

## MOUNTAIN HOUSE STALLIONS - SEASON GENERAL FAQ 2024

### COMMUNICATIONS

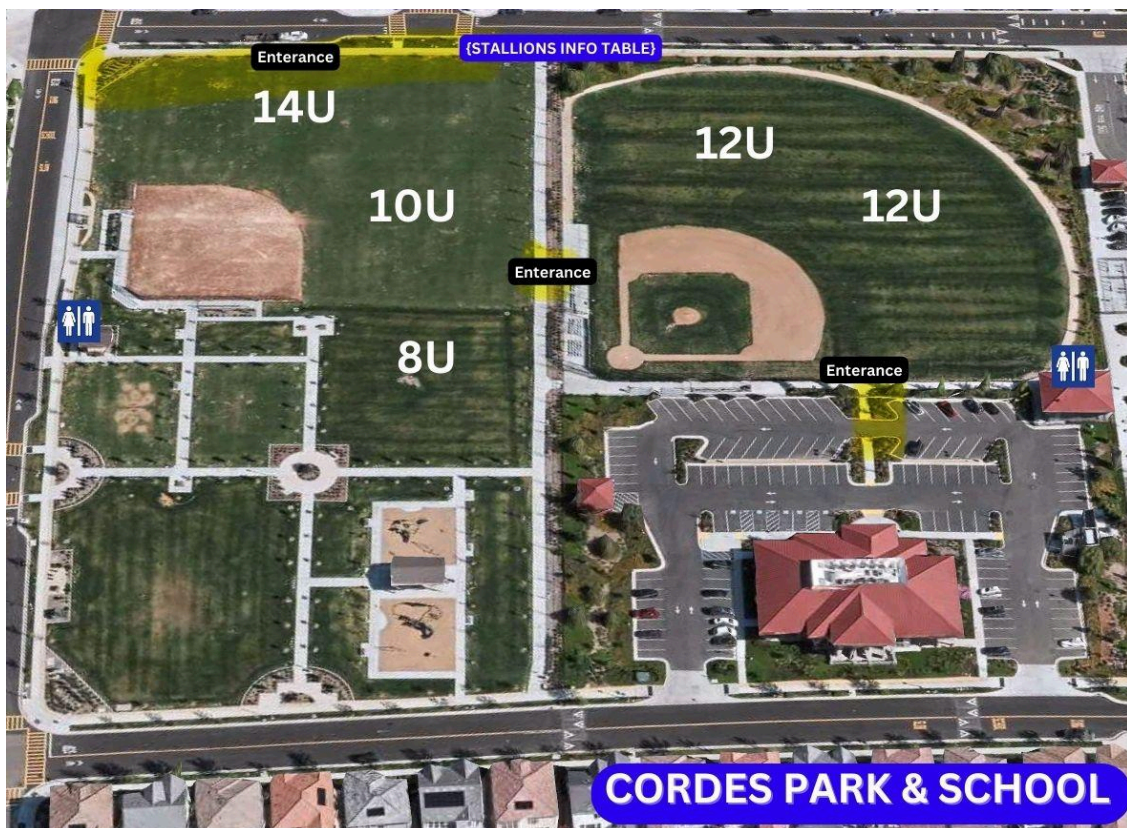
- All official team communications will be conducted via The Teamsnap APP
  - Download here : [TeamSnap Mobile](#)
  - You can add family members via the app to expand communications
- Stallions Board Members, Coaches and Team Moms will provide information throughout the season
- All questions, suggestions or concerns should be brought up with the division team mom or the Member At Large (MAL) ([mal.mhstallions@gmail.com](mailto:mal.mhstallions@gmail.com))

*Suggestion: Please refrain from frequent responses (ex in, available, done) as they cause the original message to be hidden in all the feedback. Instead, try to use "thumbs up to acknowledge messages"*

### PRACTICES

**LOCATION:** CORDES PARK & SCHOOL - 296 Parco Ave, Mountain House, CA 95391

**TIME:** 6pm - 8pm



## PRACTICE SCHEDULE:

Weeks 1-2 : 7/15 - 7/26 Monday - Friday

Weeks 3-6: 7/29 - 8/22 Monday - Thursday

Weeks 6 onward: 8/27 Tuesday - Thursday

## PRACTICE REQUIREMENTS:

- First two weeks of practice are considered conditioning weeks.
- 10 hours of conditioning are mandated before a player can participate in tackling drills with pads.
- If a player misses conditioning, they will be required to make up those hours with the Stallions coaching staff before continuing on to the next step.

Practices are mandatory. If a player misses more than 2 days within a week of practice, they will be ineligible or have minimal play (coaches discretion)

*Suggestion: Please provide upfront notice to the head coach if your child will miss any games through the season. Also, work with other team parents on a drop off schedule as needed.*

## GAME DAYS

Games will be held on Saturdays (unless otherwise noted). Times will be announced shortly.

All home games will be held at Mountain House High School (start times TBA)

8/17 - Jamboree (Home: MHHS)

8/24 - vs Norcal (Antioch)

8/31 - LABOR DAY WEEKEND - NO GAME

9/07 vs San Ramon T-Birds

9/14 @ Martinez Bulldogs

9/21 @ Livermore Bulldogs

9/28 @ Pleasant Hill Falcons

10/05 vs Hayward Aggies

10/12 @ San Jose PAL

10/19 vs Fremont Firebirds (Homecoming Game)

10/26 @ Hayward Lancers

Nov 2+ Post Season Play (TBD)

Time of games: To be announced

- All players will be required to arrive at the game location 90 minutes prior to the start of the game for weigh-ins, warm ups and preparations.
- Games will run approx 60-90 minutes.
- Snacks schedule will be coordinated shortly. We will keep snacks super simple this year.

