



# BULLS

# NEWS

[www.ljfl.org](http://www.ljfl.org)

Hey there Bulls!

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Have you told all your friends to register?  
Only 2 months left until registration closes!



Don't wait to secure your spot and be part  
of the team!

## IMPORTANT DATES

**\*\*Register by June 30th**

Returning players get a automatic discount

Next board meeting: May 9, 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

Cheer is thrilled to have our first-ever hosted Cheer Camp this season, August 3rd & 4th! We have Varsity USA coming out to show our girls some new moves and build out our stunting skills. We may have the opportunity to host some other squads within the league for even more fun!



In the off season, the best way athletes can get ready is to **CONDITION!**- Run, lift, do bodyweight workouts and sprint!

Do as much as you can to help yourself get in better shape to play. Learn about football and the positions you want to play. You can watch age appropriate videos on YouTube, go to camps or clinics or get a coach. Play catch with a friend or family member! Just get out and throw the ball around!

# JOIN THE BULLS BOARD

## Board Positions Available:

- **Webmaster:** If you excel behind the screen with a sharp eye for detail and organization, managing our website with up-to-date and valuable information could be a perfect fit for you!
- **Social Media:** Are you a creative individual who enjoys media and stays updated on the latest social trends? This role might be just what you're looking for!
- **Sponsorships:** Are you connected to the Livermore community? Would you like to help raise funds for the league? This is a great roll for you!
- **Snack Bar:** Were you unimpressed with our home game snack offerings? Do you want to ensure that game attendees have better choices?
- **SWAG:** Are you a design enthusiast looking to help the Bulls community showcase their spirit on the sidelines?

**Join us at the upcoming Board Meeting to learn more about these opportunities that pique your interest!**

**Next board meeting: May 9, 2024  
@ 7:00pm RLCC Fiesta Room**

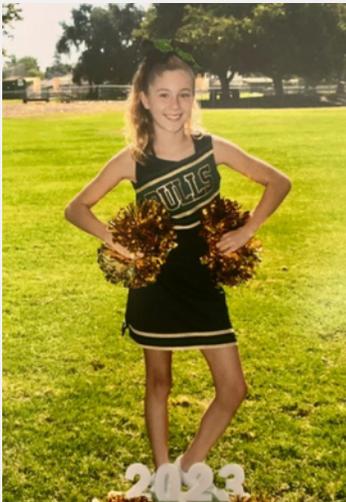
# STUDENT-ATHLETES OF THE WEEK

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: Nick Lal  
Level: 2023 JV Dev  
Team: Lutz

Nick Lal epitomizes the essence of a true football player, showcasing remarkable effort, toughness, dedication, and quiet leadership on the field. Regardless of the challenges he faces, Nick consistently demonstrates a relentless commitment to his team, giving his all in every play. His resilience and tenacity set him apart, inspiring his teammates to push themselves harder. Beyond his impressive skills, Nick's quiet leadership shines through his ability to lead by example, earning the respect of both his peers and coaches. With his combination of grit and humility, Nick Lal undoubtedly stands out as a rising star in the world of football. Nick is a Livermore Bull!



Cheer Player: Faith Campiotti  
Team: Senior Cheer

Faith Campiotti has cheered for LJFL for 4 years. She enjoys hanging out with her friends and volleyball. This year she spent time working out with a competitive cheer team. Faith 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](mailto:secretary@ljflbulls.com)