



Saugus Spartan Youth Football Organization Football News



September 2016

Visit us Online at [Http://www.allsparta.org](http://www.allsparta.org)

September Events

Listed below are the Scheduled events for this month. Game times and locations are subject to change (**BOLD** Denotes Home Games). Visit www.gcyfl.com for current game schedules and standings.

Date	Time	Event
9/17/16	8am	Mites Vs. Newbury Park
9/17/16	10am	Bantam Vs. LA Ducks
9/17/16	12pm	Sophomore Vs. Valley Thunder
9/17/16	12pm	Junior Vs. Camarillo
9/17/16	2pm	Senior Vs. Carpenteria
9/17/16	5pm	Casino Night Fundraiser
9/24/16	8am	Mites Vs. Oxnard
9/24/16	10am	Sophomore Vs. Wildcats
9/24/16	12pm	Bantam Va. Camarillo
9/24/16	12pm	Freshman Vs. Wildcats
9/24/16	2pm	Junior Vs. Grizzlies
9/24/16	4pm	Senior Va. Camarillo

First Three Weeks of the Season are in the Books!

Saugus Spartan Football Season is here! If the first three weeks are any indication, we can expect an exciting season for our players. Here are the team standings as of September 10th:

- ⇒ Mites (1-1)
- ⇒ Bantam (2-1)
- ⇒ Freshman (1-2)
- ⇒ Sophomore (1-1)
- ⇒ Junior (2-1)
- ⇒ Senior (3-0)



Remember, we still have 5 more weeks of games before the Play Offs! Come out and show your support for your Saugus Spartans!



Casino Night Spartan League Fundraiser this Saturday, September 17th

Are you feeling lucky? Ready for an evening of fun, good food, and great music? Then bring some friends and join us **this Saturday, September 17th** for the Spartan League Poker Tournament and Casino Night Fundraiser. This is our only planned League fundraiser for the season so help us make it a success!

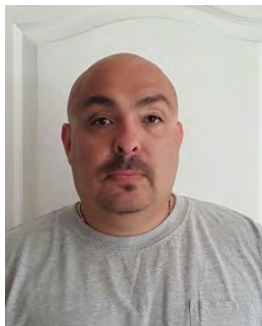
Each Family is expected to sell \$100 in Tickets to this event to support the Spartan Organization.

Doors open at 5pm and you and your friends can join us for dinner (\$25), enjoy some casino games (\$50), or enter the Poker Tournament (\$100). There will also be a No-Host bar, DJ, raffle, and a silent auction! To register, contact Crystal Johnson (661-212-1976) or Tony Moore (661-312-7092). Prizes will be awarded for the top chip winners in the casino and the final table players in the poker tournament.

Casino Night will be held at the Elks Lodge: 17766 Sierra Highway. Canyon Country, CA 91351



Organization Spotlight



Danny Hargrave
Head Coach
Freshman Team

Coach Hargrave has been involved with football since the age of six, playing for the West Valley Eagles and the Chatsworth Chiefs. As a former fullback from Bishop Alemany High School and Pierce College, Coach Hargrave began his coaching career as an Assistant Coach for Bishop Alemany High School. Continuing his love for football, Coach Hargrave went on to serve as an Assistant Coach and Head Coach in Santa Clarita's youth football leagues with the Santa Clarita Vikings and the Grizzlies before coming to the Saugus Spartans. Coach Hargrave prides himself as being fair but tough with his players and encourages them to be productive in life both on and off the field. Outside of coaching, you can find Coach Hargrave attending his nephew, San Diego State offensive Captain Nico Siragusa's, games with his lovely wife Amy and his three children Danny, Ava, and Donny

The Importance of Hydration

Proper hydration is important before, during, and after exercise and football is no exception. Water helps to regulate your body's temperature, and lubricate your joints while sports drinks can help provide the energy and electrolytes to help you perform for a longer period of time during high intensity exercise.

USA Football recommends that Athletes should:

Hydrate with 16-24 ounces of fluid before you exercise

Hydrate as needed during exercise or activity

Inform your coach, parent, or other adult when not feeling well during exercising

Visit usafootball.com for more information on Hydration and other football safety tips.

We Need Your Photos!

As you know, the Saugus Spartan Football Organization maintains both a website <http://www.allsparta.org> and a "Saugus Spartans Football" Facebook Page and we need your game and practice photos.

If you have some great action shots, team pictures, or individual player photos you would like posted on our official sites, please send them to Info@allsparta.org. We will do our best to rotate all the pictures we receive on the website and add them to the Facebook photo site.



Contact Us

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2016 Spartan Football Board

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