

**SOUTH HOLLAND JETS
YOUTH ORGANIZATION
WEEKLY NOTICE
August 29, 2019**

WEEK SEVEN UPDATES:

- 1) **Jets @ Kankakee Colts** – Our first away game of the season is Sunday, September 1st against the Kankakee Colts. Location: Kankakee High School – 1200 W. Jeffrey St., Kankakee, IL 60901. Tiny Mite Kick-Off is at 10a.
- 2) **Dedication Ceremony & Tribute** – Thank you to all that attended our first Dedication Ceremony and Tribute to Sergeant Shtoyree Davison, who is currently on a tour of duty in Iraq. We continue to pray for her and her family and safe return. Thank you to our Veterans and all who serve in the Armed Forces!
- 3) **Communications** – As a reminder, communication is delivered via email, GroupMe, text messages, and online @ www.shjets.org. All parents/guardians should have access to all above listed communication platforms. If you are not receiving communication, please contact us at so.holland.jets72@gmail.com. Also, please be mindful that GroupMe is a great tool for coaches and team moms to communicate to their respective levels. Please be respectful of other members in the group and limit personal communication. All coaches are available via direct message and Head Coaches contact information is available in the 2019 Handbook. If you have trouble reaching a coach, please email us.
- 4) **Nutrition** – Although the weather is cooling down, please make sure your athlete is properly hydrated. Hydration is DAILY! Check out these helpful resources to keep your athlete fueled for the season!

<https://www.childrens.com/health-wellness/what-young-athletes-should-eat-to-perform-their-best>

<https://www.eatright.org/fitness/sports-and-performance/tips-for-athletes/gameday-nutrition-tips-for-young-athletes>

https://learn.truesport.org/topics/hydration/?gclid=Cj0KCQjw753rBRCVARIsANe3o46_7F44BLJtAmEtXW7jsSb4nqph5hm1fZbr7n1vC-RQYW9gmdIAPUkaAIRdEALw_wcB

- 5) **JET STORE** - For those of you that ordered JetWear Packages – PLEASE PICK UP YOUR PACKAGE ASAP!! Additional JetWear is also available for purchase on the field. Please see Kenya Stanford near the Unlimited practice field (south end nearest to the stadium). The Fan Store is also available for you to purchase JetWear! Visit www.shjets.org and click on “returning family” to sign into your account!
- 6) **Chicago Football Classic Tickets are on sale during the week!** - The game will take place on Saturday, September 14th as the Hampton University Pirates take on the Howard University Bison to determine who the REAL “HU” is! Tickets are currently on sale at practice during the week. We will also provide transportation for those of you that do not wish to drive. Please be advised that players and cheerleaders must be accompanied by an adult. Please see Kenya Stanford to purchase.
- 7) **VOLUNTEERS** - Thank you to those that have already volunteered for roles this season! Please visit <https://www.signupgenius.com/go/805084CA8AB2BA1FE3-2019> to sign up today!

**THANK YOU FOR YOUR PARTICIPATION!
ALL OUT. ALL GAME. ALL SEASON
#JETSALLDAY**