

GRAND  BLANC  
FOOTBALL

# *Parent's Survival Guide*

Learning to Enjoy the Game

# Introduction

- Who are we?
- What is the MMRFL?
- Spirit Wear, Fundraising and Corporate Sponsorship
- Cheer Program
- Football Program
- Key Information for EVERY parent to know!

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

# Executive Board Members

- **President / Asst. FC** – Craig Rabidou
- **Vice President / Asst. FC** – Mark Bednar
- **Secretary / Asst. FC** – Sue Kish
- **Treasurer / Asst. FC / Coach** – Rich Merrell
- **Football Director / Asst. FC** – Dave Ragatz
- **Cheerleading Director** – Pamela Rabidou
- **Head Field Commissioner** – Gene Wood

# Board Members

- **Angie Chernosky – Fundraising, Spirit Wear**
- **Ceyard Kitchen – Homecoming Coordinator, 50/50 Coordinator**
- **Dale Frank – Football Coach, Web Master**
- **Nancy Ragatz – Concessions, Team Parent Coordinator**
- **Les Rogers – Football Coach**
- **Jeff Kish – Press Box Coordinator**
- **Becky Thompson – Board Member**
- **Melissa Jablonski – Board Member**
- **Dave Zavatsky – Football Coach**
- **Jason Santana – Football Coach**
- **Vicki VanCura – Team Parent**
- **Rachel Kish – Registration Coordination**

# MMRFL

- Mid-Michigan Rural Football League
- Founded in 1990
- 24 Areas
- Over 140 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**

**Lakeville**

**Millington**

**Montrose**

**Mt Morris**

**New Lothrop**

**Oakland Christian**

**Saginaw Heritage**

**Swartz Creek**

**Vassar**

# Spirit Wear

- Spirit Wear order forms by the exit today
- All Spirit Wear is by Pre-Order only – no stock maintained for purchase
- Order will be placed after Equipment Distribution – week of August 1<sup>st</sup>
- Order NOW for those cold fall football games!

Don't be left out in the cold!

# Fundraising

- Order forms distributed during Equipment Distribution (week of August 1<sup>st</sup>)
- Completed forms due back by Tuesday, August 23<sup>rd</sup>
- Angie Chernosky– Fundraising Director  
(810) 694-6696

# Corporate Sponsorship

- If you have a business or know of a business that would like to support GBYF, please contact any Board Member

# Grand Blanc Youth CHEERLEADING



# Cheer Coaches



## Freshman Coaches

Loryssa Asher

Lori Hawtin

Melissa Jablonski

Melissa Verhelle

Lisa Hawtin

Jennifer Hazel

Julia Lynn-Mills

## JV Coaches

Leslie Powell-Stratton

Amanda Everett

Heather Heiberger

Lisa Pyrett

Meghan Dotson

Stacie Santana

Trina Balow

Rachel Visnaw

Head Field Cheer Coordinator: Leslie Powell-Stratton

# Cheer Program



- **Cheer Moves – Jumps / Kicks**
- **Tumbling – Cartwheels, Round-offs, Splits**
- **Chants**
- **Hello Cheer – Performed at Half Time**
- **Pom Routine – OPTIONAL: Performed at Half - Time.  
(Coaches discretion on game performances)**
- **Basic Mounts – knee height only**
- **Confidence / Fun!**

# Squads / Divisions

- **Over 100 Cheerleaders**
- **Squad Placement takes place after Football Draft**
- **Squads are taught same Chants, Hello Cheer and Pom Routine**
- **Cannot take special request / Too many factors!**
- **Typical Squad Placement: Grades 3 – 5 ( Freshman) Grades 5 – 7 (JV)**
- **Placement depends on a number of factors**  
**(Age / GBYF Experience / Equal Number of Girls / Siblings / Coaches)**

# Practice



- **Times / Days**
  - Summer Practice: 6:00 pm until 7:30pm
  - Tuesdays and Thursdays, starting Aug 16<sup>th</sup>
  - NOTE: 6:00 – 7:00 – Once School starts – Sept 6th

- **Bring:**
  - Blanket / Towel – Stretching – warm up
  - 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:**

- Sandals, 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.**

# Game Days



## Arrive to Game 1 Hour prior to Start of Game:

- Wear Full Uniform / Bring Cheer Sweatshirt / Mittens/ Rain Gear
- Arriving Late will result in sitting out 1<sup>st</sup> Quarter and Not performing hello cheer or Pom Routine.

## Check Spirit Schedule for Designated Responsibilities

- Game Day “Half Time” Snack
- Opposing Team – Spirit Bag / small gifts
- End of the Game – Treats for Boys
- Spirit Banner for Game Day Spirit Tunnel
- Posters / Signs

# Expectations of Parents

- Transportation for your child to all practices and to game day, (drop off / pick up)
- Know who your child's coaches are, know contact information, phone numbers  
**Read folder contents !!!!**
- Communication with Coach / Concerns – Issues (Before or after practice only) not during practice. 5:30 to 6:00 is a good time.
- Know where game day locations are prior to the day of games!
- 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 GBYF website, under the **GAMEDAY** link.
- Help your child be responsible for snack, banner , end of the game treats, gift bags

# Cheerleader Responsibilities

- Be on Time / Dressed and Ready to Go each practice and on Game Days
- Positive Attitudes / Participate in learning
- Listen and Respect Coaches
- Represent GBYF in a positive manner, no inappropriate behavior tolerated
- Bring snack, banner, boy's treats, gift bags, on per the Spirit Schedule
- 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**

