH OUT A CURRENT PHYSICAL (dated 8/2/09 or after) IS HANDED IN ~ NO EXCEPTIONS!**
  - **Newsletter** - Each week there will be a Newsletter that comes out on Thursdays. Please go to our website [www.palmacyouth.com](http://www.palmacyouth.com) and click on weekly newsletter to review it. It will have lots of information for the following week's practice/games. This is the only hardcopy handout you will receive this season. For those without access to the website, we will have a very LIMITED number of hard copies at the concession stand, please stop by and pick one up!
  - **Equipment** – anyone who needs equipment or has any questions regarding equipment please see Tara Lush for Cheerleading and Ron Hickman for football.
  - **Parents Participation**, this program is run on volunteers and all A,B,C participants must have a parent/guardian volunteer on the workers board twice per participant, Flag parent/guardians must volunteer once. Please sign up on the workers board by the concession stand or we will assign you a job.
  - **Concessions** – starting next week we will be cooking hots & hamburgers at the practice concession stand. We will also be doing pizza orders on Tuesdays & Thursdays. There is also soda, Gatorade & water available!
  - **Open Board Positions**, the following board positions are open, if you are interested in getting involved with the league please speak with any current board member for information...President, Treasurer, Public Relations, and Medical Director.
  - **Lightning**, we practice in all kind of weather, however if there is lightning during practice we will CANCEL practice IMMEDIATELY, please come and pick up your child!!! If there is lightning during a game, we follow the rules set forth in FLYFCL rule book which are different than our practice rule.
  - **Parent Handbooks**, the parent handbooks are available on our website or there are a limited number of hard copies at the concession stands. The parent handbook goes over many of the questions that parents may have and questions we have heard already. If you have not already done so please READ through this handbook. Thank you and look forward to an awesome season!