



# Raidergram

**Fairport Pop Warner Football & Cheerleading - August 13, 2009**

## Welcome to the 2009 season of Fairport Pop Warner Football and Cheerleading!!

### Mark your Calendar...

**Mon, Aug. 17<sup>th</sup>** – Cheer Pictures – Mascots, MM and Jr Pee Wee- inside MB

**Tues, Aug 18<sup>th</sup>** – Cheer Pictures – Pee Wee and Jr. Midget – inside MB

Last day to turn in raffle tickets to team parents

**Wed, Aug 19<sup>th</sup>** – Football Pictures – Jr. Pee Wee and Pee Wee

**Thurs, Aug 20<sup>th</sup>** – Football Pictures – MM and Jr. Midget  
Business Manager/Team Parent Meeting  
(6:00)

Raffle Drawing

Cheer Off (7:45)

Pizza Sale after Practice (\$1.00 per slice)

**Mon, Aug 24<sup>th</sup>** – Certification for all football players. This is mandatory.

Please make every effort to be at practice on this night.

### Head Team Parent Report

Welcome to the 2009 Season of Pop Warner Football.

We are happy to report that all the positions of Team Parent and Business managers are filled. Thank you to everyone who volunteered. This organization can not be successful without volunteers.

We simply can't stress it enough. Please volunteer when the sign up sheets are passed around.

Last day to turn in raffle tickets to your Team Parent is Tuesday, August 18th. The raffle will be on Thursday, August 20<sup>th</sup>.

Please check your emails frequently. Most of our communication comes through Email.

Also, please check your child's uniform vest (cheer) and game pants (football) to make sure it has a Pop Warner patch. If it does not please let your team parent know or find Nancy or Deanna on the fields. These are mandatory for your child to play and cheer.

If you have any questions, please don't hesitate to contact us! Have a fun and healthy season!

Deanna Dake – 749-5981 dld970@yahoo.com

Nancy Chudyk - 223-9015 nchudyk@rochester.rr.com

### Fund Raising News!!

Our clothing sale is underway and the final night to turn orders in is this Thursday 8/13. Once the orders are placed it should take 4 weeks to get all items in. We have many new items this year!

PIZZA AFTER PRACTICE is Thursday nights in August. Slices are \$1 it's first come first serve. We also are selling bottled water and Gatorade for \$1. We will be set up down near the tennis courts.

GRILL NIGHTS ARE BACK....Our first grill night will be Tuesday 8/18!

We will be having our first ever mini golf outing on Sunday August 23<sup>rd</sup> at Wickham Farms in Penfield. Watch for more info to follow!

Our 3<sup>rd</sup> Annual Casino Night will be held on Friday September 25<sup>th</sup> at The Green Lantern Inn. Watch for more details to follow. If you are interested in helping out with our Casino Night please contact me at [jeng2@frontiernet.net](mailto:jeng2@frontiernet.net) or 377-9551.

Thank you for your continued support!

Jen Gaudio

Fund Raising Director

### This Week in Football

From the Football AD,

Hello players and Parents,

Welcome to the 2009 Football season. In each week's Raidergram I will discuss different lessons that the game of football can teach your son. These are life lessons that your son learns in the ultimate game, the game of life!

#### Lesson 1- Learning From Your Mistakes

Many players are very hard on themselves and either shut down or start a downward spiral after making a mistake, here is a way for them to develop skills to change this habit.

First, they need to be more accepting of the fact that they will make some mistakes and understand this is part of playing football, and a part of being human. They also need to learn how to process the mistake so they don't dwell on it, lose confidence, and/or become frustrated.

To do this, kids need to let go of the need or desire to have a perfect performance. Even if they let go of their desire to play perfectly, they can still perform well, contribute to their team, and win the game!

.....Continued on next page

## This Week in Football (continued....)

To process mistakes, young athletes need to understand and evaluate their high expectations. These are the demands they place on themselves about their performance. Expectations such as not missing any blocks--can make kids frustrated and upset and cause them to dwell on their mistakes. This is especially true if they fail to meet their high expectations.

