



# EASTMAN RAIDERS

## IMPORTANT INFORMATION

Thank you for registering with the Eastman Raiders for the 2022 MGFA Tackle Season. In order to communicate better with our parents, we've put together this information sheet which we hope you will find useful.

### Fundraising

The Eastman Raiders are a not-for-profit organisation and as such we rely heavily on our sponsors and fundraising drives to keep our registration fees low and affordable. In previous seasons we have typically held two or three fundraising drives during the year. Our first fundraiser this year is from Rocco's Pizza (order sheet attached). We ask that you sell 30 frozen pizzas or \$375 of sales to meet your fundraising goal for the season. If you don't meet this target, don't worry there will be at least one other fundraising opportunity during the season. Pizza fundraising forms and all monies are due back on **April 30<sup>th</sup>** and should be dropped off through your Team Manager. All cheques should be made payable to the "Eastman Raiders Football Club".

The pizzas will be delivered for collection on May 5<sup>th</sup>. Pick up times to follow. If you have not met the fundraising target, we ask that you bring a post-dated cheque for \$150 when you collect your equipment. The cheque will be returned at the end of the season if you meet your fundraising goal.

All money raised through fundraising goes towards the maintenance of existing and purchasing of new equipment.

### Equipment Fitting

Dates for equipment fittings will be communicated by your Team Manager. Equipment fitting is a great time for the players, returning and new, to meet their Coaches and fellow teammates. One of the reasons that the Club provides all the equipment your player will require, is to keep the overall cost to you down. As you can appreciate, the equipment is expensive to replace if it is not returned, so we ask that you bring a post-dated cheque for \$500 as a deposit for the equipment. This cheque will only be cashed if the equipment is not returned to the Club or if the equipment has been damaged through abuse.

Additionally, we have encountered an increasing number of parents/players returning their equipment unwashed/cleaned. This puts an unnecessary financial burden on the club as we have to launder equipment like pants, girdles, and jerseys. To discourage this practice, we have been forced to introduce a cleaning deposit and would ask that you bring a post-dated cheque for \$50 when you pick up the equipment. This will be returned if the equipment is returned clean and ready to be used by another player.

### Volunteering

Because the club is run solely by a volunteer board, we do ask for your help on game days to help things run smoothly and provide the best experience for the players. This can range from helping set



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up or tear down the field at the start or end of the day, helping out in the canteen, selling 50/50 tickets, or helping the officiating crew with the sticks. We ask that you bring a post-dated cheque for \$150 as volunteer deposit. This will be returned if you fulfill your volunteer goals.

## Cheque Summary

You will need to bring four (4) post-dated cheques with you to equipment fitting, unless you have reached your fundraising goal, in which case you will require three (3).

- Cheque 1 - \$150 fundraising deposit (unless you have sold 30 or more pizzas or \$375 in sales)
- Cheque 2 - \$500 equipment deposit
- Cheque 3 - \$50 equipment cleaning deposit
- Cheque 4 - \$150 volunteer deposit

All cheques should be made payable to “Eastman Raiders Football Club” and should be dated for July 8, 2022.

## Practice

We're anticipating that practices will start in April. It is likely that the first weeks of practice will be indoors. It is anticipated that there will be at least two (2) sessions per week. Senior teams may have an additional walkthrough practice once the season starts. Practice locations have yet to be confirmed. Practice times will be communicated to parents through the Team Manager. Players should turn up to practice 15 minutes before the scheduled start to get their equipment on and be ready to start at the scheduled time. We request that parents remain at practice in the event that practice is cut short or a player is injured. If you can't remain at practice, please designate someone who will be responsible for your player.

We encourage that players attend the practice sessions. It becomes very difficult and frustrating for Coaches when running through set plays if key members are not available. That being said, we do understand that absences are unavoidable, and we'd ask that you let your Team Manager know if your player will not be attending practice so that Coaches can adjust practice sessions to suit the absences.

We endeavour to make practice enjoyable for Coaches and players alike. However, practice is the time when players are coached through drills designed to develop their skills and also to reduce the risk of injury during a game. It is critical that players are attentive during practice and so they can expect some form of penalty for excessive horseplay.

Football fields are large playing areas, and therefore Coaches need to shout. Coaches will shout praise at players for good work, they will also shout at players to encourage them to perform better. Coaches should never shout negative or demeaning comments at players. If you witness any negative behaviour towards players, please report this to your Team Manager. The Club takes a zero-tolerance stance towards bullying.



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Unfortunately, in the past we have had players who have felt it was acceptable to verbally abuse Coaches. It is not and again this will not be tolerated.

