



BULLS

NEWS

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This edition pays homage to the spirit of volunteering! The LJFL Bulls, a league guided solely by volunteers, relies on the collective efforts of all to craft a positive experience for our athletes.

We know it can be intimidating at first to get involved, so read on for more information on how you can pitch in!



IMPORTANT DATES

****Register by April 1st and receive \$50 off using code early50****

Code is for new families only. Returning players get a automatic discount

Next board meeting: March 7th, 2024 @ 7pm RLCC Fiesta Room

Football practice starts on July 15

Cheer practice starts on July 22

Jamboree: Aug. 10

Week 1: Aug. 17



Volunteer Opportunities

- Website / Social media content editor
- Swag
- Snack Bar
- Field set up & take down
- Parking lot attendee
- Admission gate

****Reminder: All families are required to do volunteer hours****

Game Monitoring

This is the most important volunteer position for every game. Without 2 game monitors per game, we risk a forfeit. The game monitor ensures that all players, regardless of playing ability, have an equal opportunity to participate. Game monitors, also known as MPRs, count the plays during the game. They make sure every eligible player (at the time of the game) has the minimum number of plays required per game.

Team Parent:

- Coordinate player cards and aid the coach in collecting documents
- Set up a team communication platform (such as Game Changer, Team Snap, etc.)
- Arrange a volunteer signup sheet for game-day roles and ensure all positions are filled before the game
- Organize team-building activities
- Plan end-of-year celebrations and gifts for coaches

Gate attendant:

- Collect admission fees at the front gate.
- Direct guests to field locations, restrooms, concessions, etc.
- Accurately balances gate fees prior to starting the gate shift and reconciles at the end of each shift
- hands off gate fees to a board member at the end of each shift.

Parking Lot monitor:

- The Parking Lot Monitor keeps the traffic flow moving within the parking areas and is expected to assist and provide directions to guests as needed.
- Monitors the parking lot to prevent unauthorized personnel from entering restricted parking areas and blocking emergency zones.

Field Set Up:

- Arrive early at 7 am
- Assist with field markers
- Arrange tables and chairs
- Set up pop-up tents
- Fill water jugs
- Complete other tasks to prepare the fields for the day

Field Take Down:

- Arrive approx. 30 mins before the last game
- Helps put away any field set-up equipment left out
- Helps clear trash from field
- Takes down pop-up tents
- Completes other tasks to close the fields for the day

JOIN THE BULLS BOARD

Board Positions Available:

- **Webmaster:** If you excel behind the screen with a sharp eye for detail and organization, managing our website with up-to-date and valuable information could be a perfect fit for you!
- **Social Media:** Are you a creative individual who enjoys media and stays updated on the latest social trends? This role might be just what you're looking for!
- **Sponsorships:** Are you connected to the Livermore community? Would you like to help raise funds for the league? This is a great roll for you!
- **Snack Bar:** Were you unimpressed with our home game snack offerings? Do you want to ensure that game attendees have better choices?
- **SWAG:** Are you a design enthusiast looking to help the Bulls community showcase their spirit on the sidelines?

Join us at the upcoming Board Meeting to learn more about these opportunities that pique your interest!

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@ 7:00pm RLCC Fiesta Room**



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COACHES CORNER

Cheer is thrilled to have our first-ever hosted Cheer Camp this season, August 3rd & 4th! We have Varsity USA coming out to show our girls some new moves and build out our stunting skills. We may have the opportunity to host some other squads within the league for even more fun!



In the off season, the best way athletes can get ready is to **CONDITION!**- Run, lift, do bodyweight workouts and sprint!

Do as much as you can to help yourself get in better shape to play. Learn about football and the positions you want to play. You can watch age appropriate videos on YouTube, go to camps or clinics or get a coach. Play catch with a friend or family member! Just get out and throw the ball around!

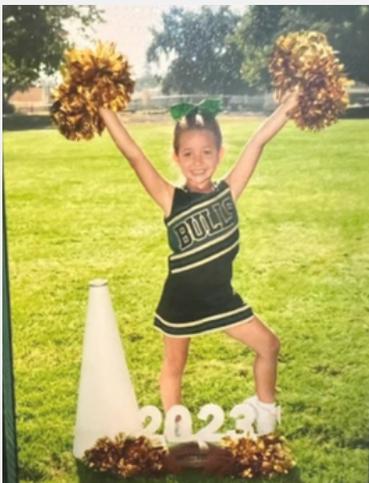
STUDENT-ATHLETES OF THE WEEK

The Livermore Bulls Junior Football League would like to recognize our student-athletes whose effort, desire, sacrifice and contribution has made a difference to their team, coaches and teammates throughout the season. Unlike most recognition awards these nominations represent much more than just personal achievement on the field of play. Great teams have players willing to take on new roles and support others for the greater good. By receiving this recognition, the player has demonstrated great character, leads by example, has a willingness to put others first, made sacrifices or other valuable contributions to the success of their team that which is not always recognized.



Player: Dalton Lutz
Team: JV Dev
Positions: QB/LB

Dalton Lutz is a quiet yet confident leader for the Livermore Bulls. His positivity and support for his teammates starts in practices and carries over to games. Dalton has shown the ability to stay calm and poised while helping to lead his team. Dalton's work ethic shines through whether it is helping teammates get extra reps before or after practice or taking time to study game film. Dalton is a Livermore Bull!



Cheer Player: Camila Gonzalez
Team: 2023 Green Squad

Last year was Camila's first year with LJFL as one of our youngest cheerleaders at 6 years old. Camila is currently a 1st grader at Altamont Elementary and when she's not cheering with her green squad you can find her in a swimming pool or cheering for her brother who plays football or sister who also cheers for LJFL - definitely a family sport! Camila is a Livermore Bull!

Thank You, Sponsors!



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Have any questions or want to provide feedback? Please drop us a note at: secretary@ljflbulls.com