



SF RAMS



YOUTH FOOTBALL & CHEER

2024 SEASON PREVIEW

MEET THE BOARD

President	Renee Hartman
Vice President	Chris Johnson
Treasurer	Kim Godshall
Secretary/Communications Director	Cathy Menendez
Football Director I	Rick Lavelle
Football Director II	Jim Coughlin
Snack Stand Coordinator	Meg Huzzard
Facilities Director	Mark Huzzard
Cheer Director	Cathy Menendez
Spirit Wear Director	Jenifer Bradley
Event Director	Kate Lilick
ICFL Rep	Brian Gilson
Flag Football Commissioner	TBD
2nd/3rd Football Commissioner	Mike Bemis
4th/5th & 6th Football Commissioner	John Culver/Carmen DeSimone
Cheer Commissioner	Britt Kajak

DATES TO REMEMBER

7/31	Registration Closes for Flag Football & Cheer
8/5	Tackle Football Practice Begins
8/5-6	Cheer Camp, 9 a.m - 2 p.m., CCV
8/12	Cheer Summer Practice Begins
8/12	Cheer Fittings Begin During Practices
8/15	Flag Football Evaluations, 6 - 7 p.m., UPE
8/19	Flag Football Practice Begins
8/24-25	Summer Brawl
9/7-9/8	Opening Weekend
9/10-12	Pictures
9/20	Youth Night Coach McNelly Stadium
10/12	Ram Bowl
10/26	Beef & Beer
10/26-27	Final Week of Regular Season
11/2-3	Playoffs (All Teams Play)
11/10	Championship Games
11/16	All Star Games & Cheer Off
TBD	Pep Rally

INFORMATION RESOURCES

Website: sfyrams.com

Facebook:
www.facebook.com/SFYouthFootballandCheer

Instagram: [springforyouthfootballcheer](https://www.instagram.com/springforyouthfootballcheer)

The RAM Beat

Sports Engine:
 Download the App



CONTACT US

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GENERAL LEAGUE INFORMATION

▶ **Park** in designated spots only, Do not park on the grass.

▶ Each family must sell, or purchase, \$100 worth of **Ram Bowl tickets** for each participating player / cheerleader.

▶ **Volunteering is mandatory.** Parents are required to fulfill snack stand and spirit wear shifts. Players/ cheerleaders whose family volunteer requirements are not met will be unable to participate.

FLAG FOOTBALL

▶ Players should wear cleats and bring a water bottle. No chains, watches or other jewelry.

▶ Practices are held on Tuesdays and Thursdays, from 6 - 7 p.m. behind UPE. In October, Tuesday practices are under the lights on Tackle Field 2 behind the Main Field (behind 5/6/7 Center) and Thursday practices are held from 5:30 - 6:30 p.m.

TACKLE FOOTBALL

▶ The first 3 weeks practice is Monday - Thursday, 6 - 8 p.m. Wear cleats and bring a water bottle; no chains, watches, other jewelry.

▶ On 8/5 and 8/6 players should wear shorts, t-shirts and helmets. On 8/7 and 8/8 players will practice in helmets, shoulder pads and practice jerseys. Full pad practice begins on 8/12.

▶ Practice is not drop off. A designated adult must remain at the complex at all times.

▶ Beginning August 26, practice is Monday, Wednesday and Thursday from 6 - 7:45 p.m.

CHEER

▶ The first 2 weeks practice is Monday - Thursday, 6 - 7:30 p.m. (flag cheer practice ends at 7 p.m.). Wear shorts, t-shirts and sneakers. Hair should be pulled back and absolutely NO jewelry. Bring a water bottle.

▶ Practice is along the tree line adjacent to our main field. Practice is not drop off. A designated adult must remain at the complex at all times. The cheer waiting area is along the fence directly behind the main field.

▶ Beginning August 26, practice is held Wednesdays and Thursdays from 6 - 7:30 p.m., flag cheer practice ends at 7 p.m. In October, practice is one day a week (either Wednesday or Thursday). Practices will end at 7 p.m. as the days get shorter.

▶ **SPIRIT WEEK: 8/12 - 8/15**

Monday - Crazy Socks

Wednesday - Dress like a Ref

Tuesday - Rainbow Day

Thursday - Blue & Gold