



BULLS

NEWS

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2nd Annual Battle of the Bulls!

We are excited to announce the start of the 2nd Annual Battle of the Bulls fundraising competition! This battle will have teams competing across both football and cheer and for some of you- within your own household!

The goal is simple. The team that raises the most pledges **WINS**. There will be prizes for all levels of participation along the way- so no donation amount is too small!

Fundraiser will run from Aug 1 - Nov. 1st

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IMPORTANT DATES

Battle of the Bulls fundraiser: August 1 - November 1
Next board meeting: July 25, 2024 @ 7pm RLCC Fiesta Room
Cheer practice starts on July 23
Comp Jamboree- Aug 17th
Dev Jamboree- Aug 18th
Game Day- Aug 24th



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****

Livermore Bulls Football League

The Battle of the Bulls



Scan the QR Code to register and get started.

For our The Battle of the Bulls this year, we're using an awesome [web based fundraising system](#) that makes it much easier for you to request pledges from your family and friends, and for them to make secure credit card donations online. It's fun, it's easy, and people who use it typically raise twice as much as those who don't!

Remember, our The Battle of the Bulls is August 1st- November 1st, so please register now to help our team raise as much as we can for league equipment, such as football training sleds, helmets, pads, cheer mats and equipment as well as our end of year celebrations for football and cheer.

Using your computer's browser:

- Go to <http://pledgestar.com/livermorebulls>
- Click "Not Registered For This Year's Event"
- Enter your name and email address, then click "Submit"
- Follow the instructions on-screen to register Participant(s) and add family and friends

Using your Android or Apple phone or tablet:

- Go to the Apple App Store on IOS or the Amazon App Store on Android and search for "PledgeStar" to download the Family App, or go to <https://pledgestar.com/livermorebulls/downloadapp.html>
- On the home screen enter your event code: "livermorebulls" to locate your event
- Click "Not Registered For This Year's Event"
- Enter your name and email address, then click "Submit"
- Follow the instructions on-screen to register Participant(s) and add family and friends

When you finish, the system emails pledge requests to your family and friends, and allows them to make secure credit card donations online. You get notified each time a pledge is made, and you can track your pledge progress online.



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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!



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COACHES CORNER

Hydration is key to unlocking your young athlete's full potential!

Staying hydrated helps boost energy, improve focus, and prevent injuries.

Water is essential for regulating body temperature, transporting nutrients, and aiding in muscle recovery.

To keep your athlete hydrated:

- Encourage them to drink water throughout the day, not just during practice or games.
- Offer water-rich fruits and vegetables like watermelon, strawberries, and cucumbers.
- Consider sports drinks for intense workouts or hot weather, but remember they're typically high in sugar.
- Listen to their body - if they're thirsty, they're already dehydrated.
- Bring **MORE WATER** than you think is necessary to practice. On hot days- at LEAST a gallon!

Don't let dehydration sideline your star player! Make hydration a top priority for optimal performance and a healthy, happy athlete.

Fuel your young athlete for success! Proper nutrition is essential for building strong bodies and boosting performance. A balanced diet rich in fruits, vegetables, whole grains, and lean proteins provides the energy needed to power through practices and games.

To fuel up before practice:

- Opt for easily digestible snacks like fruit (bananas, apples), yogurt, whole-grain toast with peanut butter, or a handful of nuts and dried fruit.
- Avoid heavy, greasy foods that can cause stomach upset.
- Remember, timing is key! Aim for a snack about an hour before practice starts.

Help your athlete reach their full potential by prioritizing healthy eating habits.

STUDENT-ATHLETES OF THE WEEK

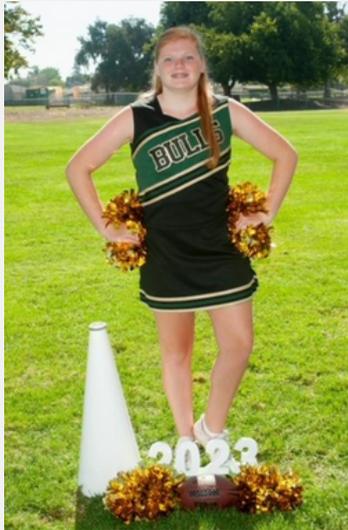
The Livermore Bulls Junior Football League would like to recognize our student-athletes whose effort, desire, sacrifice and contribution has made a difference to their team, coaches and teammates throughout the season. Unlike most recognition awards these nominations represent much more than just personal 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: Ethan Pestana
Team: JV Comp

Ethan Pestana, a standout 12-year-old player for the Livermore Bulls, embodies the spirit of youth football with his boundless enthusiasm and energy. Known for his leadership on and off the field, Ethan's positive attitude and dedication inspire his teammates to give their best. His coachability and eagerness to learn make him a joy to work with, setting a high standard for his peers. Ethan's commitment to the game and his team ensures a bright future in football, and his contributions are pivotal to the Bulls' success.

Ethan is a Livermore Bull!



Cheer Player: Reagan Payne
Team: Senior

The 2024 season, will be Reagan's 6th season cheering with LJFL. She will be in the 8th grade at East Avenue Middle School. When Reagan is not cheering with the Bulls, she swims for the Livermore Aquacowboys and loves the Individual Medley. She recently has started Club Stunt and is a back spot/base for the California Allstars. She hopes to travel to Japan this fall as a Youth Ambassador for Livermore. She is dedicated, gives her all and is always ready to take on new challenges and offer encouragement to her teammates. Reagan is a Livermore Bull!

Thank You, Sponsors!



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