

2014 Cougars Parents / Players Meeting

The Cougars Teams (8th grade & 7th grade)

- There are currently 70+ kids interested from All Saints, Blessed Sacrament, Holy Savior Catholic Academy, Church of the Resurrection School and St. Mary's (Derby).
 - ★ **Talk to your schoolmates to have them play also.**
- We teach the KMC Offense and Defense.
- We play in the Greater Wichita Parochial League. Currently there are 8 teams in the football league:
 - Cougars,
 - Mustangs (Magdalen / St. Thomas),
 - Dolphins (SEAS),
 - Vikings (St. Francis),
 - Eagles (St. Peter Schulte, Christ the King, etc from the west side),
 - Owls (Garden Plain),
 - Spartans (Collegiate), and
 - Andale (Cougars)
- League Game Scheduling: All games are scheduled to be played on Saturdays. The 7th 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 (ALL activities are at All Saints)

- **Cougars Camp** is M-F July 28th –August 1st, 6:00pm (5:45)-8:30 pm is free.
 - ★ **HOMEWORK FOR FOOTBALL:** Included in tonight's hand out are two pages, front and back. These include offensive and defensive basics. **THE PLAYERS ARE EXPECTED TO STUDY THESE 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.
- **Equipment Check Out** will be Mon, August 4th for 8th grade and Tue, Aug 5th for 7th grade, both at 6:00pm.
- **Conditioning** will be Aug 6th, 7th , 11th, 12th, 13th , & 14th
- **Practice starts Aug 18th** and the first week will be from 6 to 8 pm, Monday through Friday.
- From then on practice will be Monday through Thursday from 6:00 to 8:00pm.
 - ★ **PLEASE** get the players to the field at least 10 minutes prior to the posted start time.
 - ★ There is one Thursday when KMC plays so we will move practice to Friday that week.

Things to Turn In:

- The Player must have a **Physical and Concussion form** turned in to your schools prior to practicing on **August 18th**.
 - ★ The physical needs to have occurred since May 1st of this year.
 - ★ Though they are not due until August 18th, I would REALLY appreciate it if the physicals could be turned into the schools as soon as possible.
 - ★ **YOUR PLAYER WILL NOT BE ALLOWED TO START PRACTICE ON AUGUST 18th WITHOUT A PHYSICAL and CONCUSSION FORM!**
- The **Fee, \$100.00** is due promptly **Tuesday, September 2nd**.
 - ★ If there are special circumstances, please let me know – we can work with you, if needed.

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Practice Uniform

- The player needs to provide:
 - football – legal shoes (No Metal),
 - jocks / cups (recommended but not required),
 - mouthpiece (It must NOT be clear or white!) and
 - for games, a long pair of black socks (required), and
 - any optional protective gear: padded girdle, forearm pads, lineman gloves, neck rolls, rib pads, protective (BLACK) 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 team provided equipment must be returned at the end of the season in good condition.
- 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 should wear:
 - On August 18th the players should wear t-shirts under the provided practice jersey, football game (gold) pants, helmets (with mouthpiece) and football shoes.
 - On the 19th and 20th they should wear practice (black, white, or other color) pants (still no shoulder pads)
 - On Thursday the 21st 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!** Please, Please make sure your player gets his school homework done as soon as possible.
- It would be good 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.

Policy on Playing Time:

- If the player attends practice, puts out effort, and is not disruptive; he 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.**

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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 Catholic 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: ★ If you want to volunteer, please let me know ★

- We need to have team parents for both teams and a school focal for each school.
- 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 a first aid person and / or a team doctor or nurse available at games.
- 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, please return them, including check made out to "All Saints" during camp.
- 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> . This is where all our information is stored. Please refer to it for schedules, forms, maps, etc.
- It's my intent to give the parents an update every week or so via e-mail. If you have any questions, please feel free to:
 - Email me at: cougarfootballwichita@gmail.com , or
 - call me at 204-3137 (m) or 682-8826 (h)

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.

2014 Cougars Calendar








July						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- July 14th Parent/Players Meeting
- July 28th – Aug 1st Cougars Camp
- Aug 4th 8th Grade Equipment Check Out
- Aug 5th 7th Grade Equipment Check Out
- Aug 6th – 7th Conditioning
- Aug 11th – 14nd Conditioning
- Aug 18th – 22nd Preseason Practice – Week 1
- Aug 25th – 28th Preseason Practice – Week 2
- Aug 29th **KMC Fall Fest / 8th grade scrimmage**
- Sep 1st – 4th Game week 1 Practice
- Sep 5th KMC v. East at WSU
- Sep 6th **Week 1 Games**
- Sep 8th – 10th Game week 2 Practice
- Sep 11th KMC v. Northwest at Northwest
- Sep 12th Game week 2 Practice
- Sep 13th **Week 2 Games**
- Sep 15th – 18th Game week 3 Practice
- Sep 19th KMC v. Bishop Carroll at WSU
- Sep 20nd **Week 3 Games**
- Sep 22nd – 25th Game week 4 Practice
- Sep 26th KMC v. West at Heights
- Sep 27th **Week 4 Games**
- Sep 29th – Oct 2nd Game week 5 Practice
- Oct 3rd KMC v. Southeast at WSU
- Oct 4th **Week 5 Games**
- Oct 6th – 9th Game week 6 Practice
- Oct 10th KMC v. North at WSU
- Oct 11th **Week 6 Games**
- Oct 13th – 16th Game week 7 Practice
- Oct 17th KMC at Emporia
- Oct 18th **Week 7 Games**
- Oct 24th KMC v. Andover at WSU
- Oct. 30th..... KMC at Heights
- TBD End of the year events

- Legend**
-  Parents Meeting
 -  Camp
 -  Equipment Check Out
 -  Conditioning
 -  Practice
 -  KMC Game
 -  Cougars Game