

The Oil Spill

May 2012 Vol. 1 Issue 1

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Website Introduction

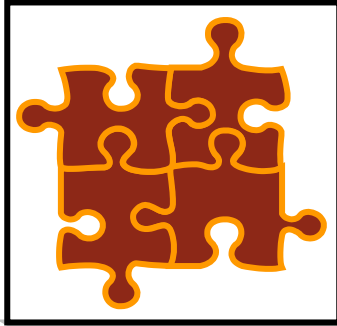
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Welcoming “The Oil Spill”



All of the pieces are coming together!

The Junior Oilers are pleased to introduce “The Oil Spill,” a weekly newsletter discussing anything and everything maroon and gold! Every week, there will be a new issue of “The Oil Spill” published on the website, www.eawrjfl.org, with print versions available at East Alton-Wood River high school.

The newsletter is intended to be read by everyone regardless of age. It features informational articles for parents, children, coaches, friends and family. Most articles will include links to interesting websites or other articles that were consulted when writing for “The Oil Spill.” All features of each newsletter can be found on the front page in the golden ‘features’ box.

There will always be a concluding section of “The Oil Spill” called ‘The Oil Rig.’ ‘The Oil Rig’ section of the newsletter contains many smaller informational sections including:

- **Scoreboard-** A scoreboard will display all of the team’s weekly scores
- **Oiler of the Week-** A section profiling a coach, mentor, player, cheerleader, or volunteer that has exhibited Oiler pride through action
- **Artistic Perspective-** A section that will include a drawing, poem, definition, or story representing an Oiler value
- **Quote-** Words of wisdom

It is a goal that this publication will encourage reading and learning within children, as it will include information that each of them can relate to as football players, cheerleaders and students.

With an area so rich in a history surrounding the oil industry, the publication’s title is dedicated to a way of life that [Wood River](#), [East Alton](#) and [Hartford](#) were established on. This is a way of life that values hard work, dedication, community and teamwork—all values that the Jr. Oilers uphold. Explore “The Oil Spill” and enjoy!

Official Jr. Oilers Website

www.eawrjfl.org

The launch of the official Jr. Oilers website, www.eawrjfl.org, was an exciting one! As of May 18, 2012 there has been over 2500 website hits since March 15 when the website became available.

The website has electronic versions of all information for the Jr. Oilers. One of the most convenient features has proven to be the registration process, which can now be completed online with payments accepted through [PayPal](https://www.paypal.com). The photo section is a virtual photo album of all Jr. Oiler events, practices and games and allows friends and family to view their loved ones as they participate in the program. There is a video section providing funny, motivational, educational and interesting videos for children and adults to enjoy as well.

Offering a more organized and accessible way for people to view a schedule of events, important information and biographies of the adults and mentors that work within the organization has given everyone an opportunity to have a central location that provides all forms and facts about the Jr. Oilers. Once the season truly begins in mid-July, visitors will find directions to all away game locations and event locations as well.

All contact information of the board members and coaches are available on the website as well. If you have any pictures or videos that you want to be featured on the website, contact Emily Ragusa through email: emragusa@gmail.com or by phone, (618)917-5884.

There is no better way to experience the official Jr. Oilers website than to visit and browse for yourself! So... what are you waiting for? Click away!



Image via www.eawrjfl.org

JFL Mentors: Their Purpose

The Jr. Oilers are implementing a mentoring program beginning in the 2012 season. The mentors are athletes from East Alton-Wood River high school that have met the criteria and expressed interest for becoming an important part of the Jr. Oilers.

Mentors can be extremely influential on a child's life. They are not only present to teach, but to support and offer advice on difficult life decisions. There have been numerous studies on the effects of high school students as mentors compared to adults. In a study conducted by [Big Brothers Big Sisters of America](#), the results prove that high school mentors have a much bigger impact on children because they are able to relate to each other much better than adults.

While the study also shows that all mentoring experiences are based off of their commitment and dedication, our mentors will be screened and informed of the expectations and guidelines that must be followed to ensure that they remain committed to the program and the children.

Our mentors are all outstanding young adults that exhibit a hard working, positive attitude. The mentors have never been in trouble with the law, maintain a good reputation within the community, and do well in school. For more information on our current mentors, visit the mentor page on our website, www.eawrjfl.org.



Mentor, Alyssa Quigley, paints face of young fan.

