

OXFORD GOLDEN BEARS ORGANIZATION

A commitment to teach winning youth football, the right way...

**Parents and flag football players, welcome to the 2015 OGB Season!
Please read below for important information and dates:**

Practices begin August 10th at Elk Ridge School: Flag practice is from 6:00pm to 7:30 pm, 3 nights a week before school starts, 2 nights a week after school starts. Flag team practices behind Elk Ridge School on the lower field. **Players should pack plenty of water, no carbonated or caffeinated drinks.**

Uniform:

- OGB to supply: Game shirt.
- Flag Players to supply: Black shorts or black athletic pants (for game day) and cleats.
- Proper Game attire: Game Shirt, black pants or black shorts, cleats, and mouth guard.
- Proper Practice attire: T-Shirt, shorts or athletic pants, cleats, and mouth guard.

Physicals: Completed physical must be turned in to Coach by the first practice. Physical forms can be found on the OGB website ([CLICK HERE](#)).

Parents: Please attend Parents Player Safety Meeting August 10th at 6:30pm.

Field Rules: We rent the fields and must follow League Rules (Bert Bell) and/or School District Policies:

- No smoking (or using tobacco products) or alcohol on the property.
- No animals allowed.
- No skateboarding.
- No parking on the grass.
- All trash must be thrown away before leaving the premises.

Parking at Elk Ridge School: In the back lot, the parking spaces in the front row are reserved for coaches. Please do not park on the grass. Please drive slowly and watch for children.

Medical Volunteers Needed: Please email [Betsy D'Annunzio \(betsyd110@gmail.com\)](mailto:betsyd110@gmail.com) if you are in the medical field and can help cover games throughout the season.

Volunteers Needed: As many of you know, OGB is a 100% volunteer based organization. If possible, please volunteer in any way you can to help make this a great season.

Thank you,
Oxford Golden Bears

Please visit our [WEBSITE](#) or [FACEBOOK](#) for OGB updates and reminders.