

GRAND  **BLANC**
FOOTBALL

Parent's Survival Guide

Learning to Enjoy the Game

Introduction

- Who are we?
- What is the MMRFL?
- Getting your player ready for practice.
- Talking to your player about football.
- Getting your player ready for practice.
- Getting your player ready for the game.

** Please stay until the end of the presentation **

Executive Board Members

- **President / Asst. FC – Craig Rabidoux**
- **Vice President/Asst. FC – Mark Bednar**
- **Secretary / Team Parent Coordinator/Asst. FC- Sue Kish**
- **Treasurer/Webmaster/Asst. FC – Dale Frank**
- **Football Director / Asst. FC – Dave Ragatz**
- **Cheerleading Director – Pamela Rabidoux**
- **Head Field Commissioner– Gene Wood**

Board Members

- **Angie Chernosky – Fundraising**
- **Kim Hornik – Banquet Coordinator, Corporate Sponsorships**
- **Kathleen Hornik – Board Member**
- **Jeff Kish – Press Box Coordinator**
- **Ceyard Kitchen – Cheer Coach And Homecoming Coordinator**
- **Rich Merrill – JV Coach**
- **Nancy Ragatz – Concessions and Team Parent Coordinator**
- **Les Rogers – Board Member**
- **Becky Thompson – Spiritware and Team Picture Coordinator**
- **3 Open Board Positions**

MMRFL

- Mid-Michigan Rural Football League
- Founded in 1990
- 24 Areas
- Over 130 Teams
- Approx 3000 Football Players and 1200 Cheerleaders

Who's In The MMRFL?

Atherton

Bendle

Bently

Birch Run

Carman

Caro

Clio

Durand

Fenton

Flushing

Frankenmuth

GRAND BLANC

Holly

Kearsley

Lake Fenton

Millington

Montrose

Mt Morris

New Lothrop

Saginaw Heritage

Swartz Creek

Vassar

Grand Blanc Youth CHEERLEADING



Cheer Coaches



Loryssa Asher

Ceyard Kitchen

Meghan Dotson

Jennifer MacArthur

Amanda Everett

Leslie Stratton

Lisa Hawtin

Melissa Warburton

Lori Hawtin

Jacqueline Williams

Heather Heiberger

Expectations of Parents

- Transportation for your child to all practices and to gameday, (drop off and pick up)
- Know who your child's coaches are, know contact information, phone numbers
- Use GBYF communication resources for important information: Email, Website & handouts
- Check email daily for updates
- Know where each game day location is, **prior to game day.**
 - Maps located on the website, under the **GAMEDAY** link.**(www.grandblancyouthfootball.com)**
- Help your child be responsible for snack, banner (Cheer), end of the game treats, gift bags

Spirit Coordinators



Communications / Schedules / Fire Up Funds

- **Game Day “Half Time” Snack Schedule**
- **Opposing Team - Gift Schedule**
- **End of the Game – Treats for Boys Schedule**
- **Spirit Banner for Game Day Spirit Tunnel**
- **Posters / Signs**
- **Practice Day Information Handouts**
- **Game Day programs / Flyers**
- **Homecoming Parade – Decorations / Organization**

Practice



- **Times / Days**
 - 5:30pm until 7:00pm
 - Tuesdays and Thursdays, starting Aug 17th

- **Bring:**
 - Blanket / Towel – Stretching – warm up
 - Snacks / Water
 - Sweatshirt / Jacket – for cooler days.
 - Rain Gear incase it Rains

What to wear:

- Tennis shoes (prefer cheer shoes)
- Shorts / Sweats / Athletic wear
- T-Shirts / Athletic tops
- Hair Up and out of face

What NOT to wear:

- Sandels, flip flops, or bear feet
- Sundresses, jeans, or skirts
- Tank Tops, Halter tops, Bathing suit tops
- Hair hanging in face

Spectators/Parents

- **Welcome to stay and watch the practice, however we ask that you refrain from correcting your girls in front of everyone.**

Cheerleader Responsibilities

- Be on Time
- Positive Attitudes
- Listen and Respect Coaches
- Represent GBYF in a positive manner, no inappropriate behavior tolerated
- Bring snack, banner, boy's treats, gift bags, if it's your turn.
- May not leave practice or game day early, unless family emergency, or notified prior to day
- You will not participate in Cheering for Game Day if you unable to attend the full game. **Note: You must have a prior excuse before game day**

UNIFORMS



- **Hand Out** – Week of August 9th (Wednesday, Aug 11th.)
- **Property of GBYF** – Handle and Care
- **When to Wear:**
 - Prior to Game Day – Friday at School
 - Game Days (come to game dressed)
 - Picture Day
 - Homecoming Parade
 - Grand Blanc HS Home Games (If attending - Optional)
- **When Not to Wear** – Custom Parties, or outside events!
- **Cheer Shoes** – MC Sports
- **Cheer Accessories** – Briefs / Body Suit / Cheer Hair Bows

Program



- **Cheer Moves – Jumps / Kicks**
- **Tumbling – Cartwheels, Round-offs, Splits**
- **Chants**
- **Cheer – Performed at Half Time**
- **Pom Routine – Performed at Half Time**
- **Basic Mounts**
- **Confidence / Fun!**

**Grand Blanc
Youth
Football**

Why The MMRFL ?

