

# FRESHMEN PARENT MEETING





# Where do I go to know?

[www.hoochfootball.net](http://www.hoochfootball.net)

- Register Online – PRIVIT
- Cindy Jenkins – Director of Communications
- **Team Mom – Amy Maples and Leslie Glass**

To get you the proper information we must have your current information on the registration link.

<http://www.hoochathletics.com/page/show/3035421-football-registration?subseason=366427>

Upcoming events \* calendar \* schedule \* recruiting info \* fundraisers

# Social Media



@ChattahoocheeCougars



@HoochFootball  
@strine\_hoochFB

# COURSE RECOMMENDATIONS

- All Football Players are required to sign up for weight training BOTH semesters
- All Athletes are strongly encouraged to take weight training

# INJURY PREVENTION

# Hudl

<http://www.hudl.com/team/v2/18444/boys-varsity-football/team>

- Each player will have a Hudl account.
  - This provides direct communication between Coaches and Players
  - All information goes to the players through Hudl
  - Highlight Films
  - Practice Film
  - Game Film
  - Scouting Reports

Information needed for a Hudl account: **please email me this information**

- Player's Name
- Player's Email
- Player's Phone Number
- Cell Carrier

# Spring Practice

- 9<sup>th</sup> Grade will be practicing with the JV/Varsity
- Varsity Coaches will be coaching the players, a Varsity Assistant TBD will serve as the team's Head Coach
- Rising 9<sup>th</sup> graders will also participate in Spring Practice May 7-18
- Spring Practice will end and players will be ready to be picked up by 6:45
- They will participate in the Spring Football game May 18<sup>th</sup> at Chattahoochee HS – 6:30pm

# Summer Season

- Vacation Dates: May 25 – June 3, June 29-July 8, (*July 25-29 Freshmen Only*)
- We workout Mon, Tues, Wed, Thurs. NO WORKOUTS ON FRIDAY
- Workouts are from 8-11:30am: This includes: weights, practice, conditioning/speed training.
- Workouts are conducted by all of the HS coaches, and Coach Hill designs our summer workout plan and conditioning
- 7v7 – This usually does not include 9<sup>th</sup> graders, however I am currently looking for opponents for the 9<sup>th</sup> graders to compete against this summer. TBD





# Fall Season

- Mandatory Practice begins July 30<sup>th</sup>: Acclimation Period: 5 days of only helmets – 1<sup>st</sup> day in pads will be the 1<sup>st</sup> day in school (Aug. 6th) THIS IS FOR 9<sup>TH</sup> GRADE ONLY
- 10<sup>TH</sup>-12<sup>TH</sup> Mandatory Practice begins July 25th
- 9<sup>th</sup> Grade will NOT do the team overnight this year
- Hoochfootball.net for calendar and changes to practice times

# Expectations

- Players are not allowed to miss any practices unless cleared **ahead of time** by Coach Strine (email/text position coach AND Coach Strine)
- If a player misses practice they must run 50 hills before they are allowed to participate in any games. (conditioning for what was missed)
- If a player misses multiple practices without clearing it by me first parents will be called in for a meeting with Coach Strine – we will discuss the way and determine the best course of action together.

# Safety

- Safety is #1 concern – this staff is committed to taking all steps in preventing injury
- Guardian Helmet Caps – (\$45) **concussion prevention** – these will be required to be worn for practice by each player.
- **NO CAP = NO PRACTICE**
- Tangela and April are our team trainers employed by Emory Health Care
- Bring an extra inhaler/medication to be kept by our Trainers – with Player's name on it

# What happens if there is an injury

1. Tell your immediate Coach
2. Tell Tangela and/or April  
[McCorkleT@fultonschools.org](mailto:McCorkleT@fultonschools.org)                      [mckinneya@fultonschools.org](mailto:mckinneya@fultonschools.org)
3. They will give further guidance on the next steps
4. Please avoid taking them to the Dr. before steps 1-3 have been taken.

Dr. Pombo is our team Dr. he comes by each Tuesday to follow up with injuries. Tangela and April can also set up appointments for an injured player to see him. He is a SPORTS doctor.



# Gridiron

- Our Gridiron is run by a group of parents VOLUNTEERS
- Jeff Stephen is our Gridiron President: [jeff\\_stephen@hoochfootball.net](mailto:jeff_stephen@hoochfootball.net)
- Hoochfootball.net has everyone's title and contact information concerning various aspects of our football program. Please filter any questions to the appropriate Board Member. Feel free to cc me on any emails, but I may have the response come from the Board Member.

Goal of the Gridiron is to raise money and support for the program to meet the needs of each member of our program.

# Family Commitment

- I believe in a zero pay to play policy with the use of our various fundraisers
- The upfront county fee of \$250 is due when we open up registration TBD – If a player decides to quit football after July 24<sup>th</sup>, this money is not able to be refunded.

Past Fundraisers include (but not limited to) *Friends of the Program, Gold Cards, Sponsorships, Media Guide, Taste of Johns Creek, Super Cougar*

*Families that meet their various fundraising goals will have that money go towards their overall program cost, including their county fee.*

The Family Commitment cost is being decided by our Gridiron and will be announced soon.

**BE ELITE**

**F.A.M.I.L.Y**







[strinev@fultonschools.org](mailto:strinev@fultonschools.org)

[jeff\\_stephen@hoochfootball.net](mailto:jeff_stephen@hoochfootball.net)