



Pope Football Parents Meeting February 2021





Our Team

- 6 returning starters on Offense
- 8 returning starters on Defense
- Looking to build depth through player development, weightlifting, and conditioning
 - All players are future starters

Our Commitment

- Coach & The Board are committed to continuing to advance the program and building necessary infrastructure

Topics for Today

- New Communication App
- Expanding the Offense
- Offseason Expectations
- Player Development, Leadership and Character Development
- Physicals
- Key Dates
- Visibility to Budget
- Volunteer Opportunities
- Registration



Pope Football

Scan this QR code and join!

Hey, join our 'Pope Football' group on BAND - The app for groups and communities! Link

<https://band.us/n/a2a143R1b3a0g>

- * **WE WILL NO LONGER BE USING REMIND 101**
- * **My email: Tab.Griffin@cobbk12.org**



Offensive Changes

- Expanding the offense towards 50/50 Run/Pass balanced offense
- Committed to continuing to develop a balanced offense based on our run system, passing concepts, and RPO system
- Development of schemes that incorporate RPOs, Screens, Increased 3 Step Drops, Sprint Outs based of varying formations and runs
- Utilizing various RPO's and continuing our passing concepts incorporated in our system
- Continuing to study other high schools' and clinics (in California, Ohio, Tenn, Alabama, and GA)
- Hiring of QB coach

Roll-out

- To the QB's with packets and meetings in upcoming weeks/months
- Implementation to full team in Spring (at practice, via Zoom, and through Film Sessions) (More film sessions will be done via Zoom meetings if GHSA's COVID restrictions from 2020 carryover to 2021)
- 7 on 7 in the summer (assuming COVID restrictions change in 2021)
- Further installments at the start of summer practice



- **ALL PLAYERS SHOULD BE WEIGHTLIFTING**

- Option 1 – At school in Weightlifting PE class (now Coach Tab and Coach Jared are running all weightlifting classes) (60 – 70 boys)
- Option 2 – Lifting with current winter/spring sports
- Option 3 – Rising 9th graders lifting (Tues and Thursday at 5:30 pm beginning Feb 9) – This can be a make-up time for other varsity players
- Full year-round schedule has been set by month and week by the Coaches
- Summer Lifting as a team will be 4 days rather than 3 days
- All players will be monitored through Teambuildr App

All players are strongly encouraged to work with their counselors to take weightlifting next year as an elective



- Nutrition is one of Coach's top asks for this year
 - Board is committed to getting this done
 - Other strong high school programs are prioritizing nutrition
 - Good investment in our boys
 - Shows the boys we are investing in them
- Getting It Done
 - Option A – Mixed protein shakes after workouts in the summer – “Critical Reload”
 - Approx. \$2,800 for summer to be covered by the Touchdown Club
 - Option B – Prepackaged shakes and bars (from Costco, GNC, etc.) to be provided in the weightroom potentially in the Spring and Fall
 - To build into budget





- Identify QB pipeline and build around it
- Summer 7 on 7 for skilled positions
 - Roll-out of spread passing game and work pass coverage
 - QB, WR, DB's, LB's, and RB's
- Option A – McEachern Tournament, Lassiter Tournament, and Inter-squad
- Option B – Inter-squad and select school match-ups
- Player Development Day – Board arranging summer session with ex-college players and local development resources
- Community Coach Josh Boutte joining the program
 - Former LSU and Cleveland Browns lineman
 - Coached in Junior Program last year
 - Will likely help coach 9th grade
 - Offer services to Varsity





Resuming Leadership Council

- To identify council members coming out of Spring practice
- Committee will consist of Seniors, ~6 juniors, ~6 sophomores, ~6 freshmen
 - To push down direction of the program
 - To communicate expectations of our leaders
 - Option A – In person meetings
 - Option B – Zoom meetings
 - To Tweet out from time-to-time what focus areas were in recent meetings

Signs for Fieldhouse and Weightroom

- Quotes emphasizing programs core values
- Posters emphasizing work ethic, character, and expectations

