

WELCOME TO RICHMOND JUNIOR FOOTBALL

Equipment Room Phone (206) 365-7411

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2009 PARENT PACKET



Thank you for selecting Richmond Jr. Football as your choice of sports program to participate in. We take great pride in our program. We are dedicated to giving children the choice to choose, the chance to participate and the respect of others in a structured environment.

A Little Bit of History

In 1958, a group of parents from North Seattle realized that the youth in our area were missing out on a valuable experience, and formed the "Richmond Highlands Athletic Association". With the help of great volunteers, great community support, and a lot of hard work, Richmond has come a long way - from a damp basement in the Fremont district to the quality program you see today at the Shoreline Center. Our philosophy of providing the very best equipment and coaches possible and making room for every child to play has made the difference for the youth of Richmond and for our program.

Richmond believes that every child who wants to play football, gets to play football at Richmond. For many kids, once they get to Jr. High or High School, it's too late. Physically, they may not fit into the program and with a school full of kids wanting to play, may not be able to play when there is only 35 on a typical team. They do not have the philosophy that every child that wants to play, gets to play. Without the ten play rule, if a child makes the team, he can sit on the bench his entire career. For many children a youth football program will be their only opportunity to play the game of football.

Few other sports require the dedication and commitment that football does. You can see the kids grow in character and spirit as the season progresses. Children learn a lot of life's lessons on the football field - teamwork, organization, perseverance, tolerance, patience, discipline, sportsmanship, comradery the list is endless. Richmond has the reputation for being a high quality organization. We play by the rules and demand good sportsmanship.

Registration

We allow all youth ages 6 to 14 the opportunity to play football. Each player must have a signed Registration form, signed Emergency form, Birth Certificate or Baptismal Certificate and Payment in Full in order to participate in our program. You may register at our equipment room at the Shoreline Center at the dates and times listed below. Please give us a call at (206) 365-7411 for directions.

2009 DATES OF EVENTS

Registration/Sign-ups	Starting April 7th Tuesdays (5:30-6:30)
Player Suit-ups	July 21, 22, 28, 29
Practice Starts	August 3rd, 2009
NJFL Jamboree	August 29th, 2009
RJF Team Pot-Luck BBQa	August 21st, 2009
Games Start	September 12th, 2009
RJF Car Wash	October 11th, 2009
RJF Auction	October 24th, 2009

When your child suits up with his practice gear, we do a preliminary weigh-in to estimate what level he or she will play in. There is an official "weigh-in" on Jamboree day where the child must not weight MORE than the maximum weight for that level.

Equipment

We provide the following equipment: Helmet, Shoulder Pads, Practice Jersey & Pants, Game Jersey & Pants, Girdle & Pads, Thigh & Knee pads. You will need to provide a mouth guard, athletic supporter, and cleats (no metal cleats allowed).

Practice

Practice starts the Monday August 3rd, 2009. Players will work on warm-up exercises, fundamental drills, etc. – no contact for any player for the first three days. Then teams from previous years assemble and any new players or players moving up a level are put into a draft and picked by the team coaches the end of the first week of practice. Players practice for the last three weeks of August as a "Team" and that will be their team for the season. We suit up the kids with their game uniforms usually the last week of August.

Jamboree

Our league jamboree will be held on August 24th. Jamboree is our biggest day of the year. All teams come together and play 20 minutes games with officials. The "Official League Weigh-in" is done during this time. It can be a little hectic and really crazy, so anyone willing to lend a hand - we probably can find a job for you!

CAR WASH!

Richmond Jr. Football holds a "Car-Wash-A-Thon" on October 11th, 2009. Players can start collecting pledges as soon as they suit-up, and the coaches will have to wash 100 cars on that Sunday. We want every player to collect a minimum of \$75.00 for the program. We will have some great "Grand Prizes" for players who turn in more than \$75 dollars. The more they collect, the better their prizes. This is how we raise money to keep top quality equipment for our kids of Richmond. We will have Pledge forms and list of Grand Prizes available during suit-ups the end of July.

Auction/Dance

October 24, 2009 we hold our Auction/Dance to celebrate the season and the success of our program. Each team is required to put together a "theme basket" to be auctioned off at this event. The "themes" for the year will be announced after the first game of the season. We also need assistance from anyone in securing any big ticket items (i.e. bikes, autographed footballs, weekend get-a-aways, etc.) or services that could be auctioned off to raise money for the program. Hors d'oeuvres and drinks are served during a mingling hour and after the auction, a band or D.J. provides music for the remainder of the night.

Gear Return

All gear is to be returned laundered with practice pants and girdle stuffed w/ pads. This needs to be done by everyone in order to have the ends of the year banquets.

Banquets

Banquets are held the first week of December. The coaches will let you know the actual place, date & time. Players are recognized for their participation in the program and are presented with a trophy and yearbook sponsored by the League.

