



# SAN RAMON VALLEY THUNDERBIRDS

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2024 INFO NIGHT





# AGENDA

- Introductions - David Sides
- Volunteers - Jennifer Romero
- Cheer Program - Kristin Bush & Sasha Whittington
- Football Program -Derek Holmberg, Nick Boudreau & Sean Janis
- Q&A





# SAN RAMON VALLEY THUNDERBIRDS BOARD OF DIRECTORS



**Derek Holmberg**  
*Athletic Director*



**Lydia Facticeau**  
*President*



**David Sides**  
*Vice President*



**Kristin Bush**  
*VP, Cheer*



**Nick Boudreau**  
*VP, Football*



**Dennis Brinkmann**  
*VP, Operations*



**Chanell Mays**  
*Secretary*



**Daniel Yang**  
*Treasurer*

## *At-Large & Advisors*



**Andy Baugh**  
*Legal Advisor*



**Sean Gann**  
*At-Large*



**Sasha Whittington**  
*Director of Cheer*



**Sean Janis**  
*Director of Development  
Football*



**Alastair Patterson**  
*Director of Equipment*



**Yvette Masi**  
*Director of Marketing*



**Desli Taylor**  
*At-Large*



**Ray Bobbit**  
*At-Large*



**Kyle Ryan**  
*Director of Coaches*



**Jennifer Romero**  
*Volunteer Coordinator*



**Britany Fanelli**  
*Director of Events*



**Kris Fahrion**  
*Operations Advisor*



**Tami Yi**  
*At-Large*



# VOLUNTEERS

We are a 100% volunteer organization and we need your help!

- T-Birds requires 12 hours of volunteering per family. If you have multiple kids in the program, it is still only 12 hours per family
- A \$600.00 check will be collected on T-Bird day for volunteer hours. All families that do not fulfill 12 hours - those checks will be cashed. We will give checks back at the end of the season to all families that completed the required hours
- Be on the look-out for sign ups before the season begins



# 2024 T-BIRDS CHEER

Kristin Bush & Sasha Whittington





# COACHES + HEALTH & SAFETY PROTOCOL

## LEAGUE COACHES, SAFETY CERTIFIED ANNUALLY

- NAYS Certification
- CPR/First Aid Certified
- Background Checks



## Coaching Youth Cheerleading Training

The NYSCA Coaching Youth Cheerleading section is one of the most comprehensive resources for volunteer coaches involved in youth cheerleading programs.

# GAME-DAY CHEER



## 2024 SEASON

- Game Day cheer consists of 7 teams
  - New this year: JPW-1 team, PW-V, 2 teams
    - Junior Pee Wee, ages 6-7 years old
    - Pee Wee, 8-10 years old
    - Junior Varsity, 11-12 years old
    - Varsity- 8th grade
- Games on Saturdays/Sundays
  - Sideline cheers and half-time routines
- Practices Wednesdays 6-8 p.m. starting 7/31 at MV and run through November
- Junior Coaches





# CHEER DATES

- **2024 SEASON**
  - July 29th-July 31st-Summer camp
    - Teams will be formed by 7/29
  - July 31st Game Day practice at Monte Vista, Commons





# Q&A CHEER QUESTIONS



# 2024 T-BIRDS FOOTBALL

Derek Holmberg, Nick Boudreau & Sean Janis



# COACHES + HEALTH & SAFETY PROTOCOL

## LEAGUE COACHES, SAFETY CERTIFIED ANNUALLY

- USA Heads Up Tackling Certified
- CPR Certified
- Background
- Coaches Clinics
- Stringent Code of Conduct



**USA**<sup>®</sup>  
**FOOTBALL**



**ALL OF OUR COACHES ARE  
HEADS UP CERTIFIED  
BY  
USA FOOTBALL**



## CERTIFICATION TOPICS

- Health & Safety  
*Head, Heart, Heat & Emergency Action Planning*
- Abuse Prevention
- Foundations of Transformational Coaching
- Foundations of Quality Coaching
- Principles of Contact

"The biggest thing for me, the impact of USA Football on the youth level, is allowing parents to say, 'You know what? My children are being taught by someone who knows what they are doing.' The coach has been certified. He knows how to teach the game, so the kids can play the game the right way - a safer way."

**David Shaw, Former Head Coach, Stanford University**



# STRUCTURE

Our football program will consist of 6-10 football teams, spread between 4 levels and 2 divisions.

Our goal is to prepare these athletes for the High School level by teaching basic and advanced football techniques, concepts, and fundamentals.