- **Follows MHSAA Rules**
- **Use MHSAA Officials**
- **Instructional Based**
- **Not Intramural Play**
- **Games are played on REAL Football Fields**

Team Coaches

- **Freshman** Jesse Kranz – Head Coach
- **Freshman** Gene Wood – Head Coach
- **Freshman** Shannon Wright – Head Coach
- **JV** Pat Luna – Head Coach
- **JV** Joey Hayden - Head Coach
- **JV** Rich Merrill - Head Coach
- **Varsity** Mark Bednar – Head Coach

MMRFL RULES

- 8 Minute Quarters with a 15 minute Half
- 30 Second Play Clock
- 3 Time outs per half
- Coaches are allowed on the field but must be 15 yards from the line, and may not talk after the snap of the ball
- Field Goals – No Rushing or Fakes – 3 Points

MMRFL RULES

- **Punts** – No Rushing or Fakes
- **Extra Points** – 2 Points Kick
1 Point for Run/Pass
- **QB Sneaks** – QB may NOT carry the ball between the tackles when inside the 10 yard line.

MMRFL RULES

- **Dead-Man Zone – A Zone that is 1 yard to each side of the ball and 3 yards back into the defense. No defensive player is allowed in the Dead-Man zone from the time the center is set until the ball is snapped. NO NOSE GUARD!**

Mid-Michigan Rural Football League

Mid-Michigan Rural Football League

The MMRFL was incorporated in the Flint Michigan area in 1990 as a Full Contact Recreational Youth Football League. It has grown from its origin with 7 Member Areas fielding 19 teams to its current level with 14 Member Areas and 5 Associate Member Areas. In the 2005 season, the MMRFL will field 99 co-ed teams complete with Cheerleading and Pom-Pom Squads to help add to the excitement and overall experience.

[Member Areas](#) includes all of the MMRFL member areas, links to their web sites and maps to their home fields.

The [Document Center](#) includes rules, training documents, schedules, scores and standings.



[Home](#)

[Presidents Corner](#)

[Bulletins](#)

[Forum](#)

[Document Center](#)

[Member Areas](#)

[MMRFL Traffic](#)

[Phil Long's Assignor Site](#)

[MHSAA Home Link](#)

[Detroit Lions Kids Zone](#)

[Contact the MMRFL](#)

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Denise Bower

Player Provided Mandatory Equipment

- Cleats

VERY IMPORTANT!!!! Players may use non cleated tennis shoes, molded football or soccer style shoes with **molded rubber cleats only**. Molded cleats or studs must be no more than 3/8" long and have a minimum diameter at the tip of 3/16" and be made of a pliable material that will not develop a sharp edge or burr. **No screw in cleats or hard synthetic cleats permitted.**

- Hard Cup

- Black Game Socks

- Practice Jersey/Shirt to cover shoulder pad

GBYF Provided Football Equipment

- **Helmet**
 - Chin strap, Mouth Guard, No Clear or White and must be attached to the helmet
- **Shoulder Pads**
- **7 Piece Pad Sets**
 - Hip, Tailbone, Thigh, Knee
- **Clothing**
 - Girdle, Game Pants, Black Belt, Practice Pants, White Belt.

**PLEASE RETURN EVERYTHING WASHED, WE
WILL GIVE IT TOO YOU CLEAN PLEASE
GIVE IT BACK CLEAN!!**

Football Equipment Handout

Equipment handout will be held at the practice field, which is in front on GM on Saginaw Rd next to Kohl's

Varsity and JV, Aug 10th 6:00 – 8:00

Freshman, Aug 11th 6:00 – 8:00

Make Up Day. Aug 12th 6:00 – 7:00

You MUST PRESENT a COPY of the completed MHSAA SPORTS PHYSICAL CARD and copy of BIRTH CERTIFICATE must be on file before equipment is picked up. Absolutely no player will be issued equipment and allowed to practice until these forms are turned in.

