



President's Newsletter

July 31st, 2016

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Vikings Families,

We have arrived at that time again. Our 53rd season of Vikings football and cheerleading is upon us. This year, our August practice returns to the campus of Iroquois/Colebrook. In what I am hoping will be a regular feature in order to keep families updated on all of our happenings, I present to you my first newsletter.

Our Coaches are busy completing all of their certifications. In addition to the AYFCL mandated courses (that cover everything from Football and Cheer basics to sudden cardiac arrest), all coaches are taking a concussion awareness and treatment course, sponsored by the CDC. Our medics will always have the final say on any injury diagnosis, but we wanted our coaches to be able to spot symptoms faster. We preach it all the time, your children's safety is our number one priority. You can play a part in that. Especially in August in regards to hydration. We have had a scorching summer, so far. Hydration does not start 15 minutes after practice begins, nor does it end when practice ends. Some tips for ensuring your child is hydrated properly:

- Consume 6 to 8 ounces of water eight times a day.
- Use the urine test: The color of a player's urine should be clear to slightly yellow (lemonade). If it's darker in color, he or she is not properly hydrated.
- Not all fluids serve as hydrating components. Soda and energy drinks should not be used to properly hydrate.
- Water (bottled or tap) and electrolyte replacement drinks (such as Gatorade) should be encouraged before, during and after games and practices.
- Hydrate during physical activity. Sports drinks are most beneficial to replace the electrolytes lost in sweat. Bring plenty of drinks to practice!
- After physical activity, athletes can continue sweating for up to an hour. They're still losing fluids that need to be replenished, so continue to hydrate.

We are still looking for 2 key positions. We are in need of medics and flag football coaches. We have a few parent volunteers in both of these areas, but we could use one or two more. If you are interested, please see a Board member.

I am going to be hosting a Parent Advisory Committee. I am seeking 2 parents from each level of football and cheer to give me feedback on what is going well and what we can perhaps improve upon. Volunteers should be willing to not only express their views and be open minded, but able to solicit input from other parents. I would like to get this group together every couple weeks either during a practice or perhaps somewhere for a cup of coffee. We will navigate through that as this is an initial attempt at forming this. Please email me by August 5th at irondequoitvikings.president@gmail.com if you are interested.

The Board also recognizes the first few weeks of practice can be quite hectic for households, between work and practice. To that length, we try to provide an option to help out with dinner plans. You can order pizza for dinner, delivered to the fields at the end of practice, to take home hot for the family (beginning Tuesday, August 2). We have partnered with 2 Ton Tony's to offer large pizzas for only \$12. There will be complete details at our Fund Raising table, so stop by to inquire. We will have water and sports drinks available, as

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well. On Tuesdays and Thursdays, slices will be available. And a new feature this year, we will have a Kona Ice Truck at most Thursday practices! No better way to wind up a weeks practice with some shaved ice! All dates for these offerings will be posted on our website, so be sure to check in often for confirmation or new options.

Some important items to watch for in the near future: Our merchandise store opening, any schedule changes, Pep Rally info for Thursday, August 18th and tackle scrimmage details on Sunday, August 21. A lot of happenings before our opening game, at IHS on Sunday, August 28th!

If you have any questions or concerns, please don't hesitate to contact me. Let's be sure to have fun, be safe and kick off another successful season!

Chris Dugan
President
Irondequoit Vikings
"Where Irondequoit's Youth Soar to Become Eagles"