



WELCOME to the MUSTANGS FAMILY

The Macomb Mustangs' mission is to teach young athletes the fundamental skills, techniques, and strategies necessary for long-term success in the sports of football and cheerleading by providing the opportunity to participate in controlled competition in a safe, organized, and fun environment, while also empowering young people to value teamwork, resilience, self-discipline, and the contributions of each individual.

SO... what's in here?



pro tip: it's lots of good stuff!

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a quick word from the President.



I have tried thinking of something more fulfilling than watching young athletes, like your child, pour their hearts passionately into sport. But I came up empty. The way our athletes strive for greatness, whether at practice, at games, or during competitions, is an inspiration to me, the board, and the coaches. We can't wait to get out on that field for the 2023 football and cheer season!

The Macomb Mustangs Youth Football and Cheer Club is dedicated to providing a fun, encouraging, and safe environment where your child will learn the fundamentals of football and cheer. Naturally developing from the way that we approach coaching and teaching, your child will also learn self-confidence, cooperation, and respect for others.

Our coaches are as dedicated to the sports of football and cheer as our athletes are, with many of them having played and/or coached at high school or collegiate levels. This experience is imparted to our athletes, who put it into practice against our MYFCC league opponents. The MYFCC is widely regarded in SE Michigan as one of the toughest, most competitive, and skilled leagues. Your athlete will learn a lot about their sport, and a lot about themselves, during the 2023 season.

While the season officially begins in August 2023, this packet contains a wealth of information you'll find helpful. We have some exciting events coming up before spring/summer conditioning starts, like a fundraising golf outing! Stay tuned to your email and contact me or other board members with questions (contact information is included in this packet).

Can't wait to see you on the field!

Sincerely,

Wendell McIlwain, Jr.
President, Macomb Mustangs

Let's set a date.

May

- Make-Up Uniform Fitting (5/6)

June

- Macomb Twp Football Camp (6/5-6/8)
- Golf Outing (6/10)
- Registration Closes (6/30)
- Cheer Camp/Dakota Clinic (TBD)

July

- Parent Meeting (7/13)
- Equipment Hand-Out (7/29)

August

- First Day of Practice (8/7)
- First Day of Pads (8/10)
- Picture Day (8/17)
- Pep Rally & Scrimmage (8/19)
- First Game (8/26)

September

- Homecoming (Gold teams 9/16; Blue teams and Varsity 9/24)

October

- Pink Out Game (10/7)
- Jr. Freshmen Jamboree (10/22)
- Super Cheer (10/29)

November

- Equipment Turn-In (11/12)
- Banquet (11/17)

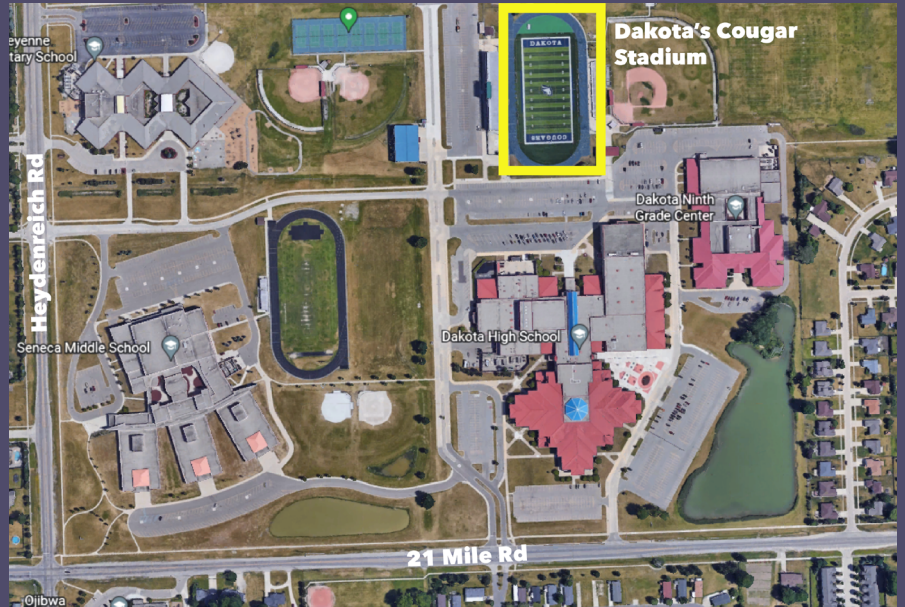


pro tip: when the MYFCC provides the official season schedule, it will be sent out.

it's all about location, location, location.

