

BULLS

NEWS



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More than just a team, the LJFL Bulls are a community! Become a sponsor and see your company message in our newsletter, alongside gameday exposure and the chance to directly support these young athletes. It's a win-win for your business and our future stars! Let's herd together for an unforgettable season!

IMPORTANT DATES

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

Code is for new families only. Returning players get a automatic discount

Next board meeting: April 11, 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****



SPONSORSHIP

BULL-ETIN

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The LJFL Bulls, Livermore's premier youth tackle football league, is gearing up for another exciting season of building character, teamwork, and athleticism in our young athletes. We are reaching out to businesses like yours who share our commitment to the positive development of our community's youth through sports.

As a sponsor of the LJFL Bulls, you have the opportunity to make a significant impact on the lives of over 200 young athletes aged 7-14. Your support will not only provide essential equipment and resources, but also demonstrate your commitment to fostering a healthy and active lifestyle for Livermore's youth. LJFL Bulls invites you to take advantage of this non-profit, tax-deductible sponsorship opportunity! (Tax ID# 68-0639951)

Here are just a few ways your sponsorship will benefit the LJFL Bulls:

- Providing essential equipment: Helmets, pads, jerseys, and other essential gear are crucial for player safety and development. Your sponsorship will help ensure all our players have access to the proper equipment to compete at their best.
- Funding league operations: From field rentals and referees to insurance and administrative costs, your contribution will help us keep the league running smoothly and affordably for all families.
- Promoting your business: Your company logo will be prominently displayed on our website, at our games and on our social media, reaching hundreds of families in the Livermore community.
- Building community partnerships: By sponsoring the LJFL Bulls, you align your company with a positive and respected organization, strengthening your ties to the local community.

****To ensure the company banners are displayed by Opening Day – the sponsorship forms and logo/artwork (vector format or high resolution, 300 dpi, print quality file format) must be received no later than July 1, 2024.**

We invite you to visit our website **www.ljflbulls.org** to learn more about the LJFL Bulls and our sponsorship opportunities. You can also contact us directly at secretary@ljflbulls.com to discuss your partnership.

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COACHES CORNER

Stretching your muscles is a part of a healthy lifestyle at all ages. It improves athletic performance, prevents injuries and reduces stress on the body. Here are few things adults and children can do together to get ready for the upcoming season.

Standing hamstring stretch

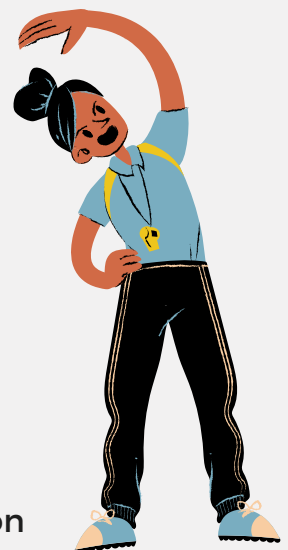
- Stand up straight. Keeping the right foot flat on the ground, bend the right knee slightly and extend the left leg forward.
- Flex the left foot, with the heel on the ground and the toes facing upward.
- Place the hands on the right thigh and lean slightly forward, raising the left toes.
- Hold for 20 seconds, then rest for 10 seconds. Repeat the movement with the other leg.
- Repeat the entire sequence 3 times.

Forward lunge

- Begin by standing upright.
- Take a big step forward with the left leg and lower the hips, bending both legs to about 90 degrees and keeping the body upright.
- Hold for 30 seconds, then take 10 seconds rest before switching legs.
- Repeat the sequence 3 times.

Runner's Stretch

- Stand with your feet hip-width apart.
- Step back with your left leg and place both of your hands on the ground on either side of your right foot, about shoulder-width apart.
- Lower your hips until you feel a stretch in the front of your left hip and leg. Hold for 30 seconds.
- Slowly straighten your front leg, keeping your hands planted on the floor. Don't worry if you can't get your leg completely straight. Hold for 30 seconds.
- Repeat on the other side.



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: John Knight
Team: JV Dev Lutz
Positions: Offense/Defense

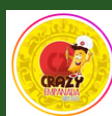
John was a first year player in 2023 who brought a ton of energy and effort to every practice and game. John's consistent hard work earned him a starting role on defense as well being a big play maker on offense. We look forward to seeing John continue to improve and excel in the upcoming 2024 season. John is a Livermore Bull!



Cheer Player: Brianna Kletnieks
Team: Senior

Brianna will be entering her 6th and final year this fall as an LJFL cheerleader. She's currently in 7th grade at East Avenue Middle School. In addition to cheerleading, she loves gymnastics, camping, and hanging out with her friends. Brianna plans to tryout for cheerleading at Livermore High School and return to LJFL as a Junior Coach. Brianna is a Livermore Bull!

Thank You, Sponsors!



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