

The Bulldog Nation Bulletin



North Raleigh Athletic Association

www.northraleighbulldogs.com

August 2010

August is a great time to Fundraise!

Newsletter Contents

July Must Do's	1
Sponsor of the Month	1
Registration continues	2
Pep Rally/Fundraising Heads up	2

Calendar of Events

Aug. 8	3:00 – 7:00 pm Dick's Sporting Goods discount night for Bulldogs
Aug. 14	Pep Rally at WMMS
Aug. 17-19	Family Night Out at Red Robin restaurants
Aug. 21	Jamboree/Scrimages!
Aug. 28	First Game Day

Locations and exact times will be announced by Coaches later.

Bulldogs should work together to raise about \$100 per child on a team. These essential funds help purchase and maintain uniforms and send teams to post-season competition! You can get credit for your team in many ways; your Team Parent has more information. The key is to fundraising is to ASK! Ask family, ask non-Bulldog friends, ask stores where you shop, ask the local community to contribute!

1. Yearbook, Shout Outs and Yearbook Ads

The Bulldog Yearbook is a full-color booklet with team and candid photos, a wonderful keepsake. Shout-Outs are text-only messages printed in the Yearbook to recognize a team, a participant, or a coach; just \$10 each. If you know of a local business who wishes to have exposure before 1000's of Yearbook readers, invite them to be a Yearbook advertiser (different ad sizes are available). 100% of the funds here are credited to your team.

2. Photos

Bishop Photo will take team and individual photos on Aug. 14 during the Pep Rally. A generous portion of their proceeds go to Bulldogs. More on pg. 2

3. Pep Rally Silent Auction

Pep Rally on Aug. 14, 10 AM-3 PM rain or shine is a day for Bulldogs and their families to cheer, take photos, play field games, and bid on fabulous gift baskets. There will be an Official NFL Punt, Pass & Kick contest, and food vendors. Please bring CASH for food and CHECKS for merchandise and Silent Auction Bids. You'll love it!

4. Red Robin Spirit Day

Go for Lunch (with your office!) or Dinner on Aug. 17, 18, or 19. 15% of food sales (no alcohol revenues) will go to the Bulldogs! Must use Bulldogs coupon with your team name to receive credit.

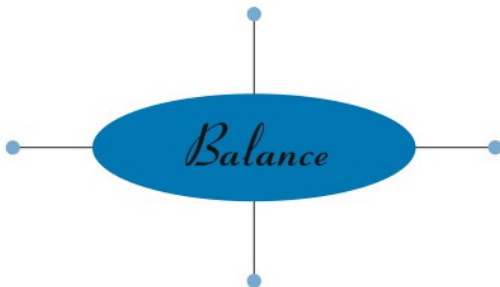
5. CitiPass books

Citipass is a coupon book for local dining, hair salons, car rental and much more. If you go out to dinner 3X this year, the book will pay for itself! It is only \$25 per book and good through December 2011. Teams get \$12.50 per book sold.

6. ESPN The Magazine

Your Team Parent has Order Forms for ESPN The Magazine. For a 2 year subscription (52 issues) it's only \$40. That's 84% off the newsstand price. Your team gets credit for \$30 for each subscription.

Sponsor of the Month: Balance Staffing



Balance Staffing helps clients focus on their core business while Balance Staffing handles the administrative tasks of hiring, recruiting, and employing personnel. They fill positions in IT, manufacturing, engineering, construction, hospitality, and more. Their advantage includes decades of experience, local ownership, leading edge online business tools, customer service, sophisticated recruitment and screening, strong retention programs, and extensive quality control checks. **For more information, see www.balancestaff.com or contact eric@balancestaff.com.**



Every player should have received a set of Football Special Offers/coupons good for 10-20% off various football apparel, shoes, & equipment at Dick's Sporting Goods (in store and online). These coupons are good through Jan. 2011.

Thanks to our sponsor, Dick's Sporting Goods.



2010 Registration Status

All teams are closed for registration except Midget Tackle Football. For Registration information, click [here](#).

CFF Inclement Weather Policy

Briefly, the Combined Football Federation (the regional organization of which NRAA is one of 16 associations) and the NRAA Bulldogs President have the discretion to cancel or postpone practices and games due to extreme weather including heat advisories, lightning and thunderstorms or the availability of your fields. They take into consideration your everyone's safety on the field, travel conditions, and field conditions.

In the case of a quick decision to postpone or cancel, we will make every effort to communicate with parents via Email and phone. Please make it a habit to check your communication devices (Email, phone) before practices and games.

Please HYDRATE!

Your body is 66% water. When you're down just a few ounces of water, your performance suffers, your head hurts and you're irritable. Don't wait until you're thirsty, feeling faint, or throwing up to drink. Drink plenty of water all day before practice, and let your coach know if you're "not feeling right."

Pep Rally on August 14, 10:00 a.m.-3:00 p.m.!

Bring your player or cheerleader in uniform. Bring extra clothes if you wish to stay cool.

Bring cash to buy merchandise and food.

Bring your check book for Photo Orders and Silent Auction gift baskets. There are family nights in Raleigh, on boats, and many other themed baskets.

Photo Day Schedule is posted on web.

Just click on "Photo Day" above to go to the Bulldogs webpage that shows what time your team must report to the West Millbrook Middle School gym for photos. Please arrive on time to help keep your team and others behind you on schedule!!! Pricing lists are on the web. Orders forms are available from Team Parent & at Photo Shoot.

Red Robin Spirit Days, Aug. 17 – 19.

Bulldog Teams will "replace" practice with a night at Red Robin at Brier Creek and Triangle Town Center locations.

8/17: JPW, PW and JM football teams

8/18: MM and Midget football teams

8/19: Flag and TM football teams and all Cheer teams
 You must use the coupon and fill in your team name to get credit for your visit. Great food, great cause!