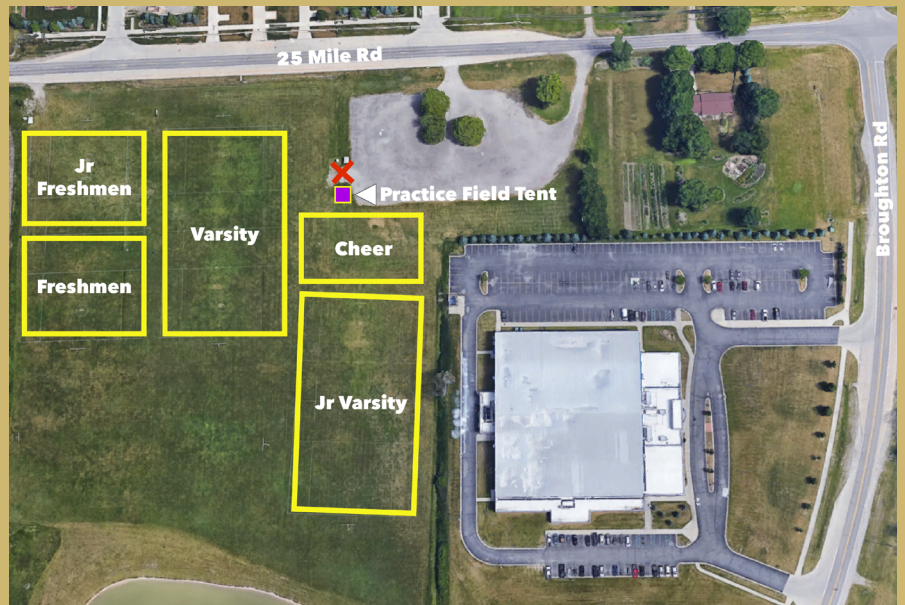
HOME FIELD

Cougar Stadium
Dakota High School
21051 21 Mile Rd
Macomb, MI 48044



PRACTICE FIELD

Macomb Town
Center Park
54111 Broughton Rd
Macomb, MI 48042



pro tips: ① don't park where that red "x" is; it's the emergency vehicle field access. ② if it's raining, cheer will practice at the Macomb Twp Rec Center, on Broughton Rd. Football coaches will give their teams instructions in the case of weather concerns.




gonna need a little more.

We provide your athlete with most of what they need, but there are still some outfitting/equipment purchases that are up to each athlete's family. Below is a list of required and recommended items for football and cheer athletes.



pro tip: don't rush out to buy these items quite yet. One of our sponsors, DICK'S Sporting Goods, provides a discount weekend to our organization. Watch for info on that.

FOOTBALL



REQUIRED

- Mouthguard
- Girdle
- Cup
- Cleats

RECOMMENDED

- Padded Shirt
- Practice Jersey

OPTIONAL

- Gloves

CHEER



REQUIRED

- White Sports Bra
- White Cheer Shoes
- White Ankle Socks
- Navy Spanks*
- Navy Leggings

*Officially called "Cheerleading Briefs"

*Images provided by Hawkeye Image, LLC

2023 season prep is a passion.

Getting ready for the football & cheer season is something we're passionate about.

It's a great way for our athletes to come together and form the bonds that will enhance their play on the field. Plus, staying active and healthy helps keep our athletes in peak condition.

Check out our Off-Season Prep Events for more.

MONTHLY CLINICS

The Macomb Mustangs will host indoor or outdoor (weather permitting) clinics.

Participants will learn the fundamentals, strategy, and FUN of football or cheer.

Info available online and through email. Clinics are open to all.



PRE-SEASON CONDITIONING

Designed exclusively for the 2023 Macomb Mustang roster, we will meet weekly, indoors or outdoors (weather permitting).

Coaches will work with our athletes to condition and prepare them for the upcoming season. Watch your email and online for info.

ATHLETE READINESS

Even though it's the off-season, there's a lot you can do to get ready:

- Stay hydrated
- Stretch every day
- **Get a sports physical prior to official practice start (must be dated this calendar year)**

you gotta do what you gotta do.

For an organization like the Macomb Mustangs, which is entirely volunteer driven, the help of all of our fantastic Mustang families is crucial in making each season a fun, safe, and enjoyable time for every athlete.

With that in mind, there are some requirements that each Mustang family is expected to complete by the conclusion of the season.

All Mustang athletes are expected to be present at **practices and games**. We understand that life happens, though, so good communication with your coach is important.

August Practice Schedule:

Monday - Friday 6p - 8p

"School" Practice Schedule:

Tuesday - Thursday 6p - 8p



pro tip: MYFCC rules require every football athlete to complete three days of conditioning before they can start wearing pads, so the first week of practice is really important to attend.

play.

Occasionally, we may host a parent meeting. During these meetings, we will share critical information about a specific event or about the season or organization in general. Attendance at these parent meetings is mandatory. We will notify you in advance of any meetings.

meet.