# Cheer Uniforms



- Hand Out – Tuesday, August 2<sup>nd</sup> 6:00-8:00pm
- 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 High School Home Games (If attending - Optional)
- When Not to Wear
  - Practice, Outside Play, Custom Parties, or outside events!
- Cheer Shoes/Briefs/Body Suit – MC Sports
- Cheer Accessories –Cheer Hair Bows
- GBYF Cheer Sweatshirts

# Cheer Uniform Handout

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

All Cheerleaders, Tuesday, August 2<sup>rd</sup> 6:00 – 8:00

Make Up Day. Thursday Aug 4<sup>th</sup> 6:00 – 7:00

**You MUST PRESENT a COPY of the completed MHSAA SPORTS PHYSICAL CARD before cheer uniform is picked up. Absolutely no cheerleaders will be issued equipment and allowed to practice until this form is turned in.**



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**

# Head Football Coaches

## Freshman

Tony Edwards

Anthony Pappadakis

Dave Phillip / James Gallo

Jesse Krantz

## JV

Rich Merrell

Chris Peel

Eric Sharp

Joey Hayden

# 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

# 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 – Freshman Only**

**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

**Don't wash girdle with the pads still in the girdle!**  
**NEED TO 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

- **JV, Tuesday Aug 2<sup>nd</sup> 6:00 – 8:00**
- **Freshman, Wednesday Aug 3<sup>rd</sup> 6:00 – 8:00**
- **Make Up Day. Thursday Aug 4<sup>th</sup> 6:00 – 7:00**

**You MUST PRESENT a COPY of the completed MHSAA SPORTS PHYSICAL CARD before equipment is picked up. Absolutely no player will be issued equipment and allowed to practice until this form is turned in.**

# Practice Begins!

- First Week of Practice – August 15
  - Wear shorts, T-Shirt, HARD-CUP, & Helmet. Please wear a White T-Shirts with last name written on front and back.
  - Monday, Tuesday, Wednesday from 5:30 –7:30.
  - NO practice on Thursdays which is draft night. We will announce football teams at practice on Friday August 19<sup>th</sup> from 5:30 – 7:30.
- Second Week of Practice – August 23
  - Full contact begins -- wear FULL pads and practice pants/jersey

# Practice Schedule

- Practice Times / Days
  - 5:30pm until 7:30pm before school starts
  - 5:30pm until 7:00pm , once school begins
  - Monday, Tuesday, Thursday, Friday

# Practice

- **Water / Breaks**
  - Will **never** deny water to the players - frequent water breaks
  - **STAY HYDRATED** – Drink min. 32oz daily, 4-6 bottles of water throughout the day
  - Bring at least 16oz of water and drink throughout practice
- **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 or game day field unless called by the coaches
  - Parents need to stay for practice during the first week of practice and are encouraged to stay at practice throughout the season

# 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 play there.
- Parents must be at the field 10 minutes before the end of practice.

# 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 1<sup>st</sup> 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 official while in the presence of your child.**
- Please contact any GBYF executive board member if you feel your concerns not being addressed.

# Game Day!

- **Game Schedules**

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

- **Game Locations**

- There are 24 areas 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.
- NOTE: All teams will NOT have a game 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.

Due to limited home game field availability and the number of GBYF teams this year, teams will have less than 3 home games.

Key Information  
for every parent  
to know!

# 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

# IMPORTANT DATES

- Equipment Pick-up
  - 8/2 Tuesday – JV Football Players and ALL Cheerleaders
  - 8/3 Wednesday – Freshman Football Players
  - 8/4 Thursday – Last Chance for Football and Cheerleaders
- **8/15 FIRST DAY OF FOOTBALL PRACTICE**
- **8/16 FIRST DAY OF CHEER PRACTICE**
  - **parents need to stay during practice for at least the first three days**
- 9/10 Saturday - First **possible** game day
- Mid September - Picture Day
- 9/23 Grand Blanc Homecoming Parade
- 10/22 Last **possible** Game Day

# Practice Dates

- Practice Schedule

- Mon, Aug 15 – Football Players only
- Tues, Aug 16 – Football Players and Cheerleaders
- Wed, Aug 17 – Football Players only
- Thurs, Aug 18 – Cheerleader only
- Fri, Aug 19 – Football Players only
  
- Week of Aug 22 – normal schedule
  
- Week of Aug 29 – normal cheer, football Mon-Thurs
  
- Week of Sept 5 – normal cheer, football Tues-Fri

# How Can you help?

- Team Parent (“Team Mom”)
- Game Day - Sell 50/50 Tickets before your child’s game
- Support the Cookie/Coffee Fundraiser!

# 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

# Registration 2012

- Reached registration capacity for 2011 – many players could not be accommodated this year
- Registration for 2012 – Registration always begins in EARLY SPRING.
- **First Come First Serve** for new and returning!!
- Online Registration identifies the date/time of your registration – not the onsite payment at MC Sports
- Returning Players and Cheerleaders need to register online EARLY – first come first serve applies to new and returning participants
- Do NOT rely on receiving a GBYF email regarding the 2012 registration – this is your reminder!

# Before you leave?

- Volunteer Signup
  - Team Parent
  - 50/50 Ticket Sales
- Order Spirit Wear
  - All spirit Wear is pre-order ONLY
  - Order will be placed BEFORE practice begins

GRAND  BLANC  
FOOTBALL

*GO  
BOBCATS!*

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