

NORTH FORSYTH FOOTBALL

INFO MEETING

2025



**YOU'RE ABOUT TO GET A LOT OF INFO...
BUT DON'T WORRY.**

**THIS PRESENTATION WILL BE AVAILABLE
ONLINE AFTER THE MEETING**

**WE ALSO HAVE A TAKE HOME AVAILABLE
OF QR CODES**

Topics

- Coach's Comments
- Communication
- Financial Overview
- Fees / Booster Membership
- Fundraisers
- Committees
- Important Dates
- Registration / Website Key Information



2025 Defensive Coaching Staff

Chris Wagner
Defensive Coordinator
Linebackers



Blake Palmer
Defensive Tackles



Kyle Gourley
Assistant Head Coach
Cornerbacks



Nic McBride
Strength and Conditioning
Outside Linebackers



Todd Stewart
Defensive Line



Zack Martin
Safeties



2025 Offensive Coaching Staff

Troy Morris

Offensive Coordinator
Quarterbacks



Jackson Smith

Special Teams Coordinator
Tight Ends



Jacob Timmerman

Offensive Line
Recruiting Coordinator



Ben Parnell

Running Backs



Triquece Ware

Wide Receivers

2025 9th Grade Coaching Staff

Andrew Garner

9th Grade Head Coach



Evan Lamb

9th Grade
Offensive Coordinator



Austin Wagner

9th Grade
Defensive Coordinator



Cade Jensen

9th Grade DL



Meet the Trainers



Sydney Doss
MS, LAT, ATC
Athletic Trainer



Jordan Young
MS, LAT, ATC
Athletic Trainer

Meet the Medical Staff



Stephen R. Fisher, MD
Orthopedic Surgeon



Torrance Laury, MD
Primary Care Sports
Medicine



Richard Sullivan, PA-C
Physician Assistant



Kimia Nezafat PA-C
Physician Assistant



Daniel Charek, PhD
Concussion Specialist

Athletic Training Services

Athletic trainers are qualified healthcare professionals who render services or treatment in collaboration with a physician in compliance with their education, training and the states statutes, rules and regulations. (National Athletic Trainers Association)

Services Provided:

- Injury Prevention
- Examination and Diagnosis of injury
- Treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions
- Assist in scheduling appointments through Northside Hospital Orthopedic Institute

Athletic training (2022) NATA. Available at:
<https://www.nata.org/about/athletic-training>
(Accessed: February 1, 2023).



April 16th
4:30pm



**FREE
Sports Physical**

Details

WHO:

Forsyth Co. Athletes

When:

April 16th 4:30pm

Where:

Northside Forsyth

Hospital Campus

2000 Howard Farm Drive

Suite 305

Cumming, GA 30041

Cost: Free

**Required
Paperwork**

- Each athlete is required to fully complete the following Preparticipation Physical Evaluation (PPE) sections prior to arrival:
 - HISTORY FORM (page 1 & 2)
 - Signature of athlete and parent/legal guardian on (page 2)
 - Shared Emergency Information section (page 4)

**By Appointment Only
Scheduling TBD Later**

DragonFly Physicals

- Address: www.dragonflymax.com for free sign-up
- Student-Athlete must have a GHSA up-to-date, approved physical and insurance information uploaded on to Dragonfly to participate
- Physicals expire annually; Must have an up-to-date physical for spring practice and summer workouts
- The first 6 initial forms will be filled out electronically thru Dragonfly then the physician signed pages will be uploaded in the appropriate sections in Dragonfly.
- Optional Form: Instrument Assisted Soft Tissue Mobilization (Cupping and Graston)

Concussion Protocol

- Athlete will be evaluated by athletic trainer if concussion is suspected and athlete will NOT return to play that day
- Athlete MUST be seen by a GHSA approved healthcare professional if concussion is suspected prior to returning to play:
 - Pediatrician/ Primary Care
 - Athletic Trainer
 - Concussion Specialist
 - "If the youth athlete is diagnosed with a concussion by the health care provider, the coach or other designated personnel will not allow the youth athlete to return to practice/ play until the youth athlete receives clearance from a healthcare provider for a graduated or full return to play" (Georgia Department of Public Health)
- Athlete may begin return to play protocol when the healthcare provider allows or symptoms become mild

Georgia High School Association
Student/Parent Concussion Awareness Form

SCHOOL: _____

DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Foginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments

BY-LAW
Federal
shall be
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(MD/DO
assistant
a) No a
be ruled
b) Any
particip
clearanc

By sig

Concussion Protocol

- **BY-LAW 2.68: GHSA CONCUSSION POLICY:** In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.
 - a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.
 - b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

Concussion Protocol

- **Gradual Return to Play (RTP) Protocol:**
 - Stage 1: Walking
 - Stage 2 : Jogging, sit-up, push-ups and lunges
 - Stage 3: Sports specific exercises and weightlifting
 - Stage 4: Non-Contact Practice
 - Stage 5: Full Contact Practice
- Athlete advances from stage to stage as long as they can tolerate each stage without a symptom increase. If symptoms increase we will stop activity and re-try stage the following day
- Athlete **MUST** complete RTP protocol with no symptom increase **AND** be cleared by a healthcare provider to return to full/ non-restricted activity.

