

THE JR. NIGHTHAWK REPORT

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DATES TO REMEMBER....

- **NHS Homecoming Game 10/16 (Let's show our Nighthawk Spirit!!)**
- **Cheer Photo Retakes**
- **(Homecoming Game)NJN vs. Lincoln Jr. Zebras at NHS on 10/17/09.**
- **NJN Homecoming Dance at H. Allen Height 7pm-10pm.**
- **NJN vs. Foothill Jr. Mustangs (away game) on 10/24/09.**
- **NJN Cheer Competition at Sacramento Memorial Auditorium on 11/14/09.**

Parent Code Of Conduct

Parents please remember that per your parent handbook there is a code of conduct that each and every one of us has agreed to and must adhere to. Below are the exact guidelines as stated in the handbook.

1. I acknowledge and understand that I will ensure that my child will be promptly brought to and taken home from games and practices. It is my responsibility to notify my child's coach if my child will be late or absent.
2. I acknowledge and understand that parental involvement and support is necessary for team success. I will commit to parent volunteer (PAR, snack bar, chain gang, fundraising, etc.) duties as needed throughout the season.
3. I acknowledge and understand that parents are required to pay entrance fees at home and away games, cheer competition, and playoff games.
4. I acknowledge and understand that only parents who are assigned to on-field duties (PAR or chain gang) are allowed on the football field on game day. I will not step on the playing field or the team's bench if I am not assigned to an on-field duty for that game.
5. I acknowledge and understand that if I am assigned to an on-field duty (PAR or chain gang) on game day I will refrain from giving coaches and players "advice" during the game.
6. I will refrain from approaching coaches immediately following a game to discuss my concerns regarding the coach/team/players.

7. If I would like to discuss concerns with a coach I will schedule a meeting with that coach through the coach coordinator. I will give the coach coordinator a summary of my concern(s) so that the coach will be prepared for constructive dialogue.

8. I will refrain from using profanity and making derogatory statements toward any coach, player, official, opponent, board member, or parent.

9. I will teach my child to prepare and compete to the best of his/her ability while displaying respect for coaches, teammates, officials, opponents, board members, and parents.

10. I will not smoke or use/consume drugs or alcohol while on immediately before, during, or immediately after practice, games, or any other team activities.

If there are any issues you would like to address please submit them in writing to the Board of Directors. You may be asked to appear at the next regularly scheduled Board meeting. The address for submission is PO Box 340164/Sacramento, CA 95834 or you may submit the information via e-mail to:

Migdalia Wade, President
president@jrnighthawks.org
Shauntae Haskins-Thomas, Secretary
secretary@jrnighthawks.org
Jeanie Smart-Smith, Treasurer
treasurefb@jrnighthawks.org
Vanita Davis-Morris, Cheer Coordinator
cheercoord@jrnighthawks.org
Fred Hicks, Coach Coordinator
coachcoord@jrnighthawks.org

NJN vs. Placer Jr. Hillmen at Natomas High School

Mighty Mites: Report no later than **7:30am**.

Cheer: Report no later than **8:00am**

Jr. Pee Wees: Report no later than **9:30am**.

Cheer: Report no later than **10:00am**

Pee Wees: Report no later than **11:30am**.

Jr. Midgets: Report no later than **1:30pm**.

Cheer: Report no later than **1:30pm**

Midgets: Report no later than **3:30pm**.

Please bring your children to NHS no later than the times listed above.

Tiny Mites

Congratulations to our Tiny Mites on their first scrimmage! They all did such a wonderful job against the Inderkum Jr. Tigers. Thank you to all those who were able to attend and show our Tiny Mites their Nighthawk Spirit!

Capitol City Imaging Action Shots

John and his awesome staff will be back to take great action shots on 10/17/09. You can submit a request that your child be photographed, that way the photographers will try to get as many action shots of your child as possible for you to have more of a selection to choose from. These requests may be submitted at the beginning of your child's game. Also if you would like to obtain pictures from this past Saturday's game they are available for viewing and purchase at: <http://www.photorelect.com/pr3/store.aspx?p=39242>

NJN Homecoming Dance

Our NJN dance will be held on Saturday, October 17th at H. Allen Height from 7p-10p. Admission is **FREE** for all NJN players and cheerleaders.

Cheer Update

SYFC Cheer Competition, November 14th, 2009. Wristband Pre- Orders are \$10.00 Deadline is **October 14th, 2009**. Please see your Cheer Coordinator Vanita Davis-Morris for more details.

Cheer Bag Checks will be done **every Thursday**.

Jr. Midgets Performance @ Freshman Game
October 8, 2009

All Squads Performing @ Freshman Game
October 15, 2009

Jr. Pee Wee Performance @ Freshman Game
October 29, 2009

Our Cheerleaders are offering an exciting fundraiser to help raise money while giving you the donor the ability to get 6X's your donation back. Please see one of your cheer parents, coaches or staff for more information on this great fundraising opportunity.

Game Day Volunteers

Parents we need volunteers to help with the home game. There are many areas that you can be of help and fulfill your required parent volunteer hours! Please be sure to see your Football Parent/Snack Bar Coordinator Ursel Wilkerson or Asst. Parent Football Coordinator Wanda Murphy ASAP to advise of your volunteer availability.

You can also email Ursel at MrsWilkerson9@hotmail.com

As a reminder there are no pets allowed on school grounds or the football field.

LET'S GO NIGHTHAWKS!!!

Cheer Coordinator's Message

Hello Parents,

We would like to thank you all for your support throughout the season!

Practice will now be at Natomas High School in the Quad area at 6:00 p.m. (located in the main parking lot). Cheerleaders are still encouraged to arrive at least 15 minutes prior to practice to set up for stretches, wind down, and for restroom usage.

Please note that practices are considered **closed**. This means no parents will be allowed to remain with their cheerleader during practice. Attendance is crucial at this time so please be on time. Also, practice ends promptly at 8:00pm. Please ensure that your cheerleader is picked up on time. All cheerleaders must have water, a towel, and their practice gear and warm up gear in their bags at all times.

If at any time should you have any concerns, comments, or suggestions, please email myself, or Mrs. Hudson. I will also have a box for the girls & parents to deposit concerns or comments located @ the gate this evening and everyday thereafter.

We are looking forward to the new and upcoming routines that the girls will be able to share with us soon at the upcoming competition on Nov. 14th.

Parents if you have not already signed up for your volunteer hours for this week's game please see your Team Moms or Mrs. Hudson to sign up as soon as possible.

I personally would like to commend you all for the time that you put in. KUDOS to everyone for their positive energy & help!!

Thank you-Vanita Morris-NJN Cheer Coord.
(916) 969-4067