Team Building Days in the Summer – Coaches and Players

- Guest speakers (send any recommendations or volunteers to the Board)
- Activities and Exercises
- Main activity
- Option A – Day and Sleep Over
- Option B – Day camp



- If a player participated in a high school sport at Pope High School during the '20-'21, their physical is good for spring practice and the player may participate.
- If a player did not participate in a high school sport at Pope High School or is a rising 9th grader, they must have a physical and have it uploaded to Parentvue in full completion (all forms/pages filled out and signed by all parties)
 - A recommendation is to get a physical on 4/1/21 or after to be eligible for spring as well as the 2021 season
- The beginning of the 2021 season starts with the 1st day of weight training in the summer (June 7th) which means all physicals must be completed on 4/1/21 or after and uploaded to Parentvue in full completion (all forms/pages filled out and signed by all parties)
 - Players that do not have a completed physical on file will not be allowed to participate in the summer workouts until uploaded. That player will be sent home until completed. PLEASE DO NOT WAIT UNTIL THE LAST MINUTE TO HAVE THIS DONE AND UPLOADED!



- Varsity
 - Monday, Tuesday, Thursday
 - 8:00 am-11:00 am
 - Wednesday
 - 9:00-10:00 am
- 9th Grade
 - Monday, Tuesday, Thursday
 - 10:30 am-12:30 pm
 - Wednesday
 - 9:00-10:00 am



- Wednesdays- We are all together
- We are allotted 4.5 hours of time

Standard Weekly Practice Schedule (In season)



- Monday & Tuesday
 - 4:00-6:30 pm
- Wednesday
 - 6:00-7:45 am
- Thursday
 - 6:30-7:45 am- only for players not playing in JV or 9th grade games
 - 6:00 pm- JV & 9th Grade games
- Friday
 - 7:30 pm- Varsity games
 - 9th Grade- Day off

JV and Varsity will be expected to practice during Fall Break so do not plan vacation during practice time

Blend of things we have done as well as new ideas/changes:

- Mondays
 - Varsity- Meetings, film, on field corrections emphasis, and install of game plan
 - JV/9th- Scrimmage and STs (situational) scrimmage practice emphasis
- Tuesdays- Standard Drill Workday
 - Lots of individual time
 - Teams blended
- Wednesdays- Situational Simulations (Passing downs, 3rd Downs, Red Zone, Goalline, etc.)
 - All Groups
- Thursdays- Game Simulation (Full game simulation with STs)
 - Varsity- Game Simulation
 - JV/9th- Gameday

Key Upcoming Dates



Date	Activity
March/April	Registration (exact date TBD) All players are required to register to participate in Spring Practice
May 3 rd	12 th & 11 th Equipment Handout 3:30 pm
May 4 th	10 th Equipment Handout 3:30 pm 9 th Equipment Handout 5:00 pm
May 6 th	Spring Practice Begins (Mon., Tues., Thur., & Fri.) (MUST HAVE PHYSICAL ON FILE)
May 21 st	Spring Game
May 31 st to June 6 th	Dead Week #1
June 28 th to July 4 th	Dead Week #2
June 7 th	1 st Day of Summer Workouts (PHYSICALS MUST BE UPLOADED PRIOR TO THIS DATE- POST 4/1/21)
July 26 th	1 st Day of Practice (all Teams)
Aug 20	First Game vs. Villa Rica @ Home



Grade Reps

- 9th grade – Lisa Harrison (labharrison@yahoo.com)
- 10th grade – Katie McGowan (katie.mcgowan@outlook.com)
- 11th grade – Angela Friend (angela.friend@att.net)
- 12th grade – Noushin Baumann (noushinb@comcast.net)

Board

- President – Tom Stuetzer (tstuetzer@gmail.com / (c) 404-625-1730)
- VP – Lauren Halpaus (laurenhalpaus@gmail.com)
- Secretary – Kim Standfest (thestandfests@hotmail.com)
- Treasurer – Cliff Harrison (cliffharrison@yahoo.com)
- Membership – Rachael Astorga (rachaelastorga@gmail.com)
- Junior Director – Corbin Parkhouse (cbparkhouse@gmail.com)
- Youth Director – Jesse Marinko (jesse.marinko@phoenixsrliving.com)