Mentors will be attending practices, events, camps, and games for all football players and cheerleaders. There will be at least one mentor at every JFL event. Players and cheerleaders are encouraged to build relationships with their mentors and realize the support that the mentors are offering.

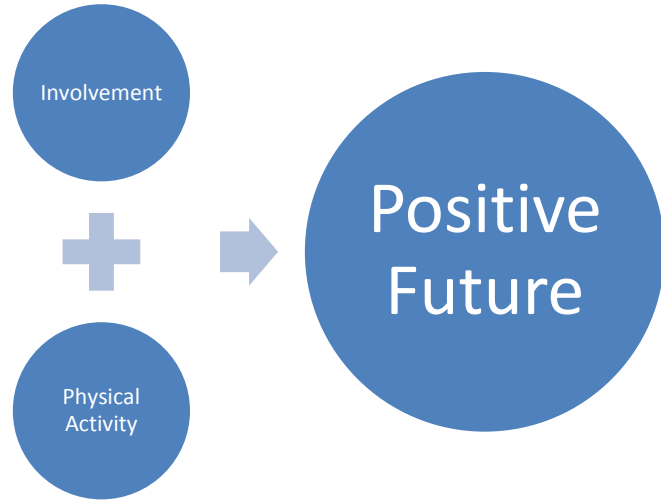
This is a great opportunity for all participants to have an enriching experience. The children will have fantastic role models places before them and a vision of what their futures can hold based on the advice, kindness, and support of our mentors.

Athletics and Children

The Impact

Being involved on an athletic team has many benefits. The Jr. Oilers recognize these benefits as being important to the future of the community's athletic program and the successful maturation of our children.

According to an article written by the [Better Health Channel](#), participating in athletics as children improves the chances of growing up into a successful adult. Some of the benefits listed include:



- Reduced risk of obesity
- Increased cardiovascular fitness
- Healthy growth of bones, muscles, ligaments and tendons
- Improved coordination and balance
- A greater ability to physically relax and, therefore, avoid the complications of chronic muscular tension (such as headache or back ache)

Female high school athletes are:

1. 92% less likely to get involved with drugs
2. 80% less likely to get pregnant
3. 3 times more likely to graduate than non-athletes

(Womens Sports Foundation)

More than 65% of children say they participate in sports to be with friends

Athletic Footwear Association, 1990

- Improved sleep
- Mental health benefits, such as greater confidence
- Improved social skills
- Improved personal skills, including cooperation and leadership.

The Oil Rig

Scoreboard

COMING SOON!

Oiler of the Week



This week's Oiler of the Week is mentor, Alyssa Quigley. Alyssa has proven to be an important part of the Jr. Oiler family by volunteering since the very first season of JFL in 2011. This year, Alyssa took time out of her schedule to come and help coach cheerleaders at the Jr. Oiler Cheer Camp. She met a lot of new cheerleaders and taught them all of the basic Oiler cheers. Alyssa also went to the local schools to help with a presentation about the JFL in April. By taking the time out of her busy schedule during the off season, Alyssa is our Oiler of the Week because she has shown her commitment by being there for the team even when she didn't have to be. Next time you see Alyssa, tell her thank you! Thank you, Alyssa!

The Oil Rig Cont.

Artistic Perspective: Definition

Commitment [kuh-mit-muhnt] - the act of binding yourself (intellectually or emotionally) to a course of action; a promise.

Example: Having fun and learning about football and cheerleading is the Jr. Oilers's **commitment** to you.

Commitment is a value of the Jr. Oilers. By committing to something or someone, you are making a promise to work hard and never give up.

Upcoming Events

Sunday, June 3: Wal-Mart Fundraiser

Sign-ups will be available online by May 21

Sunday, June 17 & 24: Walk-In Registration

@East Alton- Wood River high school
Memorial Gym

Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work.
~Vince Lombardi

Mission Statement

The mission of the East Alton-Wood River Junior Oilers Football League, is to prepare local youth for their high school athletic careers and provide them with a positive support system of peers adult mentors that will aid them in reaching their highest potential. This will be achieved by teaching, maintaining, and improving fundamental football and cheerleading skills through a network of committed coaches and volunteers. All participants in this organization, regardless of age or level of participation, will learn to appreciate the meaning of teamwork, dedication, and moral integrity.