Competitive Division: 4 Levels Competitive Tackle Football

- o Varsity
- o Jr. Varsity
- o Pee Wee
- o Jr. Pee Wee

Developmental League: Teams of Recreational Tackle Football (*teams to be determined*)

- o Varsity
- o Jr. Varsity
- o Pee Wee (depending on enrollment)





# T-BIRD VALUES

- **Commitment:** Dedicate your time and effort to improve as an individual, for the overall betterment of the team.
- **Accountability:** Do your job. Take pride, be responsible and accountable in everything you do.
- **Unity:** Family. Stay united, support one another and be a whole through victory and defeat.
- **Character:** Role Models. How we conduct ourselves on and off the field helps define the player/person we grow in to.
- **Fun:** “Just play. Have fun. Enjoy the game.” — Michael Jordan



# FOOTBALL DATES

- **2024 SEASON**

- May 28<sup>th</sup> to June 13<sup>th</sup> (Tuesday, Wednesday, Thursday)  
Optional conditioning camp (separate registration)
- July 13<sup>th</sup> : T-Bird Day (mandatory – equipment distribution)
- July 15<sup>th</sup> : Training Camp Starts (M-F 6-8pm)
- August 17<sup>th</sup> : Jamboree
- August 24<sup>th</sup> : First Game of the Season!
- November 16<sup>th</sup> : Turkey Bowl

# WEIGHTS



5. AGE/WEIGHT TABLE: Divisions function on the basis of a minimum and maximum age and stripped weight limit as indicated in the chart below:

## AGE/WEIGHT TABLE

| DIVISION NAME         | ROSTER LIMITS | AGES    | CERTIFICATION WEIGHT MAXIMUM | END OF SEASON MAXIMUM |
|-----------------------|---------------|---------|------------------------------|-----------------------|
| <b>Junior Pee-Wee</b> |               | 7 - 8   | 90 lbs                       | 97 lbs                |
| Older/Lighter         | Max 5         | 9**     | 65 lbs                       | 72 lbs                |
| X-Men                 | Unlimited     | 7 - 8   | 91+ lbs                      | No Max                |
| <b>Pee-Wee</b>        |               | 10U     | 120 lbs                      | 127 lbs               |
| Older/Lighter         | Max 5         | 11**    | 85 lbs                       | 92 lbs                |
| X-Men                 | Unlimited     | 10U     | 121+ lbs                     | No Max                |
| <b>Junior Varsity</b> |               | 12U     | 150 lbs                      | 157 lbs               |
| Older/Lighter         | Max 5         | 13**    | 115 lbs                      | 122 lbs               |
| X-Men                 | Unlimited     | 12U     | 151+ lbs                     | No Max                |
| <b>Varsity</b>        |               | 14U**   | 180 lbs                      | 187 lbs               |
| X-Men                 | Unlimited     | 11 - 14 | 181+ lbs                     | No Max                |

Minimum playing age is 7 Years Old

Playing age is as of July 1, 2024

\*\*9-Year-Old O/L cannot turn 10 during season for Jr. Pee-Wee level (before

\*\*11-Year Old O/L cannot turn 12 during season for Pee-Wee level (before

\*\*13-Year Old O/L cannot turn 14 during season for Jr. Varsity level (before

\*\*14-Year-Old cannot turn 15 during season for Varsity (before

High School Freshmen must play on Varsity Level Only

11/16/2024



# FOOTBALL EQUIPMENT

League will provide (and must be returned at the end of the season):

- Helmet (it's probably not too tight)
- Shoulder Pads
- Game Jerseys and Pants (it's supposed to be snug)
- Equipment Bag

League will provide (and player gets to keep):

- Sweatshirt
- Practice Jersey
- Shorts
- Game Socks

Player Must Purchase:

- Integrated Pants
- Mouthguard with Tether
- Football Cleats
- Optional – Knee Pads / Girdle (for Games)



# DEVELOPMENT PROGRAM



Sean Janis

*Director of Development Football*

*"Develop positive habits that allow players to win today."*

# Background



- **Compared to Comp:** Same practices & real games, different game schedules.
- **Teams:** Minimum of 16-player roster, will have maximum of 2 Dev teams per level.
- **Playing Time:** During games, all Dev players get a minimum of 7 offensive plays, 7 defensive plays.
- **2023 Results:** 5 of 6 Development Teams made the playoffs. 2 made the Turkey Bowl!

