



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

Since 1993

YOUTH FOOTBALL & CHEER

www.centralsaints.org

CENTRAL SAINTS Football Guidelines

Our coaches are required to be CPR/First Aid Certified. All coaches and board members must clear a criminal background checks through the Department of Justice. We are non-paid volunteers. Be assured that all of the personnel who will be in contact with your kids are here for the right reasons. We all 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. rules, each player is required to have 10 hours of conditioning without pads before they can received full pads and engaging in physical contact.

PRACTICES:

- * BE ON TIME, practice starts at 5:30 pm SHARP (Be early).
- * Parents should be here to pick up their kids at 7:15pm.
- * Each player should be mentally prepared for a difficult conditioning schedule.
- * Each player should be drinking water during the day prior to practice.
(Do not eat anything heavy past 3:00pm)
- * Each player is required to wear appropriate SAINTS apparel (cleats, athletic shorts and T-shirt. (Shorts should be no lower than the knees and shirt tucked in)
- * Hair must be cut short – per Saints rule. (No exceptions)
- * The snack shack will be open at each practice.
- * All parents and participants are expected to pick up any trash after practice.
- * Sunflower shells must be picked up or contained within a bag.
- * 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.

Parents ARE NOT ALLOWED to COACH from the sidelines at practices or games.

GAMES:

- * BE ON TIME, Athletes must arrive 1-1/2 hours prior to game time.
- * Each player athlete should be mentally prepared to do his/her best for the TEAM.
- * Each Player should be drinking water during the day prior to the Game.
(Do not eat anything heavy less than 2 hours before scheduled game time)
- * Each player should arrive with all his/her equipment and ready.
- * Each player is 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 our League Rep., V.P., or the President.

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, 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 practices or games. The parking area gets busy before and after so please be careful to watch for players and cheerleaders going through the parking lot.

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....

“CHAMPIONS START HERE”