

Home

Welcome to the Roscoe Rockton Lions Football website. We hope you will find our site both informative and user friendly. This site has been developed under the premise that it will always be a work in progress. As we continue to grow and become a better programs, we will continue to ask you for your feedback. If you have any suggestions on making this website better, please feel free to email your comments.

Sports Nutrition Basics From Training To Competition

How to eat and drink for sports performance and recovery

Sports Nutrition-How Carbohydrates Provide Energy For Exercise

Why carborhydrates are the best fuel for athletes

Proper Hydration For Exercise-Water or Sports Drinks

What and when athletes drink depends on exercise duration and intensity

Children's Sports Injuries-Treatment And Prevention

Recognizing, treating and preventing sports injuries in children

Roscoe-Rockton Lions/Junior Indians Tackle Program

P.O. Box 25

Roscoe, Illinois 61073

It's that time again!

The Roscoe-Rockton Lions/Jr. Indians Tackle Program is now accepting registrations for the upcoming season.

Please find the 2010 Registration packet attatched.

Please find 2010 League Contract attatched.

To reserve your spot and avoid added fees, please reply no later than May 15, 2010. Should you have any questions, please feel free to contact us at rrlboard@yahoo.com Thank you again for your interest and support of our program. We too anxiously wait another exciting season.

Roscoe-Rockton Lions/Jr. Indians Board of Directors.

PRACTICE:

The Rockton Family Sports Complex is generous enough to allow us to use their facilities for our practices. However, they expect us to exercise common courtesy in return. Please read and follow these basic rules. Not following the rules may lead to your child being asked to leave the team. Clean up after yourself and your children. We are responsible for

maintaining trash and cleanliness of the fields and bathrooms. Do not block any entrances/exits. There is parking on the outer perimeter of the complex. Please use this area by parking along the tree line and not parking in the middle of the fields as cheerleaders and football teams practice there. This means do not drive through the middle of the fields. Children are everywhere playing and practicing and driving through the fields is dangerous and also causes ruts in the field. Those ruts in the field are dangerous to "running football players" and cheerleaders who are doing stunts. They could incur twisted ankles or worse. Only coaches will be allowed to park on the fields in designated areas and routes.

Please keep children who are not practicing under supervision. Do not allow them on the practice field. Keep your players and cheerleaders under supervision before and after practice. We will provide portable bathrooms located near the entrance of the complex. We do not want to jeopardize losing a place to practice. You are responsible for all personal property.

Inclement Weather:

In case of inclement weather, games may be rescheduled and practices may be stopped suddenly. Because inclement weather is not predictable, remain at the practice fields until your child completes practice or needs to be picked up in a timely manner.

Water is provided at all games. A water cooler is available at practice. Anything else is provided by you and decided by each team individually.

Game Day:

All players will be required to be at the game in uniform earlier than game time (approx. 45 minutes-1 hour). Each child is required to come to the game in full uniform, if not they will not be able to play. Coming early allows time for traffic, unexpected delays, and warming-up, etc. Please make sure you arrive at the park or school at the designated time given by your coach. Sometimes parks or schools will be behind schedule which is beyond our control, but other times they may be on schedule and if you show 10 minutes before the game starts, your son will not get appropriate warming up and stretching time which can lead to injuries.

PARENTAL ASSISTANCE:

At some point during the season, you will be asked to help out. There are plenty of ways to help and everyone is expected to volunteer in some way. Ways of assistance are: maintenance on our fields, working the concession stand, working chain crew on the field for your child's game, announcing your child's game. Each parent is expected to take a turn volunteering in some capacity. Rest assured that all involved will appreciate your time and effort including your child, coach and team.

COMMUNICATION, CALLING POST/EMAILS:

So often we have children move, go on vacation, or other issues happen and we do not get updated information. Please make sure that we have a good telephone number and e-mail address so that we can provide important information to all parents for those "just in case" moments. The Roscoe/Rockton Lions and Junior Indians will place information on the website www.rrlfootball.com to notify you of upcoming dates, changes in practices or games, or any other pertinent information that your coach wants to inform you about. Each coach will have their own web page to communicate with their teams and this can be located on the Roscoe/Rockton Lions and Junior Indians home web page.

Thank you for your interest in the Roscoe/Rockton Lions and Junior Indians Football. The Roscoe/Rockton Lions and Junior Indians Football organization is a non-profit organization. All monies collected or made go to the benefit of your children to make their experience learning and memorable one. Please direct all questions to www.rrlboard@yahoo.com.