Volunteer commitments are essential to maintaining a positive and realistic game-day experience for our athletes, guest athletes, and all youth sports supporters at our games.

Each athlete's family is responsible for fulfilling **four (4) volunteer commitment slots per athlete (up to eight (8) per family)** throughout the course of the 2023 season home games.

At equipment hand out, a \$200 deposit check will be collected. At the conclusion of the season, if you have not completed your volunteer commitments, your check will be cashed.

do.

together, we can make great things happen.

Check out these voluntary activities to enhance our athletes' 2023 season.

Board Meetings

Attend our monthly board meetings to stay up-to-date with the latest news, happenings, and events. Plus, it's a chance to have your voice heard. For the really passionate Mustang guardian, consider running for a board position.

Committees

Macomb Mustangs events are fun...but that fun takes work and planning. Join an event committee to help make our athletes' season events fun, memorable, and smooth sailing!

Events

Speaking of events, make sure your athlete participates in as many non-game events and activities as possible. Bonus - most of our non-game events are family-focused and open to your whole crew. Our events typically include things like our season-opening Pep Rally, the Bay-Rama parade, team-specific events organized by your athlete's coaches, etc.

Fundraising

A youth sports league is a labor of love. But it's also an expensive undertaking, so we enlist the help of fundraising campaigns to close the gap. Your voluntary participation is so greatly appreciated and permits us to offer the safest and most enjoyable premier football and cheer club in central Macomb County.

let's put the FUN in fundraising.

Golf Outing

This is a new event for the Mustangs this year! We are looking forward to a fun event, full of golf, prizes, and more! Check out the event on our website and register early; space is limited.

Additional Fundraising Events

Periodically, we will host additional fundraising events, like a cornhole tournament or a Night at the Races, for example. More info will be shared as we approach events.



Business Sponsorships

Partnerships with local, regional, or national businesses that share a passion for furthering the benefits for youth sports are always appreciated! If you know of a business that may be interested in sponsoring the Macomb Mustangs, contact our Sponsorship & Fundraising Director, Antonio Zucca.

don't be a stranger.

Keep in touch with us online and on our socials! Like us on Facebook and join us on Insta and Twitter!



www.macombmustangs.com



@macombmustangs1



@macomb.mustangs



@mustangs_macomb



Macomb Youth Football Club

We use TeamSnap as our main method of communication as an organization. All email blasts, announcements, and chat groups will be via TeamSnap. You will be established as part of the Macomb Youth Football Club TeamSnap league. Watch for news coming to an inbox near you!



pro tip: if you need specific assistance, reach out to the board member that oversees the area in which you need assistance. Check the next page for board member contact info!



MACOMB MUSTANGS

YOUTH FOOTBALL & CHEER CLUB

2023 Board Member Contact Information

President Wendell McIlwain, Jr.
president@macombmustangs.com

First Vice President Jimmy Ciaramitaro
vp@macombmustangs.com

Second Vice President Kyle Burg
vpfootball@macombmustangs.com

Treasurer Luigi Lampasona
treasurer@macombmustangs.com

Secretary Alisha McIlwain
secretary@macombmustangs.com

Commitment Director Erica Ferretti
commitments@macombmustangs.com

Communications Director Rebecca Judkins
communications@macombmustangs.com

Equipment Manager Ron Knight
equipment_manager@macombmustangs.com

Sponsorship & Fundraising Director Antonio Zucca
sponsorship@macombmustangs.com

Web Director Dara Kulisek
web_director@macombmustangs.com

Cheer Director Aubrey Ciaramitaro
cheerdirector@macombmustangs.com

Concussion

INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.


What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion-proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don't feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

- I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

- I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____



MEDICAL HISTORY: Completed by Parent or Guardian or 18-Year-Old

Student Name: _____ Date of Birth: _____

Doctor: _____ Doctor's Phone: _____ Date of Exam: _____

GENERAL QUESTIONS, HEART HEALTH QUESTIONS ABOUT YOU, HEART HEALTH QUESTIONS ABOUT YOUR FAMILY, BONE AND JOINT QUESTIONS

MEDICAL QUESTIONS, FEMALE ONLY (Optional), CURRENT-YEAR PHYSICAL = GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR

PHYSICAL EXAMINATION & MEDICAL CLEARANCE: Completed by MD, DO, PA or NP - RETURN DIRECTLY TO PATIENT

EXAMINATION: Height: _____ Weight: _____ Male Female BP: / Pulse: Vision: R 20/ L 20/ Corrected: Y N

Table with columns: MEDICAL, NORMAL, ABNORMAL, MUSCULOSKELETAL, NORMAL, ABNORMAL. Rows include Appearance, Eyes/Ears/Nose/Throat, Heart, Lungs, Abdomen, Genitourinary, Skin, Neurologic.

