



# 2009 COUGARS FOOTBALL PARENTS MEETING



## THE COUGARS TEAM

- There are Currently 60+ kids interested from All Saints, Blessed Sacrament, Holy Savior Catholic Academy, Church of the Resurrection School and St. Mary's (Derby)
- We teach the KMC Offense and Defense.
- Unless something changes significantly, we will have both 7<sup>th</sup> and 8<sup>th</sup> grade teams. Talk to your schoolmates to have them play also.

## GREATER WICHITA PAROCHIAL LEAGUE:

- **Teams:** Currently there are 8 teams in the football league: The Cougars, The Mustangs (Magdalen / St. Thomas), The Dolphins (SEAS), The Vikings (St. Francis), The Eagles (St. Peter Schulte, Christ the King, etc from the west side), The Owls (Garden Plain), The Spartans (Collegiate), and Andale (the Falcons, I think.)
- **Game Scheduling:** All games are scheduled to be played on Saturdays. The seventh grade team usually plays the first time and the 8<sup>th</sup> grade the second. This year's schedule is attached.
- **Rules:** Kansas high school rules with the exception that a kicked extra point is worth 2 points and a run / pass is only worth 1 point

## SCHEDULE

- **Cougars Camp** is M-F July 29<sup>th</sup> - July 31<sup>st</sup>, 6-8:30 pm at All Saints and is free. Players should bring a spiral notebook, pen or pencil, and a water jug that contains at least a  $\frac{1}{2}$  gallon of water.
- **Cougars Conditioning** will occur August 3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 13<sup>th</sup> from 6-8:30 pm at All Saints. We will be running, doing agility drills, team building, etc. Bring a water jug!
- **Equipment Check out** will occur Thursday August 6<sup>th</sup>, 8<sup>th</sup> graders at 6:00pm and 7<sup>th</sup> graders at 6:45pm. The student will be signing a player's commitment statement and equipment check out form.
- **Practice starts Aug 17<sup>th</sup>** and the first week will be from 6 to 8 pm, Monday through Friday.
- From then on, practice will be from 5:45 to 8:pm and will be held Monday, Tuesday, and Thursday, with the exception of the week of August 31<sup>st</sup>. KMC plays on Thursday night, so we will practice Wednesday instead of Thursday. All practices will be at All Saints. PLEASE get the players to the field at least 15 minutes prior to the posted start time. Also please note we WILL practice the evening of Labor Day! See the full schedule attached.

## THINGS TO TURN IN:

- **The Player must have a Physical turned in prior to practicing on August 17<sup>th</sup>.** The physical needs to have occurred since May 1<sup>st</sup> of this year. You can either bring me a copy or bring me the original and let me know and I'll make the copy for our records and forward it to the school. Your player **WILL NOT BE ALLOWED TO START PRACTICE ON AUGUST 17<sup>th</sup> WITHOUT A PHYSICAL!** Though they are not due until August 17<sup>th</sup>, I would REALLY appreciate it if the physicals could be turned in as soon as possible
- **The Fee, \$100.00 is due Monday, September 7<sup>st</sup>.** (If there are special circumstances, please let me know - we can work with you, if needed.)



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## **PRACTICE UNIFORM**

- For Camp and Conditioning the player should wear football / soccer shoes, T-Shirt and shorts and bring a water jug that is at least 1/2 gallon.
- For practice:
  - **The player needs to provide:** football - legal shoes (No Metal), jocks / cups (recommended but not required), mouthpiece (It must NOT be clear or white!) (required), and any optional protective gear: forearm pads, lineman gloves, neck rolls, rib pads, protective chin strap. Lou's Varsity in Parklane is a good place to get equipment.
  - **The team will provide:** All pads, helmet, practice jersey and pants and game jersey and pants. All paid players will receive a team t-shirt to keep.
  - On August 17<sup>th</sup> the players should wear t-shirts under the provided practice jersey, shorts, helmets (with mouthpiece) and football shoes.
  - On the 18<sup>th</sup> they should wear the football game (gold) pants with all associated pads in place instead of shorts.
  - On the 19<sup>th</sup> they should wear practice (black or white) pants (still no shoulder pads)
  - On Thursday the 20<sup>th</sup> and all following practices will be in full pads with practice pants.
  - **PLEASE REMEMBER TO BRING WATER BOTTLES / JUGS TO EACH PRACTICE!**

## **PRACTICE STUFF:**

- School comes first!
- However, one of the reasons we are cutting practice to only three nights a week, is to get the school work handled as much as possible on days we don't practice.
- It would also be great if any special events within the family's control could be scheduled on non-practice nights.
- Players are expected to actively participate in practice to learn what needs to happen in the game.
- In the case of very bad weather, we will take the players into the school cafeteria (basement). If it's just raining without lightning, we'll probably practice.
- **HOMEWORK FOR FOOTBALL:** Included in tonight's hand out are four sheets: Offensive Positions, Offensive Holes, Back Locations, and 4 Formations. The players are expected to study those before camp. If they want to play offensive back or receiver, they should know that information. **Tests are probably going to be given.**

## **POLICY ON PLAYING TIME:**

- If the player attends practice and puts out effort, team members will play, at least some, in the game. It's our intent to teach the game of football to the players. Obviously, it's more fun to win than not, and our goal will be to win. Therefore the better players will get more playing time. However, we will not win at all costs. Football is an extra-curricular activity. That means academic performance at school comes first. Also at this age, the players come in all sizes and physical maturity levels. Taking that into consideration, we will not expose a player to excessive risks. Please feel free to talk with me if you want to discuss this further



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## **PARENTS:**

- Feel free to observe practice from the sidelines.
- **Parent Behavior during games - please represent the team, the schools, and yourselves as good Catholics School Supporters.**
- Unofficial coaching by player relatives - If you want to give your player pointers on how to do certain techniques, please check with one of the coaches to see how we are teaching the technique, so you don't contradict what we are teaching. It's very difficult for the players to learn all that is taught, without getting conflicting messages.
- Also, as a special request, if you don't like what the coaches or I are doing, please talk about it to us and not to the players. A coach needs to team with the parents in providing a positive football experience.

## **NEED FOR SUPPORT:**

- We need to have people to video-tape the games, and to help with chains and keeping statistics during games.
- We'd also like to have team mothers for both teams and school focal for each school.
- We'd also like to have a first aid person and / or a team doctor or nurse available at games.
- If want to volunteer, please let me know.
- We could also use a team manager. (This would be a good opportunity for KMC service hours.) If you someone who is interested, please let me know!

## **TEAM LOGO CLOTHING:**

- Each player get's a white short sleeved t-shirt as a part of their entry fee.
- We also will have Logo t-shirts, sweatshirts, etc., available for purchase by parents and fans. We will be sending the order form for team apparel home during camp and will be collecting them by August 21<sup>st</sup>, in order to get the shirts before the first game.
- Another order will be sent in a couple weeks later, if there is enough interest.

## **WEB SITE / EMAIL:**

- The team's web site is <http://www.cougarfootballwichita.com>
- It's my intent to give the parents an update every week or so via e-mail or a newsletter like this. If you have any questions, please feel free to call me at 682-8826. You can also e-mail me at [dsakg@cox.net](mailto:dsakg@cox.net).

## **INTRODUCTION OF COACHES**

- All coaches **MUST BE VIRTUS** trained to be on the field with the players.

## **MISC:**

- This is where I bring up topics I forgot.

## **QUESTIONS**

- This where you ask questions.

Don Brinkman,  
Head Coach