Practice

- **Starts Monday Aug 16 from 5:30 – 6:30, Wear shorts, T-Shirt, HARD-CUP, & Helmet. Please wear a White T-Shirts with last name written on front and back.**
- **The first week of practice (starting Aug 16th) will be Monday, Tuesday, Wednesday from 5:30 –7:30. NO practice on Thursdays which is draft night. We will announce teams and practice Friday from 5:30 – 7:30.**
- **Monday, Aug 23 – First Day of full contact, wear FULL pads.**
- **STAY HYDRATED – Drink min. 32oz daily, 4-6 bottles of water throughout the day.**
- **Bring at least 16oz of water and drink throughout practice.**
- **Parent need to stay for practice for at least the first week – first two days minimum**

Practice

- Times / Days
 - 5:30pm until 7:30pm before school starts
 - 5:30pm until 7:00pm , once school begins
 - Monday, Tuesday, Thursday, Friday
- Water / Breaks
 - Will **never** deny water to the players
 - Frequent Breaks for water/sports drink
- Spectators/Parents
 - **Welcome to stay and watch the practice. However we ask that you stay OFF the practice field and refrain from coaching from the sidelines.**
 - Never run onto the practice field unless called by the coaches
 - Parents need to stay for practice during the first week of practice

Practice

- Weather – We will practice in all weather except lightning. If in doubt, call your coach.
- Game jersey and game pants are ONLY to be worn at games, and NOT practice.
- There is no smoking allowed on school property or the practice field. That includes no smoking in vehicles parked on school property. We must be respectful of school rules or will lose the right to practice there.

Position Assignments

Your coach will determine the position that is best suited for each player, with the goal being to put your child and the team in the best position to be successful.

Your child will NOT be taught every position on the field.

Your child will learn at least one position on defense and offense.

Keep in mind, most kids know better than any of us what position they are best suited for. We try to listen to them and we ask that you do the same.

Playing Time

- Football playing time - Will be allocated based on Practice Attendance, Attitude and Skill.
- The MMRFL rule on playing time – Each player must play 6 plays in each half. We do what we can to better those requirements, by having small teams.
- Coaches have the right not to play kids for disciplinary reasons (such as kicked out of school, fighting, poor grades, etc.). The coach should inform you prior to the game if such a condition exists.

Playing Time

- Playing time will be effected by missed practices, starting the week before the opening game weekend.
 - 1 day missed – Sit the 1st qtr
 - 2 days missed – Sit the 1st half (must be present)
 - 3 to 4 days missed – Player will sit out the game (must be present)

Exceptions may be made on case by case basis for illness and excused absence. All exceptions are approved by the Football Dir or GBYF VP.

Your coach cannot make this exception alone!!

Parent/Coach Communication

We encourage communication! If you have any concerns, **please talk to your coach**. We are all volunteers, and are doing this for the love of the game, and the kids.

HOWEVER!!!

- Please **wait 24 hours** before addressing your coach, when out of anger or frustration.
- **Never address your coach or GBYF official while in the presence of your child.**
- Please contact any GBYF board member if you feel your concerns not being addressed.

Game Day!

- **Game Schedules**

- Game schedules are created by the MMRFL. They are not released to Grand Blanc Football until the **week of the first game.**

- **Game Locations**

- There are 23 schools involved in the MMRFL, We could be playing at any one of them.
- Homes are held at Grand Blanc East & West Middle Schools.

- **Game Times**

- The first game of the day will start at 9:00 am. Then 11:00 am, 1:00 pm, 3:00 pm, 5:00 pm and finally 7:00 pm under the lights.

- **Game Day Rules**

- You are responsible for transportation to and from the games.
- Your player is required to arrive at the game 1 hour and 30 minutes prior to the start time. This is done so the coaches can do a role call and get every player weighed in 30 minutes prior to the game.
- Once you drop your child off at the game, PLEASE restrain from interrupting the pre-game routine the coaches have established for their team.

Parent/Player Communication

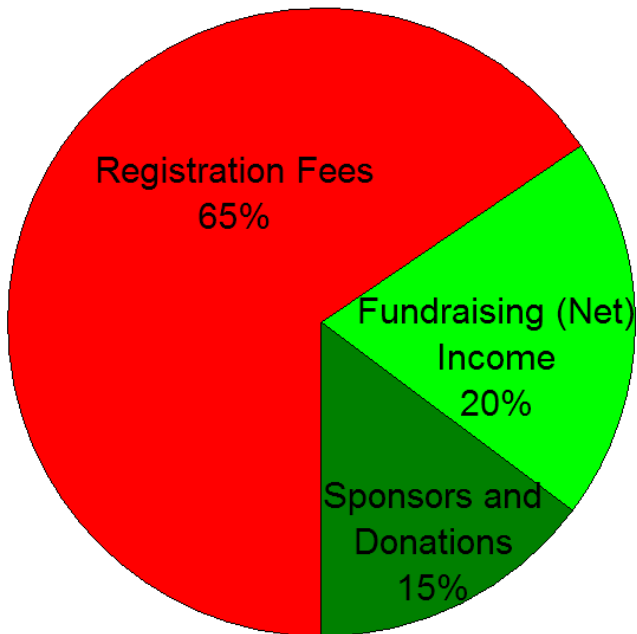
- Remember you are NOT playing, your child is! Talk to your child about what they want NOT what YOU want.
- Attend Practice
- Do not criticize your child in front of his/her teammates.
- Be encouraging and upbeat

