

The Bearcat Prowl

Issue #6

www.capitalcitybearcats.com

October 11th, 2018

Rookie Tackle & Senior Tackle (Rain Out)

As you know Rookie Tackle and Senior Tackle had their September 22nd games rained. CTYFL has proposed for those games to be made up on Sunday October 21st. Location and times have not been determined. Any questions please ask your HEAD Coach, Coach Nate, or Ms. LaSonya.

Homecoming Raffle Ticket Sales

If you have not done so already, please turn your raffle tickets and money in Thursday at practice. Your last opportunity to turn in your tickets will be Saturday October 13, 2018 at 9AM. Capital City Bearcats will give a prize to the overall top two selling winners.

Uniform Care

In order to preserve your uniform for the entire season here are some quick easy steps to remember while washing your uniform.

Football Jerseys:

- No bleach, no fabric softener, no dryer sheets,
- AND REMEMBER TO AIR DRY YOUR JERSEY.

Football Pants:

- Wash your pants on warm/hot.
- AIR DRY YOUR PANTS.

Cheer Gameday

1. All Cheerleaders will be in full uniform this weekend.
 - a. No-show socks
 - b. Please do not forget bows and poms!
 - c. Please make sure cheerleaders are in full uniform before they exit their vehicle.
2. Per previous weeks please make sure to check Facebook, website and other social media outlets for weather updates.
3. Parking will be extremely difficult this Saturday. PLEASE DO NOT PARK IN A FIRE ZONE OR ILLEGALLY PARK.

Pee Wee Flag Gameday

1. **Currently ranked #4 in the CTYFL Rankings!**
2. Please arrive at McCallum High School at 8:15AM.
3. REMINDER YOU CANNOT PLAY WITHOUT A HELEMT AND A MOUTHPIECE.
4. Please make sure to check Facebook, website and other social media outlets for weather updates.
5. Parking will be extremely difficult this Saturday. PLEASE DO NOT PARK IN A FIRE ZONE OR ILLEGALLY PARK.
6. WE NEED EVERYONE TO WEAR PURPLE THIS SATURDAY!

Rookie Tackle Gameday

1. **Currently ranked #10 in the CTYFL Rankings!**
2. Please arrive at McCallum High School at 9:00AM.
3. Parking will be extremely difficult this Saturday. PLEASE DO NOT PARK IN A FIRE ZONE OR ILLEGALLY PARK.
4. Please make sure to check Facebook, website and other social media outlets for weather updates.
5. Parking will be extremely difficult this Saturday. PLEASE DO NOT PARK IN A FIRE ZONE OR ILLEGALLY PARK.
6. WE NEED EVERYONE TO WEAR PURPLE THIS SATURDAY!

Senior Tackle Gameday

1. **Currently ranked #4 in the CTYFL Rankings!**
2. Please arrive at McNeil High School at 1:00PM.
3. Coach JC will have your Gameday uniforms for you at the game. Thank you, Coach JC, for washing the uniforms!
4. Parking will be extremely difficult this Saturday. PLEASE DO NOT PARK IN A FIRE ZONE OR ILLEGALLY PARK.
5. WE NEED EVERYONE TO WEAR PURPLE THIS SATURDAY!
6. REMINDER PARENTS PLEASE STAY INSIDE OF THE 20 YARD LINES DURING THE GAME. ESPECIALLY if you are wanting to officiate the game as a spectator.

SEE THE BACK FOR MORE INFORMATION →

Week 5 Results:

Pee Wee Flag:

Bearcats 32 vs. Kyle Incredibles 0

Rookie Tackle:

Bearcats 33 vs. Kyle 0

Senior Tackle:

Bearcats 40 vs. Kyle 6

Week 6 Schedule (October 13th, 2018)

(All games are at McCallum High School)

(#4) Pee Wee Flag: 09:00AM vs. (#11) Elgin

Temperature @ Start of Game 72°F / 60% Scattered Thunderstorms

PLEASE ARRIVE @ 8:15AM

(#10) Rookie Tackle: 10:00AM vs. (#8) Georgetown [Red]

Temperature @ Start of Game 74°F / 50% Scattered Thunderstorms

PLEASE ARRIVE @ 9:00AM

(#4) Senior Tackle 2:00PM vs. (#9) Elgin

Temperature @ Start of Game 80°F / 60% Thunderstorms

PLEASE ARRIVE @ 1:00PM

**All Divisions please come out to support all
your Bearcat Family this weekend!**



Think Before You Pink!

Why Pink?

You may have heard about special events, like walks or races, to raise money for breast cancer research. Or maybe you've seen people wear those little pink ribbons on their clothes. Now you want to wear pink for October. Do you know why? Make sure you and your family know why and "think before you pink".

What is Breast Cancer?

The human body is made of tiny building blocks called cells. Your body creates them, replacing those that die with new ones. Usually, the body creates healthy, normal cells that do just what they're supposed to do. This includes cells in the breasts, the two rounded areas on the front of the chest.

But if a cell changes into an abnormal, sometimes harmful form, it can divide quickly over and over again without dying, making many, many copies of itself. When this happens, a tumor, abnormal body cells grouped together in the form of a mass or lump, can start to form and grow.

Breast cancer is a kind of tumor that develops in the cells of a person's breast. You may think that only women can get breast cancer, but because all people have breast tissue, men can get breast cancer as well — though this is very rare.

A tumor can form anywhere in the body. Someone has cancer when those abnormal cells will not stop growing, and then cause sickness in a person's body.

Capital City Bearcat's "Pinktober"

So why pink? We wear pink to create awareness and support the many people that are fighting to beat breast cancer. We wear pink to support the need for more research so lives can be saved. We wear pink to remember those that have lost their battle against breast cancer. We wear pink because we care! It's not about the livest gear or the tightest socks! It's about making a difference and creating awareness while playing football or cheering on the sidelines.

So, make sure you think before you pink! While you may wear it, remember it's not about you.

Happy "Pinktober"!

Best,

Capital City Bearcats Board