## Medical Information

Included with this information sheet is our "Player Medical Information Form". Please complete this fillable pdf form and bring it along to Equipment Fitting.

## Game Day

Game day is the day that the everyone associated with the team should be looking forward to. When the team is playing, we want to ensure that we provide the best experience for the players. In order to this, we need your help. It is important to remember the following during a game:

- The players are only kids,
- At the end of the day it's just a game,
- Our coaches are volunteers,
- The Officials are human, and
- No University Scholarships will be handed out on that day

You will hear the players remind everyone of this prior to each game.

It is important to remember that this is a developmental league and success is not solely measured by the number in the win column. Success is also measured by week to week improvement in both the team and individuals.

Some other things to note when you are at the field.

Noise – We love noise during the game. We encourage you to shout and cheer for the team. If shouting isn't your thing, then cowbells or other kinds on noise makers are great (except whistle, the officials don't like that). If you notice or hear any anti-social behaviour from our own fans or from the opposing fans, please bring it to the attention of your Team Manager.

Family – Encourage extended family members to come out and watch the games. The more people we have at the field, the better the atmosphere for our players.

Dogs – We love dogs. Feel free to bring your dog to the field. All we ask is that your furry family member(s) is/are kept under control and that you clean up after them.

Point Spread – One thing that we are repeatably asked is "why does the scoreboard only show 30-0 when we've scored eight touchdowns". The league implements a "30-point spread" on reported scores. You will also notice that if the 30-point margin is achieved the game goes into running time and the clock does not stop between plays.

Bench Side – Only players, Coaches, Trainers, and the Team Manager are permitted to be on the bench side of the field. Anyone who is not permitted to be on the bench side of the field will be asked to leave, as the Club is subject to a financial penalty and/or a default loss



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of the game. If your player has left something with you that they will need during the game, please ask your Team Manager to bring it to them.

Spectator Side – You will notice that there is a line painted approximately 3 yards from the edge of the field. Please do not sit or walk within this area. This area is intended to allow the stick crew free movement along the sideline and also for your and the players safety should a player be running out toward the sideline. We also ask that you walk around the field and not across it.

Injuries – Football is a physical sport and there will inevitably be injuries. If your player is injured, we understand that this can be a worrying time for parents. We do however ask that you remain behind the spectator line and not enter the field. Our training staff are certified in First Aid and have all taken a course conducted by MATA in football related injuries. If you are required on the field, your Team Manager will escort you onto the field to be with your player.

If you aren't already a member of our Facebook or Instagram pages, please check them out. They are a great resource for up-to-date information on when events, practices and games, including results and pictures from the game.

If you have any comments, questions or concerns for the board, please contact us through the website or chat to us at the field, we're a friendly bunch. #goraiders.

Gavin Don  
President – Eastman Raiders Football Club  
[www.eastmanraiders.com](http://www.eastmanraiders.com)



ATHLETES FULL NAME: \_\_\_\_\_

ORDERS WILL BE AVAILABLE ON: MAY 5TH  
 12" FROZEN TAKE AND BAKE PIZZAS  
 UP TO \$5/UNIT GOES TO EASTMAN RAIDERS



CUSTOMER NAME / PHONE #	ROCCO'S SPECIAL (PEPPERONI, SALAMI, GREEN PEPPER, MUSHROOMS) \$12.50	CANADIAN SPECIAL (PEPPERONI, BACK BACON, MUSHROOMS) \$12.50	HAWAIIAN SPECIAL (BACK BACON, HAM, PINEAPPLE) \$12.50	DOUBLE PEPPERONI (LOADED WITH PEPPERONI) \$12.50	CHEEZAA (LOADED WITH 4 CHEESE BLEND) \$12.50	FROZEN PIZZA SHELLS (5 PACK 12" FROZEN SHELLS) \$15	TOTAL ITEMS	TOTAL PRICE
JIM EXAMPLE / (123) 456-7890	1		1				2	\$25
<b>TOTALS:</b>								

PLEASE MAKE CHEQUES PAYABLE TO: EASTMAN RAIDERS  
 ORDER FORMS DUE BY: APRIL 30TH



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## PLAYER MEDICAL INFORMATION FORM

**ATTENTION: Team Trainers** – This form is to be treated as confidential and **MUST** be in the team trainer's possession **AT ALL TIME.**

