



BULLS

NEWS

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The excitement is building for another incredible season of LJFL football! Before we kick off, let's take a moment to celebrate some highlights from last year:

- Our amazing athletes: From game-winning touchdowns to sideline cheers, your dedication and sportsmanship made us proud.
- Dedicated coaches and volunteers: You poured your hearts into mentoring our players, fostering teamwork, and creating lasting memories.
- Supportive families and community: Your cheers and volunteer hours fueled our players and made game days unforgettable.

Now, let's set our sights on the season ahead! Here's what to look forward to:

- New faces! Welcome our newest athletes as they join the LJFL family! We'll see exciting and heartwarming camaraderie develop on the field.
- Special Events like our Battle of the Bulls Jamboree!
- A chance to make a difference: We're always looking for passionate parents to join our board and help shape the future of LJFL. Consider attending our next meeting on March 7 at 7pm to learn more.

IMPORTANT DATES

Registration opened on Feb. 12

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

Next board meeting: March 7th, 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 have to volunteer hours****

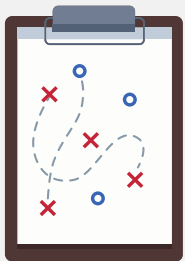
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COACHES CORNER



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!
Watch some football!



Off-season's prime time to level up your cheer skills. Rest, refuel, and focus on tumbling, strength, and flexibility. Keep cactive with fun activities. Stay connected with your squad! Don't be afraid to challenge yourself - learn a new dance, choreograph a routine, push your limits! Consistency is key, so make small efforts now to shine big next season!

NEW FOOTBALL JERSEYS THIS SEASON



This season, registration fees include cost of uniforms.

Every player will receive a home and away uniform, each with a jersey and integrated pant.

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.



Football Player: Hunter Bailey
Team: JV Dev. Lutz 2023
Positions: OL/LB

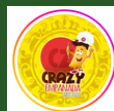
Hunter Bailey is the ultimate team player. With a quiet confidence he plays whatever position is needed to help his team succeed and excels while doing so. Whether it is offense, defense or special teams Hunter takes pride in understanding the game and he is constantly trying to make not only himself but also his teammates better. No matter the circumstances, Hunter stays positive and puts forth 100% effort on and off the field. He earned a 4.0 gpa during the season as well. Hunter is a Livermore Bull!



Cheer Player: LeeAnn Twomey
Team: Senior Cheer

LeeAnn is a multi-sport student-athlete and student. LeeAnn has participated on the cheer team team for the past 3 seasons. She comes to practice always ready to not only cheer, but to use her experience and expertise to give sound and practical advice to teammates. LeeAnn always encourages her teammates to do their best and she always represents Livermore Bulls in a positive way. She is a great example for all student-athletes of how to be a leader both on and off the field. LeeAnn is a Livermore Bull!

Thank You, Sponsors!



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