

Hajfl

Weekly Newsletter
August 10, 2011

HOWELL
JUNIOR
FOOTBALL
AND
CHEER
2011



BLACK
GOLD
GREEN
RED
SILVER
WHITE

Some people try to find things in this game that don't exist but football is only two things - blocking and tackling.

Vince Lombardi



Week One Done!

Football Equipment Exchanges:

The remaining football equipment has been divided and taken to the storage pods at Three Fires and at Parker.

If you need to exchange equipment please see your coaches and they will help you get what you need.

Next week the storage pods will be open only on request - it's our hope everyone will have made their exchanges and have what they need by then.

Volunteer Sign Ups

You can sign up for your required three spots for volunteering, next week Tuesday Aug 16th and Wednesday Aug 17th, at the pods at your field between 6pm - 7pm. More details will be sent to the teams through the team moms but this is how it works: Each home game with have a sheet of paper with all the different jobs available for that game. Parents come up to the pods, get in line and sign their name on the dotted line! Green/White & Instructional Patriots sign up boards

will be at the Parker pod, and Gold/Silver/Red/Black and Instructional Highlanders & Warriors will be at the Three Fires pod.

2011 Board Meeting Agendas are posted at www.hajfl.com



PIZZA NIGHT

Sponsor Hungry Howie's will sell pizzas from the Hungry Howie's Truck at the practice fields:

Every Tuesday @ Three Fires, 7:30
Every Thursday @ Parker, 7:30

Looking for Dinner?

\$7 Pizzas
\$10 Pizza & Bread

\$1 for each goes to league



Sponsor Spotlight

Hungry Howie's Pizza in Howell is involved with almost all Livingston County Sports. They are sponsors for HAJFL, Pinckney, Hartland & more. They are very involved in the community and their pizza truck can usually be found at any home games around town. We're happy to have them back again, and look forward to them bringing dinner up to our fields on Tuesdays & Thursday nights.

Scrimmage Schedule 2011

Scrimmage Weekend

Coaches will tell their team what time they need to arrive for stretching & warm-up. With pictures the following day....we're suggesting you wear practice pants & practice jerseys for scrimmage but your coach will clarify.

Light concessions will be for sale at Three Fires.

Detailed schedules for each location will be emailed early next week but in summary, the scrimmage schedules look like this:

(Fields will be marked)



Friday August 19, 2011

Instructional Highlanders

Instructional Patriots

&

Instructional Warriors

vs

Byron, Fowlerville, Webberville
at

Three Fires Field
6pm - 8:15pm

Saturday August 20, 2011

Howell Silver

at

Byron High School
9am - 1pm

Howell Gold, Black, Green, Red

at

Three Fires Middle School
9am - 1pm

Howell White

at

Webberville
9am - 1pm

Directions to these locations
are on the next page



Beverage Donations

Thank you so much for this donation to the league!
Please bring your donation to the pods by Monday Aug 15th. Let your team mom know so she can check your off the list as received.
Football players - 2 8pks gatorade
Cheer - 2 Cases of water

PARKER PRACTICE FIELDS

*The Parker Game field is
OFF LIMITS during
practice per HHS.*

*The track is open for all
walkers!*

Contact us...

HOWELL WEBSITE - www.hajfl.com
LEAGUE WEBSITE - www.lcajfl.com
HAJFL PHONE - 517.518.2836
HAJFL email - howelljrfootball@yahoo.com
Or howellcheerleading@yahoo.com
PO BOX 412, HOWELL MI 48844

BOARD MEETINGS - Tuesdays @
8:15 Parker Meeting Room (top of
bleachers)

Directions to Scrimmages

Webberville Football Field

309 E. Grand River Rd., Webberville, MI 48892

- From Howell, travel west approximately 13 miles on Grand River.
- Arrive at 309 E. Grand River on your left. It is two blocks past S. Main Street.

Byron High School Football Field

312 E. Maple St., Byron MI 48418

- Go north on Michigan Ave (becomes Oak Grove) - 5.3 miles
- Turn left to stay on Oak Grove, 4.7 miles
- Turn right onto W. Cohoctah Rd, .5 miles
- Turn left onto Oak Grove, 1.4 miles
- Oak Grove becomes BYRON rd, 2.6 miles
- Turn left onto S. Saginaw St, .4 miles
- Turn left onto W. Maple St, .2 miles
- Arrive at Byron High School on your right

Code Of Conduct and Waiver Forms

This week your team moms will be giving you a LIVINGSTON COUNTY JR FOOTBALL LEAGUE CODE OF CONDUCT FORM and a HAJFL WAIVER. LCAJFL asks every family to sign these documents, and return them to your team mom. Please read them thoroughly, they are standard documents used by youth football leagues. If you have any questions about them you can contact the league at 517-518-2836.

Field Work Day Aug 13th

We are looking for help for a field clean up/work day on Saturday August 13th. We have a list of things that need to be done at both Three Fires and Parker. If you are able to help please contact Varsity White Head Coach Matt Swift or call the league at 517-518-2836. Thank you!

Seriously.....No Pets!

