



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

Since 1993

[www.centralsaints.org](http://www.centralsaints.org)

YOUTH FOOTBALL & CHEER

## FOOTBALL PLAYERS AND FAMILIES – Things to know...

**HEAD COACH and ASSISTANT COACH** – Your coaching staff are all 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.

**CONDITIONING SCHEDULE** – Starts Monday, July 25<sup>th</sup>. Monday - Friday (time to be determined). We usually drop down to 3 practices per week (Tuesday - Thursday) the week after our first game.

### **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.

### **APPAREL DURING CONDITIONING –**

Saints “Spirit Pack” is given to each player to be worn at all conditioning practices. No other colors outside of Saints colors will be allowed.

**ATTENDANCE** – is mandatory. Roll will be taken promptly at 5:25pm. Please contact a Coach if you are unable to attend practice or game. If a player is not present at time of roll call, he will be marked “absent”, if he arrives later, it will be reduced to a “tardy”. Excessive absenteeism or tardiness unless previously arranged with Coach will result in loss of game play time or inability to play altogether.

**EXCUSED ABSENCE** – School functions such as Open-House, religious functions and absences due to illness accompanied by Doctor’s notice will be considered as “excused” absences.

**HOMEWORK** – is not considered as an “excused absence” therefore, all players should make every effort to complete their assignments prior to coming to practice.

**UNIFORM** – All players are responsible for their uniform. We recommend you get everything together the night before, in order to prevent chaos on game day. All players must wear their “complete” uniform and no substituted equipment, socks or any other part of your uniform without approval from your coach...no exceptions!!!. **If a player does not come in his full uniform, he will not be permitted to participate.**

**HAIR** – MUST be maintained and kept short throughout the season (per Saints requirement). If ANY player fails to comply, he will be suspended.

**CLEAN-UP** – at end of every practice and games, we will all need to clean-up after ourselves. If we leave the school site in a mess, they may not let us use in future, so we want to be considerate guests. We are also required to clean-up Central Catholic after our home games, more information to come on that later

**GAMES** – Players are required to arrive 1-1/2 hour prior to each game to warm-up and stretch. Each team arrival time may vary and your coach will notify each player.

**RALLIES** – We usually have rallies for every home game. They are held on Thursdays 15 minutes before the end of standard practice time. The cheerleaders will perform their half-time dance and cheer routines. We highly recommend you attend and show support for your cheerleaders!

**PICTURES** - Pictures will be scheduled. Players must wear their entire uniform. Buddy pictures are available too (players can take pics with siblings, friends and/or family).

**“MUNCHIE GAMES”** – The Munchie games are an all day event where we play mini-football games. Its date and location has not been determined.

**HOMECOMING** – We have an awesome Homecoming event every year. It is an all-day event. Parents help assist with decorations, set-up and clean-up. A schedule will be forthcoming.

**8<sup>TH</sup> GRADE SEND-OFF** – Each year, we have a small celebration to honor our 8<sup>th</sup> grade cheerleaders and football players. Their names are announced prior to the Varsity game and they are escorted by parents or other family members across the field. It is a very special time for your child.

**TROPHIES AND END OF YEAR CELEBRATION** – At end of year, the Saints host a banquet for all players and their families. (The Saints organization covers the expense for all players; family members are charged a small fee). All eligible players will receive a trophy for participating. Some may earn special recognition trophies. All throughout the season, the coaches will take note of each player's conduct and performance during practice and games. They will make determinations on who has “earned” the awards.

**WORK DETAIL SCHEDULE** – All families are required to submit a \$200 deposit (check is NOT cashed and it will be returned to you after you complete your work detail commitment). The schedule will be posted during practice. Please be on the look out for it. Remember, all families must participate. Details will be provided.

**FIREWORK FUNDRAISER** – Each family must sell \$100 worth of firework vouchers. You may “opt-out” and not sell any vouchers for a fee of \$65. The fund raiser will be handed out at Physical day and due at the Saints Annual Clinic.

**PHYSICALS** – All players are required to have a physical. The Saints provide a physical day for all players (See important Dates Flyer on the web for date) and is pre-paid at Registration. The physicals will be conducted at Central Catholic High School from 6pm to 8pm.

**ANNUAL CLINIC** – The Saints host an awesome “Annual Clinic” for cheerleaders and football players held at Central Catholic High School. The clinic fee is included in registration and includes a “Spirit Pack” and Lunch. (See “Clinic Flyer” on the Saints website for more details) This is a great opportunity for new players to learn basic football drills as well as get to know your coaches and teammates!

**CENTRAL SAINTS WEBSITE** – ([www.centralsaints.org](http://www.centralsaints.org)) The website has our game schedule as well as other important information. Once the season gets started, we will post pictures of football players and cheerleaders in action. Check it out!

**CHAIN OF COMMAND** – If for some reason you have a problem, please contact your Coach before or after practice, never during practice unless it is an emergency. If you are unable to resolve with Coach, you may contact our League Rep. His phone number is listed on the website.

***GO SAINTS!***