### Players Information

First Name _____	Last Name _____
Address _____	Postal Code _____ Phone No. _____
Gender _____ Height _____	Weight _____ DOB (M/D/Y) _____
Parent(s)/Guardian(s) _____	Phone _____ Cell _____
	Phone _____ Cell _____
Emergency Contact _____	Phone _____ Cell _____
	Phone _____ Cell _____
Family Doctor _____	Phone _____ Cell _____
Date of Last Tetanus Booster (M/D/Y) _____	
Manitoba Health No. (6 Digit) _____	PHIN No. (9 digit) _____
Manitoba Blue Cross No. _____	Subscriber _____

Is the Player taking any medications for which a prescription is required? Y N

If Yes, please specify

Does the player wear a Medical Alert bracelet/necklace? Y N

If Yes, please specify the reason

Has the player ever had or have:

	Y	N		Y	N		Y	N
Head Injury			Diabetes			Chest Pain		
Seizures			Blood Transfusion			Heart Problems		
Neck/Back Disorder			Hepatitis			Ulcers		
Fainting Spells			Thyroid Disorder			Bowel Problems		
Psychiatric Disorder			Allergies			Urinary Infections		
Eye Problems			(Specify)			Kidney Problems		
Glasses/Contact			Fractures			Menstrual Problems		
Nose Bleeds			(Specify)			<b>Recent Within One Year:</b>		
Dental Problems			Surgery			Infectious Diseases		
Deafness/Ear Problems			(Specify)			Head Injury		
Asthma						Major Surgery		
Bronchitis						Traumatic or Overuse Injury		

In the event of a minor injury or illness as a result of football activities, I hereby consent to the trainers of the Eastman Raiders Football Club to administer first aid to my child. Should a more serious injury/illness occur I hereby consent to the trainers of the Eastman Raiders Football Club the Trainers will summon emergency medical services and qualified medical attention.

Parent Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_



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## How to Care for your Equipment

Without a doubt, our biggest operating expense as a club is maintaining and purchasing equipment. This is why we ask players to participate in fundraising drives. The monies raised through fundraising together with our canteen income helps to provide the equipment required to provide a level of player safety in practice and during games. Having to reassign club funds to pay for replacing damaged equipment or equipment that is not returned means that we cannot purchase other equipment such as footballs, tackle bags/dummies, blocking pads, etc. which is why we ask you to leave deposit cheques for equipment. The following is some guidelines on how to care for your equipment.

### Helmets:

- **DO NOT THROW HELMETS TO THE GROUND** – Players observed throwing their helmets to the ground will automatically forfeit their deposit cheque. No other warnings will be given.
- Ensure that all of the internal padding is in place and secured prior to use. If any padding is missing please inform your team manager immediately to have the helmet repaired.
- Ensure that all fasteners are in place prior to use. If any fasteners are missing, please inform your team manager immediately to have the helmet repaired.
- Ensure that the chinstrap is correctly positioned and adjusted so as not to cause discomfort.
- Ensure that helmets with inflatable bladders and cheek pads are properly inflated before practice and games. These should also be deflated prior to removal.
- Players wishing to dye their hair should wear a skull cap under the helmet to prevent colour transfer onto the inner padding.
- Please remove any name tags or coloured tape from the helmet prior to return.
- Wash down helmets by wiping with a soft cloth soaked in warm water and a mild detergent.

### Shoulder Pads

- **DO NOT THROW SHOULDER PADS TO THE GROUND** – Players observed throwing their shoulder pads to the ground will automatically forfeit their deposit cheque. No other warnings will be given.
- Ensure that all padding, fasteners, and straps are secure and in place prior to use. If any are missing please inform your team manager immediately to have the shoulder pads repaired.
- Ensure that all straps can be adjusted to fit to the player's size.
- Wash down shoulder pads by wiping with a soft cloth soaked in warm water and a mild detergent.

### Pants, Girdle, Pads, and Belt

- If the player was issued with a girdle, you will only have a pair of knee pads.
- The pants can be washed with all of the pads in place. If pants are washed with the pads in, please hang up to dry.
- Check pants to ensure that there are no tears in the pad pockets. We do check the pants when they are returned but ripped pockets are occasionally missed.
- Do not cut belt to a shorter length, we'd rather you request a shorter belt if needed.

### Jerseys

- If your player is a returning player and has a practice jersey, please bring this to practice. If the jersey is too small a new jersey will be issued. New players will receive a practice jersey at first practice.
- If during the course of the season your player changes position necessitating a change in practice jersey colour, the old jersey must be returned.
- Game jerseys will be issued prior to the first game. **Game jerseys are for games only.** Players arriving for practice wearing a game jersey will be asked to change.
- Game jerseys should be hung up to dry.

### Socks

- All socks are to be returned at the end of the season.