# Goals

- **Positive and Motivated:** Ensure every player is motivated to come back each day.

**Coach to the player:** Help these young players develop into the best versions of themselves.

**Build community:** Creating engaged communication, transparency, and trust with parents is mission critical to player and team success.

**Aim for Excellence, but have fun:** We aim high with player development, but make it fun.



*“Develop positive habits that allow players to win today.”*

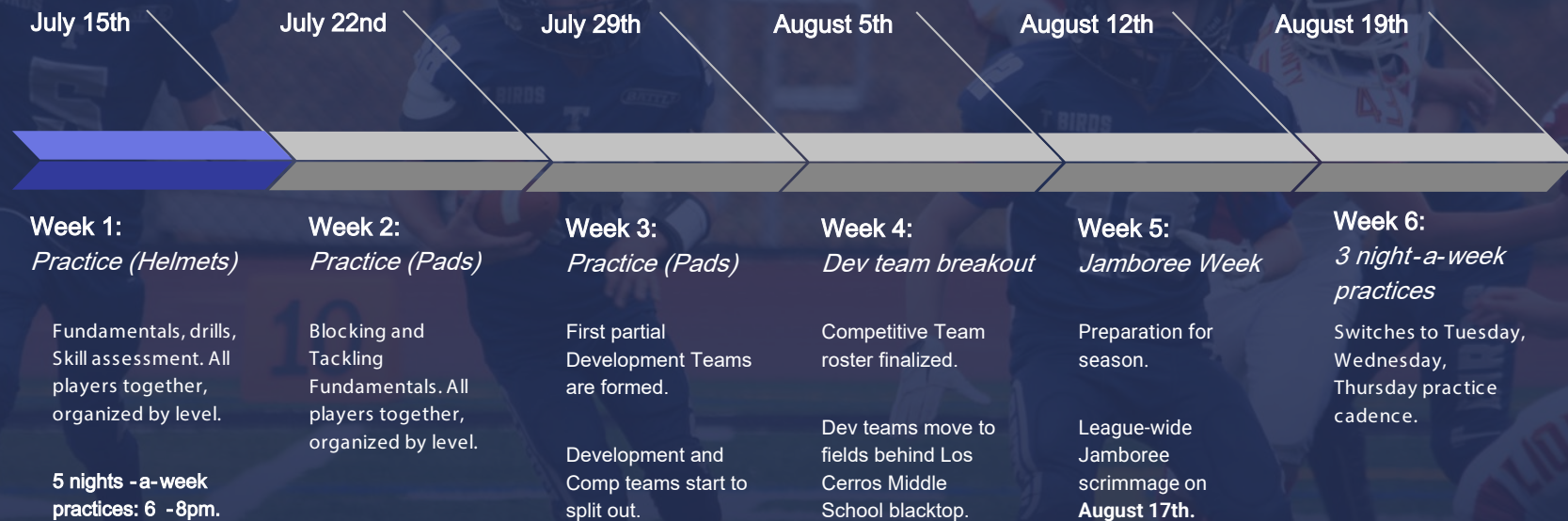
# Practice Concepts



| Focus                          | Theme   |
|--------------------------------|---|
| Week 1:<br><i>Fundamentals</i> | <b>Win Today:</b> A player's job is to win every day.   |
| Week 2:<br><i>Repetition</i>   | <b>Build Habits:</b> Develop our ability to focus, overcome adversity, and stay positive throughout practice and games.       |
| Week 3:<br><i>Discipline</i>   | <b>Work as One:</b> We build leaders and drive accountability.  |
| Week 4:<br><b>Game</b>         | <b>React to Situations:</b> Focus on critical game situations like red zone offense, goal line defense, or two-minute drills. |
| Week 5+:<br><i>Precision</i>   | <b>Perfect the Details:</b> We challenge limits and execute flawlessly.   |

*“Develop positive habits that allow players to win today.”*

# Dev Timeline (First 2 months)



*“Develop positive habits that allow players to win today.”*



Q&A

# QUESTIONS

TURKEY BOWL  
Champions

SAN RAMON VALLEY THUNDERBIRDS  
JUNIOR VARSITY





**BETTER.  
FASTER.  
STRONGER.**



## **CONDITIONING CAMP**

T-BIRDS & REAL NEAL

MAY 28TH - JUNE 13TH

MONTE VISTA HIGH SCHOOL

**GET READY FOR THE SEASON**

[SRVTBIRDS.COM](http://SRVTBIRDS.COM)







**GO T-BIRDS!**



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