## [EQUIPMENT](#)

### **Stallions Provided Equipment:**

- Football helmet, shoulder pads, equipment bag
- Two (2) Game Day Jerseys (home and away), one (1) game day jersey bottoms, game day socks, practice jersey, gameday t-shirt, practice pants\*

\*practice pants available to those who purchased from the league. Otherwise you will bring your own. Must be white, 7 pad practice pants.

### **Player provided equipment:**

- 7- Pad Girdle to wear under game day bottoms (Ex. [Girdle @ Amazon](#))
- Mouthpiece with strap for helmet (Ex. [Mouthpiece with strap](#))
- Cleats (any with plastic spikes)
- *Optional: Football gloves*
- *Optional: Football padded shirt (ex. [Padded shirts](#))*

### **Water Bottles:**

- Please have the player bring a large (64+ oz) water bottle to all practices (Ex: [Water Bottles @ Amazon](#))



## [VOLUNTEERING](#)

Each parent / player's family is required to volunteer a minimum of eight (8) hours during the season (board and coaches exempt). A volunteer list is available via team moms or our volunteer director - Lucy F.

([volunteers.mhstallions@gmail.com](mailto:volunteers.mhstallions@gmail.com))

[>> VOLUNTEER SIGN UP LINK <<](#)

*Example of volunteer tasks: set up, tear down, concessions, front door, chain gang, etc*

*Failure to show up at your designated volunteer slot during a week will result in their player disqualified from playing during the next game.*

## RAFFLE TICKETS:

Each player is required to sell twelve (12) raffle tickets @ \$10 each. Raffle tickets will be made available during the first week of practice and will be due before the first home game. Failure to turn in sold tickets before the first game will result in reduced or no play time for the first 3 games.

If there are any concerns with the raffle tickets, please reach out to the Stallions Member at Large.

## CODE OF CONDUCT

- All members of MH Stallions will report any child abuse and or child molestation to law enforcement, failure to do so you will be reported to the law enforcement.
- There will be no alcohol or tobacco use during games or practices. This is grounds for immediate removal from games.
- No firearms are permitted at games, practices or meetings unless it's an On Duty Law Enforcement Official.
- Parents or guardians are responsible for providing your child transportation to and from games and practice. An appointed adult or guardian must present if not the parent all for games.
- Handicap parking is reserved for the handicap Everyone else must park in a regular parking lot. No placard or designated handicap license plate you will be towed at your expense.
- Do not make a scene if you need to have a conversation with a coach. Take it offline and away from the team. (ie. after practice has concluded). Please work with the member at large for a resolution.
- NEW: No videotaping of practices
- NEW: No bullying of any type (by parents or players) will be tolerated.
- Parents are to remain in the designated (highlighted) area during practices (see below)



**MH Stallions have a zero tolerance for verbal threats, fighting, social media bullying, slander and demeaning towards any person or persons. Violation of the Conduct Rules may result in the player and parent being expelled from current and future seasons of the MH Stallions.**

*(All decisions will be made at the discretion of the MH Stallions board.)*

## **STALLIONS BOARD MEMBERS**

### **President of Operations (exec)**

Dee Bhatia : [dee.mhstallions@gmail.com](mailto:dee.mhstallions@gmail.com)

### **President of Football Strategy (exec)**

Danny Qutob : [danny.mhstallions@gmail.com](mailto:danny.mhstallions@gmail.com)

### **Member at Large (exec)**

Jameka Hawkins : [mal.mhstallions@gmail.com](mailto:mal.mhstallions@gmail.com)

### **Cheer Director (exec)**

Cresha Lloyd : [cheer.mhstallions@gmail.com](mailto:cheer.mhstallions@gmail.com)

### **Events Director**

Jhona Levingsgton : [events.mhstallions@gmail.com](mailto:events.mhstallions@gmail.com)

### **Volunteer Director**

Lucy Felix : [volunteers.mhstallions@gmail.com](mailto:volunteers.mhstallions@gmail.com)

### **Compliance Director**

Rachel Mitchell : [compliance.mhstallions@gmail.com](mailto:compliance.mhstallions@gmail.com)

### **Apparel Director**

Penny Cornelious - [apparel.mhstallions@gmail.com](mailto:apparel.mhstallions@gmail.com)

### **Equipment Director**

Eric Schuller : [equipment.mhstallions@gmail.com](mailto:equipment.mhstallions@gmail.com)

### **Concessions Director**

Abi Dotson : email TBD

### **General Board Member**

Derik Quach

## **COMMUNITY & HIGH SCHOOL ADVISORS**

Harry Dhillon & Yubi Dhillon - Royal Kings

Eric Foster & Jabari Carr - MHHS Mustangs

## **STALLIONS HEAD COACHES**

Junior Pee Wee - 8U - Donnell Gaines

Pee Wee - 10U - Dave MacIntosh

Junior Varsity - 12U - Harry Dhaliwal & Derik Quach

Varsity - 14U - Daryl Hawkins



## Medical Clearance Form 2024

I hereby certify that (name of youth) \_\_\_\_\_

was examined by me on \_\_\_\_\_, 20\_\_\_\_\_ and found physically fit to engage in the Mountain House Stallions Youth Tackle Football & Cheer program (part of East Bay Youth Football & Cheer).

\_\_\_\_\_  
Signature of Medical Professional

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name Clearly

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Office Address (or office stamp)