



JR. BULLDOG FAQs (last updated January 2008)

A lot of people have questions about our program or are unfamiliar with football and cheer at the youth level. Here are some of the most common questions we hear, and the answers to those questions.

How did the Folsom Jr. Bulldogs program get started?

Folsom Youth Football and Cheer (FYFC) was actually created in the early 1980s, with a mission of providing the highest quality football and cheer instruction to children in the Folsom area. The program grew quickly and by the mid-1990s the City of Folsom recognized the strength of what we offered and provided us with a first-class dedicated football field. That field was upgraded to a Field Turf field for the 2007 Season. As our program grew stronger through the years, we developed close ties to the Folsom High School football and cheer programs. And, as a result, our kids are going into the high school programs with the skills they need to reach their personal goals.

What does it cost to participate in your program?

Football players pay a registration fee of \$280 and an equipment/participation deposit of \$120. The registration fee and deposit covers the cost of their equipment (two shirts, practice and game pants, socks, belt, helmet, shoulder pads, girdles, pads, and an equipment bag), practice and game equipment, team pictures, a portion of the team banquet, safety equipment, and team supplies. In addition, players must provide their own shoes. Additional fees may be charged for coaches funds, sports pack and/or late fees.

Cheerleaders pay a registration fee of \$225, which includes all of the above plus competition fees. The registration fee is lower for cheer because cheerleaders buy their own uniforms, warm-ups, shoes and equipment bags. The cost for these varies each year, but is approximately \$400. Returning cheerleaders can participate in a uniform exchange, and some used uniforms are available for half price. Additional fees may be charged for clinics, camps and late fees.

All participants will have opportunities to advance their skills through camps and clinics, which are hosted by FYFC and paid for by the participants. Scholarships that cover the registration fees are available to qualifying families – no one has ever been turned away from our program for financial reasons.

Do you hold fundraising events?

Yes, we do. The actual cost of the program is greater than what we charge in registration fees. The fundraising activities also cover large capital expenditures.

Who do the Jr. Bulldogs play during the season?

We are members of a league called the Sierra Youth Football and Cheer (SYFC). The SYFC is comprised of teams all across the Sacramento Valley, including Oak Ridge, Granite Bay, Roseville, Nevada Union and more (visit <http://www.syfc.us> for the most up

to date information on the league). The football season typically runs from the end of July through November, with games on the weekends and multiple practices during the week.

Is this a recreational league or a competitive league?

We offer opportunities for both. While the majority of our season is focused on skill development through practices and games with SYFC teams, we also offer post-season play-off, championship, and Bowl games. In addition, our cheerleaders perform in their own competitions throughout the season.

Because many of our girls wish to develop their skills on a year-round basis, in 2002 we successfully piloted a competitive team that we have added to our annual schedule. Girls will have the opportunity to tryout for the competition team in late September, and will begin competing in outside competitions as early as November. There is an additional fee for members of this squad and this squad may not be formed every year.

Is this the only football and cheer option in Folsom?

One of the great things about living in Folsom is that every effort is made to support youth sports for as many kids as possible. As of 2007 there are now two high schools in the city and therefore two youth teams. While FYFC is a feeder program into Folsom High School, anyone, regardless of which high school they plan to attend, may participate with the Folsom Jr. Bulldogs program.

How is your program governed?

We are partners with the Folsom Department of Parks and Recreation and the Folsom Athletic Association – both of these relationships have ensured that we do not detract from our vision and mission. And, in our 20-year history, we've already covered critical business issues:

- . we are a California Corporation and subject to the laws of the State of California
- . we have IRS 501(c)(3) nonprofit status to support our fundraising efforts
- . our by-laws, handbook, and finances are reviewed by attorneys and accountants every two years
- . our Executive Board serves two year terms, with half the Executive Board up for election by our members annually
- . we communicate with our members weekly during the season, we host a Web site year round, and we offer a hotline for inquiries 24 hours a day

How do I sign up my kids?

You can call our hotline at (916) 557-9080 as early as January to find out about tryouts or be added to the Bulldog news mailing list. You can also visit our Web site at <http://www.folsomjrbulldogs.com> for the latest updates. We offer on-line, mail-in or in-person registration opportunities.