Wanted to remind you about school grounds rules.....no pets (dogs, cats, rabbits etc....), no smoking, no drinking, no swearing. Thank you for your understanding!

GAME Jerseys

Will be distributed next week. It takes time to sort them into teams and after that's done we will let the team moms know via email, to come get their teams jerseys from the pods. If there are any spelling errors/issues please don't panic!! Just bring it up to the pods and we'll take care of it. THANK YOU to Equipment Manager Tim Bazany for all his hard work on equipment this year. **NOBODY knows how hard this job is until they've done it...and few brave to offer!** He has devoted SO much time and effort behind the scenes to get all this equipment in order.

If you signed up late - your son will be called over to the Three Fires pod by our equipment director, sized for one of the extra jerseys, and assigned a number.

HAJFL SPIRIT WEAR SALES



HAJFL apparel and accessories for football players, cheerleaders, parents, friends and family are available to purchase online, and in-person on specific game days/sale events. These dates will be advertised and listed in the weekly newsletters

Visit the HAJFL ONLINE STORE via our website, www.hajfl.com or at www.sportsnapparel.com. Click on HAJFL on the lower left of the screen.

Please don't hesitate to contact us with any questions you may have. By phone (517) 223-1157.

GATE PASSES will be for sale during the Volunteer Sign ups next week. After that, they'll be for sale in concessions.

If you have any questions,
Ask your team mom.....she knows everything!!!!!!



Good Luck to

**Varsity Green
&
Varsity Gold**

**Football Players!
&
Cheerleaders**

**They will be playing on
Ford Field
during
half-time on Friday,
August 12, 2011**

This is a once in a life-time
for the kids and they will
never forget it!!

Thank you Prez Matt Swift
for making this possible.



Facts and Figures For Hydration of an Athlete

Making sure players are staying hydrated is a safety practice that all involved need to be cognizant of

- Along with Tackling, Blocking and Stunting, Proper Hydration is a vital fundamental that youth coaches need to stress to young athletes.
- Dehydration of 1-2 %of body weight can affect performance
- Dehydration of > 3% of body weight can disturb physiological function and increase risk of developing heat cramps, heat exhaustion and heat stroke

What is taking place in the body of a dehydrated athlete ?

- The main process of fluid loss is sweating which is critical for maintaining body temperature
- 80% of heat loss is done through sweating on a humid day
- 98% of heat loss is done through sweating on a dry day
- Not balancing fluid intake with fluid loss is the primary reason athletes get dehydrated

What are the signs and symptoms of dehydration we should be aware of ?

- Symptoms generally worsen as dehydration continues
- Thirst and muscle discomfort
- Flushed skin, fatigue and muscle cramps
- Dizzy, headaches, vomiting and chills

What can occur as a result of these symptoms of dehydration ?

- Rise in core body temperature
- increased stress on cardiovascular system making the heart work harder
- blood becomes thicker which makes it harder to deliver oxygen
- time to reach exhaustion is decreased dramatically
- an increase in perception of effort to do the same task in experienced

When is it the most important for athletes to consume liquids- before or during exercise ?

- Hydration needs to be the focus of athletes throughout the day
- Monitor your urine : urine too dark or odorous, drink more. Clear and without odor, you are hydrated
- 7 % of athletes show up at practice or games dehydrated
- During exercise, drink to match your water losses
- Don't forget, dehydration can set in after exercise too.
- Bottom line is: drink before, during and after all sports related exercise and let urine output and color be your guide

Sports drinks versus Water

- Water should be the mainstay of your hydration
 - Sports drinks do encourage you to drink more because of salt, sugar and taste
 - Salt and electrolytes help with faster absorption of fluid
 - Carbohydrates give the body an energy boost that is readily available upon drinking
 - A tip to follow is that water is better for before and during and sports drinks are better for after
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HAJFL Picture Day Schedule

Sunday, August 21st, 2011
 Three Fires

Picture Time	Red Flag	Blue Flag	Green Flag	Orange Flag	Black Flag
10:00 am	Board of Directors	FR Gold Cheer	FR Gold FB	JV Gold FB	Varsity Gold FB
10:15 am	JV Gold Cheer	Varsity Gold Cheer			
10:35 am	FR Black Cheer	FR Black FB	Varsity Black FB	JV Black FB	Instructional Highlanders
10:50 am	JV Black Cheer				
11:10 am	Varsity Black Cheer	FR White Cheer	JV White FB	FR White FB	Varsity White FB
11:25 am	JV White Cheer	Var White Cheer			
11:45 am	FR Green Cheer	JV Green Cheer	Var Green FB	JV Green FB	FR Green FB
12:00 pm	Var Green Cheer	Instructional Patriots			
12:20 pm	Instructional Cheer		Var Silver FB	FR Silver FB	JV Silver FB
12:35 pm		Var Red FB			
12:55 pm			FR Red FB	JV Red FB	Instructional Warriors

2011-B

Teams need to arrive 15 minutes prior to your scheduled photo time.

Coaches get a free picture with their players – separate envelope required and available on site.

Pictures with siblings can be taken at the time of your child's scheduled individual picture – separate envelope required.