Visibility and Touchdown Club Budget



	2019	2020	2021 Budget
Membership/Registration	58,872	64,489	66,000
Discount Cards (net of costs)	32,062	25,877	28,000
Sponsorships	22,891	13,850	20,000
On-line or e-mail Fundraisers	13,504	9,490	20,000
Parking	8,414	2,685	4,000
Concessions (net of costs)	6,062	3,896	5,000
Spring Game	3,182	-	1,000
Junior and Youth (net of costs)	21,303	15,753	20,000
Gala, Touchdown Tailgate, Masks, Spiritwear, Firewood	8,288	3,783	6,000
All Other	4,049	4,350	4,000
Total Inflows	178,627	144,173	174,000
Field House Mortgage - P&I (Remaining Principal of \$390,000)	62,807	44,279	58,120
Coaches Discretionary Supplemental Pay & Bonuses	73,000	73,333	79,000
Field/Field House/Game Day/Player Promotion/Field Maintenance	19,236	30,679	20,000
Administrative Costs	4,516	3,185	3,000
Nutrition	-	-	5,000
Signage for Fieldhouse, Locker Room, & Weightroom	-	-	2,000
Total Outflows	159,559	151,476	167,120
Reclass of costs due to the timing of payments	(11,000)	12,325	(1,325)
Net Income (Loss)	8,068	5,022	5,555

**Cost per player is approx.
\$1,600**

**The 2021 Budget is
subject to review and
approval by the Board**

**The above budget excludes approx. \$20,000 - \$25,000 annually covered by the Athletic Department.
Those funds are used for equipment, referees, buses, and ambulance.**



- Helmets, shoulder pads, practice jersey, practice pants, game jersey, game pants, and other equipment
- Player packs (shirts/shorts/game socks)
- Medical Supplies and Trainers
- Blocking sleds (2020)
- Nutrition (2021)
- Team building activities
- Breakfast after certain morning practices
- Access to Hudl and Fieldhouse



- Program relies on volunteers & shows pride in the program
- How can you help?
- Building committees now – See Kim Standfest if you are interested in helping on a committee (thestandfests@hotmail.com)
- Time commitments or job description per volunteer effort or position can be shared
- Parent & Program Pamphlets in process

Part of building infrastructure is volunteering

2 volunteer efforts will be required at registration

Volunteer will then be linked to Committee Chair for elected Volunteer effort



- Calendar on website or in newsletter – TBD
- “Pope Recruits” Twitter Account – maintained by the coaches - TBD
 - Pope Football Twitter Account to be maintained by the Board
 - Please follow these accounts for promoting players and showing pride in Pope Football
- Recruiting Seminar - TBD
- Hype videos – TBD
- Motivational Tweets from Pope Football Twitter Account – TBD
- Big Brother Program (Varsity to Junior) – TBD
- Car Door Opening at Elementary Schools (To resume again) – TBD
- Building out JV and 9th grade coaching staff - TBD



- Will open in March/April at popefootball.com – TBD for Exact Date
- Registration will be \$700 this year (vs. \$660 in 2020)
 - More funding for nutrition, signage, and team building activities
 - Payment via 2 installments of \$350 and \$350
 - All payments on-line; Chasing checks has been a pain in the past
- If cannot make a payment or need scholarship at this time, please see the Rachael Astorga (rachaelastorga@gmail.com)
- Registration will require signing-up for 2 volunteer commitments
- VIP parking available for first 40 payments received (\$75 for the season)

Registration	All-In Cost Breakdown
Base Registration	\$700
Volunteer Opt-out	\$275
Discount Card Opt-out	\$400
Online/Go Fund Me Opt-out	<u>\$250</u>
All-in Registration Fee Available	\$1,625



Q & A



- We are listening
- We are changing
- We are building
- We are ready to grind!!!!

Thanks & Go Hounds!!!