



Brighton Junior Barons – *Be part of something special*

www.brightonjrbarons.com

2009 Season Guide

Upcoming Events

Friday, May 29th 2009 – “**Be Part of Something Special**” Gala at Glendoveers. This was a great success! All proceeds support our uniform cost.

August 9, 2009 – **Pancake Breakfast at Applebee’s**. Breakfast served by coaches and volunteers. Tickets are \$5 per person and all proceeds support our uniform cost.

August 15, 2009 – **Golf Tournament**. Round of golf, clinic and cookout (adults only). Tickets are \$40 per person and all proceeds support our uniform cost.

September 3, 2009 – **Hot Dog Roast**. All players and their families will gather after practice to enjoy dinner together to kick-off the season!

September 12, 2009 – **Kickball Tournament**. Co-ed teams of 9 players, with a max of 3 adults.

Friday, November 20th 2009 – **Banquet** at The Diplomat. Post-season celebration dinner & awards ceremony.

Board of Directors

President: LP VinCola
Treasurer: Brian LaFountain
Secretary: Marc Johnson
Cheerleading Coordinator: Pam Luconte
Communications Director: Jim Herrmann

Coordinators

Fundraising: Kate Cerulli, Christine LaFountain, Lisa Martin
Community Outreach: Sandra Carl, Denise Johnson
Volunteers: Celine Gullace

How can I help my kids be ready?

- New players need more time to get everything to fit comfortably. Practice with your child to make sure he can put on, take off and strap his helmet (the coaches will help them until they can do it themselves). You may want to consider cutting their hair short. Help your football player get his equipment ready before you leave for practice. Make sure their mouthpiece and cup fits well. They will want to be ready when they get to practice.
- Get your kids to practice about 10 minutes early. The coaches will start right on time and players are expected to be ready. Being there early will help the kids bond together, they won’t get much chance to chat during practice. It also helps them relax if they are anxious.
- Make sure your kids eat at least one hour before practice (fast food and sports drink are discouraged), bring plenty of water.
- The first week of practice can be difficult for the football players (and their parents on the side line!). They are adjusting to their equipment and the conditioning can be a challenging experience. Let the coaches handle it, and trust them to do everything they can to make the boys as comfortable as possible. You may want to plan to visit the field for the later half of practice.
- If you have concerns or questions, set up some time with a coach (consider waiting for 24 hrs). Keep in mind that immediately before or after practice and games is not the best time for coaches.
- Encourage your kids and tell them to have fun! If they (or you) are anxious, have them talk to their coach, to second year players or to veteran parents.

I’m a football parent – what does the Team expect from me?

Football & cheerleading is a family commitment. The organization entirely depends on the coordinated efforts of volunteers (you). As a parent you can expect that your children will receive quality coaching, will strengthen their values and bodies and will have an unforgettable time. To make that possible, the Team expects that **you volunteer**.

- All parents should volunteer. The Team needs you to help during games with concessions, merchandise, the chain, the field, etc. Anyone can do it. Do your share. Sign-up sheets will be passed around and your help will be solicited. The best part is that helping out is fun, you will make friends, and you will share the excitement and the pride!
- You will be busy! We will see you almost every day, at practice or at the games. When you volunteer, your attention will be required full time (you may not be able to watch the game, so volunteer before or after your child’s game).
- Once you volunteer for a slot, make every effort to keep your commitment. If you can’t, you are responsible for contacting the Volunteer Coordinator or better yet, for finding a replacement.

Brighton Jr. Barons - 2009 Season Schedule

September 6: **Home** -vs- Webster Jr. Titans

September 13: at Churchville Chargers

September 20: **Home** -vs- Webster Jr. Warriors

September 27: at North West Falcons

October 4: at Fairport Packers

October 11: **Home** -vs- Brockport Eagles

October 18: at Irondequoit Vikings

October 25: team & location TBA



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Summer practice

Starting August 3rd, the football players will practice Monday through Thursday from 6 pm until 8 pm, and Saturdays from 10 am until 12 n. This is a lot of work! The first few weeks of practice are focused on conditioning. In fact, there will be no hitting or tackling the first week of practice. A player must have 10 hours of conditioning before being allowed to tackle. It will be hot in August so bring a lot of water.

If your child has to miss practice or a game, let the coach know in advance, if possible.

School begins... now what?

Once school starts, practice will be limited to Tuesday, Wednesday and Thursday from 5:30 pm until 7 pm, and Saturdays from 10 am until 12 n. This is still a big time commitment. Both parents and children need to be organized and disciplined to stay on track. Your child will need to complete homework immediately after school, eat, complete chores and get ready for football practice. By the time your child gets home, he/she will be too tired to do much more than bathe and get a good night sleep. The Team relies on parents to do their share to keep the kids organized. If your child needs more study time and cannot make practice, email the coach, or better yet, come to the field at the end of practice and let the coach know why you were absent.

It's game day! After practicing for the entire month of August, the season begins!

Players

- Eat something healthy at least 1 hour before coming to the field. Fast food and sports drinks are discouraged.
- Players and cheerleaders should be on the field with their equipment ready and their jersey 1 hour before the game.
- The coaches will organize the players to weigh in before each game.
- Just before the game, players and cheerleaders will be introduced individually and run under the goal post. They will line up and sing the National Anthem. Players will then strap their helmets on for the duration of the game.
- Good manners are expected at all times, and especially on Game Day.
- During the game, players will be told by their coach when it's time to rotate in. Each player will play at least 10 times in each game, not including special teams.

Volunteer jobs during games *H = Home only*

- Play count (1): track players to ensure each gets at least 10 plays per game.
- The chain (3-H): mark where a team begins a series and how far they need to go for a first down.
- Merchandise (2-H): sell Barons shirts and other items
- Food (3-H): sell pizza, hot dogs, popcorn and drinks.
- Photo / video (2): take pictures using the team's card, return card to coordinator who will post them.
- MC helper (1): help the announcer identify players

Parents

- Games will be played in the following order: C game, then A game, and finally B game.
- Home games are played on the Brighton High School field. Directions to the away games will be posted on the hosting team website. Go to www.avfcl.org, find the hosting team site and directions to their field. Phil will also communicate directions at practice.
- Come to the field wearing Brighton colors and gear. Cheer the kids as loud as you can!
- We encourage you and your child to come for the other games and cheer older/younger players.

Volunteers

- All parents are expected to sign up for a volunteer slot for away and home games. The sign-up sheet will be passed around. If you need to re-schedule your slot, please contact celinegullace@gmail.com in advance.
- Experience shows that you can't volunteer and watch your child's game at the same time, so plan accordingly.
- Come prepared at least 30 minutes prior to the first game, if you volunteer during the C game. If your volunteer slot is for the B or A game, you are expected to come to your station 30 minutes before the game starts and stay for the duration of the game. While these slot times cannot be predicted accurately, you are expected to be on time.
- The Team thanks you for your help, we couldn't do it without you!