Websites

The Richmond Junior Football and NJFL websites are great resources for schedules, events, locations, maps, pictures, scores, standings and much more. Keep up to date by visiting them regularly.

www.richmondjrfootball.com

www.njfl.org

Volunteers

Board Members and Coaches are always needed to keep this program going in the off-season as well as during the season. Please call the equipment room at (206) 365-7411, if you're interested in being a Board Member, Coach or Asst. Coach.

Board Members: Assist the Board of Directors with the following: registration, suit-ups, car wash, auction/dance, equipment preparation, concessions (peanut wagon), fundraising, marketing.

Coaches & Asst. Coaches: Coaching a team of 15-29 players, as well as assisting the Board of Directors with equipment preparation, field preparation, and motivation for the car wash.

During the season, we also need volunteers from each team to help with the following jobs:

Team Parent: Oversee the sign-up sheet, motivate for the car wash and collect mail from equipment room for your coach. Coordinates the team's theme basket for auction.

The Team Parent also coordinates the parents to bring treats, drinks and half-time oranges for each game. Also, oversees the end of the year banquet.

Video/Camera Person: Each game you need to video tape the game for the coaches to review.

10-Play Check-off Person: Keep track of how many plays each child has played for each game.

Clock Person: Run the game clock during home games.

Chain Gang: Three volunteers are needed to hold the chains and down marker for each home game.

We thank you for your interest in Richmond Jr. Football and look forward to seeing you around the Stadium and up at the equipment room. As always, we want this to be a fun, safe, exciting season. If we all work together we can continue to provide the best quality youth football program around!

AND REMEMBER *IT'S FOR THE KIDS!!!*

WELCOME TO RICHMOND JUNIOR FOOTBALL

The Board, Coaches and Staff at Richmond Jr. Football want to thank you for choosing our program for your child to participate in. We strongly believe in the message our program sets forth – dedication, teamwork, and sportsmanship. We hope your experience this year with Richmond Jr. Football and the Northwest Junior Football League is a good one.

NOW LET'S PLAY SOME FOOTBALL!!!

REMINDERS:

Volunteers/Board Members are always in demand. If you would like to help or find out what positions are available call us at (206) 365-7411 or visit us in the Richmond Jr. Football equipment room.

Fundraisers are what keep our program going and providing the best equipment around. We offer great incentives for all children and encourage your support in helping them reach their goals.

***Every child who wants to play football,
Gets to play football at Richmond !!***

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LAUNDRY AND CARE OF ATHLETIC UNIFORMS

When to Launder: All athletic uniforms should be laundered in warm or cool water. It is important to launder uniforms immediately after each wearing. Damp garments left in a pile will tend to fade due to chemical reactions with perspiration. Inspect garments for damage such as equipment cuts and tears. Repairs should be made prior to washing to prevent further damage.

Washing: All garments should be washed in warm or cool water – NO BLEACH! Be sure to separate white and colored garments and wash separately. Use only mild detergents and use high water level to hold down mechanical action. Try not to overload the washing machine. Remove pads from pants before laundering – do not wash pants with pants inside as this will cause the pads to crack and weaken – which means less protection for the players. DO NOT USE BLEACH!! Bleach will cause printing to get brittle and crack and will also fade the colored uniforms. It will also cause the white jerseys to turn yellow.

Drying: It is best to hang uniforms to drip dry, especially those containing spandex. If a tumble dryer is used, tumble dry on low or “air dry” setting. Excessive heat will take the elasticity out of the silk screened numbering process and cause cracking.

DO NOT DRY CLEAN ATHLETIC UNIFORMS

Please help us take care of our uniforms. The longer we can use each uniform the less cost that goes out for gear, and we can continue to keep registration fees low for everyone.

RICHMOND JUNIOR FOOTBALL AUCTION & DANCE

WHEN Saturday, October 24th, 2009

WHERE Innis Arden Clubhouse
1430 NW 188th
Shoreline, WA 98177

WHY A chance for the adults of Richmond to have a fun social evening and buy items donated by individuals and businesses. The proceeds go to purchase more quality equipment for the Richmond Junior Football program.

HOW ... can I help? If you have any items to donate to the auction or if your are a business owner willing to donate an item or items for the auction, please fill out the form below and drop it off at the equipment room. More forms are available if needed. If it is a tangible item you may deliver it to the equipment room or we will make arrangements to pick it up of coordinate delivery before the auction.

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RICHMOND JUNIOR FOOTBALL AUCTION DONOR FORM

Title of Gift/Item/Service: _____ Estimated Value: _____

Donor Name: _____

Contact Person: _____ Phone: _____

Address: _____
Street City State Zip

Description of Donated Item/Service:

(include quantity, size, color, number of persons, nights, restrictions, expiration date)

_____ Item brought in with donor form

_____ Item needs to be picked up at: _____

_____ Item will be brought in by: _____ on _____

**Thank you for your support AND
REMEMBER IT'S FOR THE KIDS!!**