RECOMMENDATIONS:

I certify that I have examined the above student and recommend him/her as being able to compete in supervised athletic activities NOT crossed out below. BASEBALL - BASKETBALL - BOWLING - COMPETITIVE CHEER - CROSS COUNTRY - FOOTBALL - GOLF - GYMNASTICS - ICE HOCKEY LACROSSE - SKIING - SOCCER - SOFTBALL - SWIMMING/DIVING - TENNIS - TRACK & FIELD - VOLLEYBALL - WRESTLING

EXAMINER Name of Examiner (print/type): _____ Date: _____ Signature of Examiner: _____ (Check One): MD DO PA NP

(DETACH HERE IF NEEDED TO ACCOMPANY STUDENT-ATHLETE)

EMERGENCY INFORMATION: COMPLETED BY PARENT or GUARDIAN or 18-YEAR-OLD

Student: _____ Grade: _____ Doctor: _____ Phone: (____) _____ IN EMERGENCY (1): _____ Home #: (____) _____ Cell #: (____) _____ IN EMERGENCY (2): _____ Home #: (____) _____ Cell #: (____) _____ Drug Reactions: _____ Current Medications: _____ Allergies: _____



PRE-PARTICIPATION PHYSICAL - CONSENT - INSURANCE

Shaded headline areas are to be completed by student, parent/guardian or 18-year-old

There are **FOUR (4)** signatures on this page to be completed by student, parent/guardian and/or 18-year-old

A CURRENT-YEAR PHYSICAL IS ONE GIVEN ON OR AFTER APRIL 15 OF THE PREVIOUS SCHOOL YEAR

Student Name: _____
LAST FIRST MIDDLE INITIAL

Student Address: _____
STREET CITY ZIP

Gender: M F Age: _____ Date of Birth: _____ Place of Birth (City/State): _____

School: _____ Circle Grade: **6 7 8 9 10 11 12**

Father/Guardian Name: _____

Phone (home): _____ (work): _____ (cell): _____

Mother/Guardian Name: _____

Phone (home): _____ (work): _____ (cell): _____

Email Address: Parent/Guardian/18-Year-Old: _____

STUDENT PARTICIPATION & PARENT or GUARDIAN or 18-YEAR-OLD CONSENT

The information submitted herein is truthful to the best of my knowledge. By my/my child's signature below, **I/we acknowledge that I/we have received concussion educational information that meets Michigan Department of Health and Human Services and MHSAA requirements.**

Further, in consideration of my/my child's participation in MHSAA-sponsored athletics, I/we do hereby agree, understand, appreciate, and acknowledge: **that participation in such athletics is purely voluntary; that such activities involve physical exertion and contact and that there is inherent risk of personal injury associated with participation in such activities, which risk I/we assume;** and that I/we agree to, and hereby waive any and all claims, suits, losses, actions, or causes of action against the MHSAA, its members, officers, representatives, committee members, employees, agents, attorneys, insurers, volunteers, and affiliates based on any injury to me, my child, or any person, whether because of inherent risk, accident, negligence, or otherwise, during or arising in any way from my/my child's participation in an MHSAA-sponsored sport.

I/we understand that I am/we are expected to adhere firmly to all established athletic policies of my school district and the MHSAA. I/we hereby give my consent for the above student to engage in interscholastic athletics and for the disclosure to the MHSAA of information otherwise protected by FERPA and HIPAA for the purpose of determining eligibility for interscholastic athletics. My child has my permission to accompany the team as a member on its out-of-town trips.

Signature of **STUDENT**: _____ Date: _____

Signature of **PARENT or GUARDIAN or 18-YEAR-OLD**: _____ Date: _____

INSURANCE STATEMENT

Our son/daughter will comply with the specific insurance regulations of the school district.

The student-athlete has health insurance: YES NO

If YES, Family Insurance Co: _____ Insurance ID #: _____

Additionally, I hereby state that, to the best of my knowledge, my answers to the medical history questions (see reverse) are complete and correct.

Signature of **PARENT or GUARDIAN or 18-YEAR-OLD**: _____ Date: _____

----- (DETACH HERE IF NEEDED TO ACCOMPANY STUDENT-ATHLETE) -----

MEDICAL TREATMENT CONSENT: COMPLETED BY PARENT or GUARDIAN or 18-YEAR-OLD

I, _____, an 18-year-old, or the parent or guardian of _____, recognize that as a result of athletic participation, medical treatment on an emergency basis may be necessary, and further recognize that school personnel may be unable to contact me for my consent for emergency medical care. I do hereby consent in advance to such emergency care, including hospital care, as may be deemed necessary under the then-existing circumstances and to assume the expenses of such care.

Signature of **PARENT or GUARDIAN or 18-YEAR-OLD**: _____ Date: _____