Financial Overview

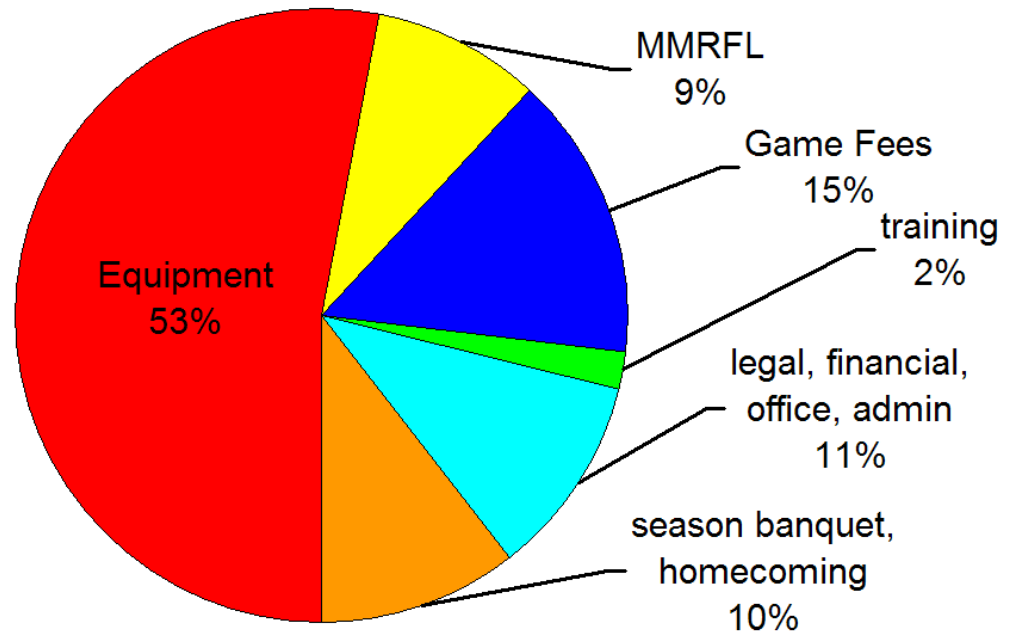
2009 Summary

TOTAL INCOME	\$ 54,655
TOTAL EXPENSES	\$ (52,955)
OVERALL TOTAL	\$ 1,711

2009 Income



2009 Expenses



Fundraising

- Angie Chernosky– Fundraising Director
(810) 694-6696
- www.GrandBlancYouthFootball.com/fundraising

Corporate Sponsorship

- Kimberly Hornik
(810) 569-9304
E-Mail: KimberlyHornik@Mac.com
- www.GrandBlancYouthFootball.com/sponsors

IMPORTANT DATES

- Equipment Pick-up
 - 8/10 Tuesday – Var & JV (Football Players Only)
 - 8/11 Wednesday – Freshman Football and Any Cheerleaders
 - 8/12 Thursday – Last Chance for Football and Cheerleaders
- **8/16 FIRST DAY OF PRACTICE – parents need to stay during practice for at least the first two days**
- 9/11 Saturday - First **possible** game day
- Mid September - Picture Day
- 10/1 Grand Blanc Homecoming Parade
- 10/23 Last **possible** Game Day
- 10/24 End of Season Banquet

How Can you help?

- Team Parent (“Team Mom”)
- Assistant Field Commissioners
 - Training Date TBA
- Game Day Volunteers
 - Sell 50/50 Tickets before your child’s game
- Help with End of Season Banquet
- **SUPPORT THE COOKIE FUNDRAISIER!!**

Team Parent (“Team Mom”)

- Help coaches and league provide information to parents
 - Focal point for parents on your player’s team
 - Be available to parents during practices
- Distribute Team Roster & Game Schedule
- Create Game Day Snack Schedule
- Create Game Day Program
 - include football & cheer names

Before you leave?

- Missing Paperwork
 - Stop by if your name is on the list
- Volunteer Signup
 - Team Parent
 - 50/50 Ticket Sales
 - End of Year Banquet
 - Assistant Field Commissioners

GRAND  BLANC
FOOTBALL

GO
BOBCATS!

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