



BULLS

NEWS

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We are in the LAST DAYS for new families to use the early bird discount. **It ends on April 1st.** If you know any new families who are thinking about playing this season, NOW is the time to send them the registration link and remind them to get signed up!



IMPORTANT DATES

****Register by April 1st and receive \$50 off using code early50****

Code is for new families only. Returning players get a automatic discount

Next board meeting: April 11, 2024 @ 7pm RLCC Fiesta Room

Football practice starts on July 15

Cheer practice starts on July 22

Jamboree: Aug. 10

Week 1: Aug. 17



Volunteer Opportunities

- Website / Social media content editor
- Swag
- Snack Bar
- Field set up & take down
- Parking lot attendee
- Admission gate

****Reminder: All families are required to do volunteer hours****



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COACHES CORNER

Hydration Tips

Fluid needs are highly individualized. Unfortunately, it's not as simple as the "8 cups per day" rule. Age, physical activity, environmental conditions, and whether you are male or female all factor into how much fluid you need per day.

While fluids needs vary, here are some tips to get you started:

- **Drink water throughout the day.** For athletes, it's not always enough to "drink to thirst." Keep a water bottle with you and drink water throughout the day.
- **Show up to exercise hydrated.** In the hour before exercise, drink 8-16 ounces of water.
- **Hydrate during exercise.** Always keep water nearby during exercise. If you're not sure where to start, aim for 4 ounces (2-3 large gulps) every 15 minutes. Drink a sports drink if you're exercising in the heat, humidity, or longer than one hour. Since sports drinks contain carbohydrates, they can also help top off your fuel tank with much-needed energy during more intense workouts.
- **Replace what's lost during exercise.** Aim to drink 16-20 ounces of water for every pound of weight lost during exercise (yes, this means weighing yourself before and after exercise).

You cannot rely on sense of thirst alone to determine your hydration status. The overall goal is to minimize dehydration without over-drinking. Make a commitment to try at least one new way of keeping yourself hydrated this summer!

stay hydrated



STUDENT-ATHLETES OF THE WEEK

The Livermore Bulls Junior Football League would like to recognize our student-athletes whose effort, desire, sacrifice and contribution has made a difference to their team, coaches and teammates throughout the season. Unlike most recognition awards these nominations represent much more than just personal achievement on the field of play. Great teams have players willing to take on new roles and support others for the greater good. By receiving this recognition, the player has demonstrated great character, leads by example, has a willingness to put others first, made sacrifices or other valuable contributions to the success of their team that which is not always recognized.



Player: Sam Thomas
Level: 2023 JV Dev
Team: Lutz

Sam is an indispensable asset to our team, embodying the essence of hard work, energy, and resilience. His unwavering commitment and tireless effort serve as an inspiration to his teammates and coaches alike. Sam's relentless work rate, coupled with his refusal to quit in the face of adversity, set him apart as a standout player. Moreover, his selflessness and dedication to the team's success contribute to a positive and cohesive team environment. With Sam leading by example, we are confident in our ability to tackle any challenge that comes our way on the field. Sam is a Livermore Bull!



Cheer Player: Abigail Kletnieks
Team: Gold

Abigail has cheered for LJFL for 4 years. She is currently in 4th grade at Jackson Elementary School. When she isn't cheering, she loves gymnastics, doing art projects, and hanging out with friends. Abigail wants to continue cheerleading when she gets to high school and return to LJFL as a Junior Coach. Abigail is a Livermore Bull!

Thank You, Sponsors!



KONA ICE

Have any questions or want to provide feedback? Please drop us a note at: secretary@ljflbulls.com