Kids need to stop dwelling on their mistakes and stop telling themselves how awful it was to make the mistakes. They need to let go of the past (the mistakes) and focus on the present.

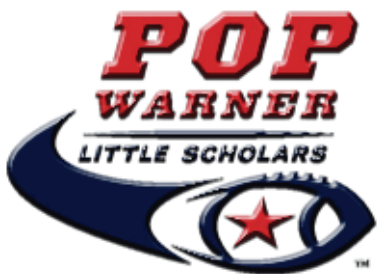
Coaches and parents can also help players bounce back and turn a loss or failure into a positive:

- Help players cool down after a game, especially a loss. Help them think about something other than their negative feelings. Complement them about what they did well.
- Invite your son's to think about what they did well during their performance. Did they make an interception, or work hard at being team players?
- Be sure to praise your sons for what they did well, rather than focusing on the negatives.
- Help kids separate who they are from how they perform in a game or competition. You don't want them to link their self-esteem to their sports performance!
- Before a game, tell your son to give themselves three "out of jail" cards. This way, they can use the "cards" when they make mistakes and move on more easily.

Finally, players need to ask themselves. "How can I use this experience to become a better player?" Once they begin thinking about how they can turn losses into gains, they're well on their way to bouncing back from mistakes or failure. This is a life skill that is essential to having a successful and balanced life.

If you found this information helpful I recommend additional reading provided by - Award winning parenting writer Lisa Cohn and Youth Sports Psychology expert Dr. Patrick Cohn are co-founders of *The Ultimate Sports Parent*. Pick up their free e-book, "Ten Tips to Improve Confidence and Success in Young Athletes" by visiting <http://www.youthsportspsychology.com> or <http://www.kidssportspsychology.com/>

See you on the field  
Dan



## Hey Cheerleaders...

### Welcome to our 2009 season

We are looking forward to another exciting, fun-filled season! The first two weeks of practice are now behind us and the cheerleaders are looking terrific!!! Don't forget to stop by one of the cheer-offs on Thursdays in August at 7:45 to see how much they improve from week to week! After that, you can stay and have some pizza with us....it's \$1/slice.

#### Important Dates:

#### Monday, August 17<sup>th</sup> – Mascots, Mitey Mite and Jr.

#### Pee Wee Pictures (inside Martha Brown);

girls must come to practice dressed in their full uniform (skirt, shell, bodysuit, lollipop, cheer socks and cheer shoes) The girls' hair may be up in a high ponytail with cheer bow or worn down. Bring t-shirt and cheer shorts to change into. Also bring bag to put uniform in. Swimsuit may be worn under uniform to ease changing.

#### Tuesday, August 18<sup>th</sup> – Pee Wee and Jr. Midget;

same requirements as above...full uniform should be worn to practice. Bring t-shirt and cheer shorts to change into. Also bring bag to put uniform in. Swimsuit may be worn under uniform

to ease changing.

#### Practice Reminders:

- Practice is from 5:45 – 8:15 on Monday through Thursday (time may be shortened for the younger squads).
- Please be prompt in picking up and dropping off your child each day.
- Please make sure there is a coach present when you are dropping off your child.
- Please remember to send plenty of water with your child to practice each night...our August nights can be very hot & humid!

Small snacks may be sent as well...check with your coaches.

Girls should wear red cotton cheer-type shorts, their practice t-shirt and sneakers with socks to practice.

#### Safety Reminders:

- No jewelry allowed...this includes **all** earrings!
- No make-up allowed.
- No nail polish allowed & fingernails must be trimmed to the top of finger length...this will help avoid accidental scratches.
- Glasses must be secured with a sports strap...fashion straps that hang down or those with beads are not allowed.
- Hair should be up in a high ponytail.

Please make sure that the girls have sunscreen on.

Any questions, please contact Lynn Hartline, Cheer Director at

329-4418 or Terri McDonald, Assistant Cheer Director at [Tmcdona5@rochester.rr.com](mailto:Tmcdona5@rochester.rr.com) Thanks!!

Once A Raider...



...Always A Raider