

## Greenwood Bantam Football League

[www.gbfl.org](http://www.gbfl.org)

### ANNOUNCEMENTS

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Online Registration is currently available. Should you experience any problems, please contact [rgrudolf@comcast.net](mailto:rgrudolf@comcast.net)



**After many years of faithful service, Keith Hogue has resigned his position. The GBFL Board wants to extend our best wishes and continued success in his future endeavors.**



The GBFL has the following vacant board positions: All Star Tournament Director and Fund Raising Agent. Should you know of anyone interested in either position, please contact a board member.



**ATTENTION HEAD COACHES:** We are accepting ALL STAR coaching applications until 4/30/08. If you want to be considered for a 2008 Head Coach, please go to the website and download an application and email it to Mike Goddard.



The GBFL has changed our primary fundraising this year from candy to selling trash bags. We are excited about our Fundraising event this year. These trash bags are 100% recycled plastic and as much as 2 times thicker than found in stores. Please stay tuned for further information as details are ironed out.

### BOARD MEETING NOTES

#### Old Business

- Equipment update – We still have players and coaches with equipment out.
- Registration Dates – Confirmation of dates on calendar
- Picture Bids – Pro-Tek won the picture bid for 2008

#### New Business

- Coaching Applications – Approval and Assignment to teams. We have 1 Head Coach opening in the Rookie League and 1 Head Coach opening in the Younger League. All coaches that were approved or denied will be notified by the division Vice Presidents.
- All Star Applications – Coaching applications were postponed until May 08 meeting. The Board extended the application deadline to 4/30/08.
- Fund Raising – Michael Freeman proposed several ideas and the Board agreed to sell trash bags for our 2008 primary fund raiser.
- Concession Agent – The Board established a committee to evaluate alternatives to staffing the concessions stands.
- April Indoor Clinic – The Board discussed concepts and schedules to implement at this April Clinic.

#### 2008 NBC's NFL Coverage

##### Preseason

Aug. 3, 8 ET - Redskins vs. Colts  
Aug. 28, 7 ET - Jaguars @ Redskins

##### Regular season

Sept. 4, 7 ET - Redskins @ Giants  
Sept. 7, 8:15 ET - Bears @ Colts  
Sept. 14, 8:15 ET - Steelers @ Browns  
Sept. 21, 8:15 ET - Cowboys @ Packers  
Sept. 28, 8:15 ET - Eagles @ Bears  
Oct. 5, 8:15 ET - Steelers @ Jaguars  
Oct. 12, 8:15 ET - Patriots @ Chargers  
Oct. 19, 8:15 ET - Seahawks @ Bucs  
Nov. 2, 8:15 ET - Patriots @ Colts  
Nov. 9, 8:15 ET - Giants @ Eagles  
Nov. 16, 8:15 ET - Cowboys @ Redskins (FLEX)  
Nov. 23, 8:15 ET - Colts @ Chargers (FLEX)  
Nov. 30, 8:15 ET - Bears @ Vikings (FLEX)  
Dec. 7, 8:15 ET - Patriots @ Seahawks (FLEX)  
Dec. 14, 8:15 ET - Giants @ Cowboys (FLEX)  
Dec. 21, 8:15 ET - Chargers @ Bucs (FLEX)  
Dec. 28, 8:15 ET - TBD (FLEX)



## COACHES CORNER

*Mike Campbell - Head Coach, Woodmen Football*

### Hydration and Injury Prevention

As summer approaches and the heat rises (hopefully), it is again time to be reminded that proper hydration is a key element in injury prevention. Dehydration is a serious issue that strikes many athletes every season. Two important steps should be taken to prevent this problem. First, drink plenty of water 2 to 3 days before and leading up to the game. Sports drinks are great in moderation; however, they contain several electrolytes that in high quantities could cause imbalances in young athletes. Second, athletes need to drink fluids during the game.

Soda may taste great, but the caffeine drains water from the body and leads to dehydration. This sounds very simple and it is when addressed properly. Dehydration is one injury that parents and coaches can keep their athletes from suffering.

**Be positive, Work hard, Get Better!**

**Have a great Day!  
Coach Campbell**

## CALENDAR

April 19 - USA Football Coaching Clinic with the COLTS

April 22-24 - GBFL Indoor Skills Camp - GHS

May 5<sup>th</sup> - Board Meeting

May 10<sup>th</sup> - Dick's Sporting Goods Registration \* 2pm - 6pm

May 15<sup>th</sup> - Chick-fil-A Registration 4pm - 8pm

## USA FOOTBALL - INDIANAPOLIS COLTS

**Clinic Title:** USA Football Coaching School presented by The Indianapolis Colts

**Start Date:** April 19, 2008

**End Date:** April 19, 2008

**Time:** 8:00 AM to 5:00 PM

**Location:** 7001 West 56th Street

Indianapolis Colts Complex

Indianapolis, IN, 46254

**Clinic Description:**

Join USA Football and the Indianapolis Colts for a coaching clinic designed exclusively for youth football coaches. Learn effective ways to develop and organize your team, teach proper fundamentals, implement drills and communicate with players, parents and other coaches.

For more information please visit:

[http://www.usafootball.com/resource-center/coaching/clinics/clinic\\_details.php?id=58](http://www.usafootball.com/resource-center/coaching/clinics/clinic_details.php?id=58).

### Indianapolis Colts 2008 Schedule



Sept. 7 Chicago, 8:15 p.m.  
 Sept. 14 at Minnesota, 1 p.m.  
 Sept. 21 Jacksonville, 4:15 p.m.  
 Sept. 28 BYE  
 Oct. 5 at Houston, 1 p.m.  
 Oct. 12 Baltimore, 1 p.m.  
 Oct. 19 at Green Bay, 4:15 p.m.  
 Oct. 27 at Tennessee, 8:30 p.m.  
 Nov. 2 New England, 8:15 p.m.  
 Nov. 9 at Pittsburgh, 4:15 p.m.  
 Nov. 16 Houston, 1 p.m.  
 Nov. 23 at San Diego-x, 8:15 p.m.  
 Nov. 30 at Cleveland, 1 p.m.  
 Dec. 7 Cincinnati, 1 p.m.  
 Dec. 14 Detroit, 1 p.m.  
 Dec. 18 at Jacksonville, 8:15 p.m.  
 Dec. 28 Tennessee, 1 p.m.

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