

THE ST. LOUISE FOOTBALL PROGRAM IN A NUTSHELL

FACT SHEET

- Three Teams
 - Varsity – 7th & 8th Grade;
 - JV – 3rd – 6th Grade;
 - Gold Team (Developmental) – 3rd & 4th Grade.

- Practice
 - Camp – 5 days plus a scrimmage on Saturday (8:00 a.m. – 11:15 a.m. and 6:00 p.m. – 8:15 p.m.);
 - 2nd week – 5 days (6:00 p.m. – 8:15 p.m.) and perhaps a scrimmage on Saturday;
 - During the Season – Tuesday, Wednesday, Thursday and for one hour Saturday morning.
 - We practice in the rain. We do not practice in lightening or thunder.

- Games
 - Generally played on Sunday afternoon with three games being played followed by a tailgate at our home games;

- Practice Set-Up
 - Warm Up – everyone together;
 - Individual period divided by position but all boys work together;
 - Group period – generally divided by position but sometimes by grade level;
 - Team period – divided by grade level;
 - Conditioning – everyone together;
 - Contact drills – We only match-up players by grade, age, size, and ability in individual, group, and team play (sometimes younger kids hold dummies against older boys but that is a non-contact drill).

- Coaching Staff
 - A wealth of experience on all levels;
 - Heads Up Football certified;
 - C.C.E.: Continuing Coaching Education;

- Number of Games
 - Depends upon number of teams in the league but most likely 8 games plus play-offs.

- Positioning:
 - Try to put boys in the position where they will have the most chance to succeed and the least chance to fail while trying to accommodate their desires. In the final analysis, it's the coaches' decision to make.

- Equipment Needed:
 - Football shoes and undergarments;
 - St. Louise supplies everything else and equipment is top-shelf.

- Experience Required – None

- Plays and Assignments – Offense and Defense
 - Playbook distributed over time;
 - All teaching is done on the field and at times through film sessions and blackboard sessions;
 - Parents can assist in helping your sons learn their plays – great bonding time (have them teach you the play and you can teach them the concepts);

- Attendance
 - Very lenient for the younger boys with more accountability and stricter attendance requirements for the older boys;
 - Need to communicate with the coach if a boy will miss practice.

- Communication
 - Via e-mail plus game hand-outs.

- Vacations
 - We accommodate vacation plans and boys can still play if they miss camp or practices because of vacations;

- Playing Time
 - Developmental – Equal
 - JV & Varsity – Depending upon merit, game score, size and physicality of player, etc. However, everyone will play if only on special teams for certain games. Occasionally, we do miss someone but it is completely inadvertent.