



2010 Cougars Parents / Players 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 7th and 8th 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 8th grade the second.
- **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 26th - July 30th, 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 3rd, 5th, 9th, 10th, and 12th from 6-8:00 pm at All Saints. We will be running, doing agility drills, team building, etc. Bring a water jug!
- **Equipment Check Out** will be Monday August 2nd, 8th grade at 6:00pm and 7th grade at 6:45.
- **Practice starts Aug 16th** and the first week will be from 6 to 8 pm, Monday through Friday.
- From then on, practice will be from 6:00 (5:45) to 8:pm and will be held Monday, Tuesday, and Thursday, with the exception of the weeks of August 30th. and September 13th when KMC plays on Thursday night. Will practice on Wednesday September 1st and Friday, October 17th. 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 16th.** The physical needs to have occurred since May 1st of this year. Please give the original to your school and **please** bring me a copy. Your player **WILL NOT BE ALLOWED TO START PRACTICE ON AUGUST 16th WITHOUT A PHYSICAL!** Though they are not due until August 16th, I would REALLY appreciate it if the physicals could be turned in as soon as possible
- **The Fee, \$100.00 is due Monday, September 6th.** (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 16th the players should wear t-shirts under the provided practice jersey, shorts, helmets (with mouthpiece) and football shoes.
- On the 17th they should wear the football game (gold) pants with all associated pads in place instead of shorts.
- On the 18th they should wear practice (black or white) pants (still no shoulder pads)
- On Thursday the 19th 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 have cut 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 football skills.
- 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 three sheets, front and back. These include offensive and defensive basics. The players are expected to study those before camp. Especially if they want to play offensive back or receiver, they need to know the offensive position, location, and formation. **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 you want to volunteer, please let me know.
- There are also other items that we could use help with if you have access to them.
- 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 gets 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 the first night of camp and will be collecting them the last night of camp for the first order.
- 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.

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