**Northside Concussion Hotline Number
(404)847-4437**

MISSION

To use the game of football to develop young men:

- Physically
- Mentally
- Socially
- Spiritually

Helping them to reach their full potential both on and off the field.



VISION

To develop NFHS football into the premier high school football program in the region, state, and nation. Committed to football through a passionate pursuit of excellence in every aspect of the program.

From the intensity and organization of practice to the sportsmanship and class of competition, we expect excellence at all times. Everyone associated with the program: from coaches, players, and administrators to cheerleaders, boosters and parents, will model character and strive for excellence as we seek to do what is **RIGHT** and what is BEST for the program.



GAMEPLAN:

FULFILLING THE MISSION & VISION

To use the game of football to develop young men
physically...

- Advanced Weight Training
- Speed & Agility Training
- Nutrition / Hydration Education
- Football Specific Skills Training



GAMEPLAN:

FULFILLING THE MISSION & VISION

To use the game of football to develop young men
mentally...

- Academic Progress Monitoring
- Academic Tutoring
- SAT / ACT Tutoring & Advising



GAMEPLAN:

FULFILLING THE MISSION & VISION

To use the game of football to develop young men
socially...

- College and Career Readiness
- Recruiting Assistance
- Community Service
- Visiting Elementary Schools
- Youth Camps
- Service Projects



GAMEPLAN:

FULFILLING THE MISSION & VISION

To use the game of football to develop young men
spiritually...

- Character Coach
- Team Chaplain
- Meals at area churches
- Various team speakers



RAIDER FOOTBALL

CORE VALUES



DISCIPLINE

TOUGHNESS

EFFORT

COMMITMENT

PRIDE

RAIDER FOOTBALL

CORE VALUES

DISCIPLINE

- Raider Time
- Dress Code



RAIDER FOOTBALL

CORE VALUES

TOUGHNESS

- Mental & Physical Toughness Training
- TPW: Tough People Win



RAIDER FOOTBALL

CORE VALUES



EFFORT

- **48 Minutes or as long as it takes...**
- **4th Quarter Program**

RAIDER FOOTBALL

CORE VALUES

COMMITMENT

LOVE, SERVE, CARE

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

Forget About Me I Love You



RAIDER FOOTBALL

CORE VALUES

PRIDE



- Representing the NF logo on and off of the field!
- THE TEAM, THE TEAM, THE TEAM

Phase 1

January – April (Winter Strength & Conditioning)

- New Weight Maxes / Lift-a-Thon
- Raider Games
- Character Education
- Meetings With Position Coach / 4 on 1's
- 4th Quarter Drills: **Feb 24th 6:15am...5 Mondays**
- Speed Training
- Install Workouts: **Begin after spring break**
- Nutrition Focus

Phase 2

May (Spring Practice)

- Spring practice begins April 29th
- Spring Game vs. Mountain View is May 15th
HOME
- Weight Training
- Raider Games conclude May 7th
- Dead Week May 26-June 1 - **NO PRACTICE!**

Phase 3

June-July (Summer Practice)

- Summer practice begins June 2
- JV/Varsity: Monday - Thursday 7:00 - 10:30 AM
- Freshman: Monday, Tuesday, Thursday 6:00 - 8:00 PM
- Varsity Team Camp: Statesboro, GA June 18 & 19th
- 7 on 7: 9th Grade June 10th & 17th
- Team Camp at NFHS July 16 & 17th (Includes Freshman)
- Dead Week: June 23 - July 6th

Phase 4

August - December (Season)

- Fall practice begins July 22nd
- Advanced Physical Conditioning (Weight Training)
#60205y - register for class
- JV/Varsity Scrimmage August 1 at Dawson County
- Varsity - 10 game Regular Season + Playoffs
- JV - 7 Game Schedule
- 9th Grade - 7 Game Schedule

Parent Guidelines

- Please help guide your child in proper nutrition and hydration as his safety is impacted by how he manages these things.
- Please use the following guidelines to assist in promoting a positive image of the program and the school:
 - If you have a problem with a coach, set up a meeting and deal with him privately. Do not approach the coach with a problem immediately after a game or practice. Please make an appointment.
 - Disagreements will occur. Sometimes after meeting and addressing concerns disagreements will remain. We pledge to make decisions with the best interest of the team and school in mind, not individual players.
 - We should all have the goal of providing the best experience possible for our players. Destructive remarks and sowing bitterness does not aid in this process. Please go about your business in a way that promotes a positive image of the team.



Parent Guidelines

- During games & practices the sideline area is for players and coaches only.
- Please do not try to have a conversation with your son during the game, although remarks of encouragement are welcome.
- Please do not enter the playing field. If your son is injured, allow the coaches or medical staff to address the injury. If needed, we will call you on the field.
- The coaches will not discuss lineups or roles with parents unless it is concerning your son.
- The coaches are not interested in listening to gossip or negative remarks concerning other people, players, etc.

← February 2025 →

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
		MIDDLE SCHOOL WEIGHT TRAINING Tuesday, 7:00am EST-7:45am EST  Tag(s): Fundraising Events		MIDDLE SCHOOL WEIGHT TRAINING Thursday, 7:00am EST-7:45am EST  Tag(s): Fundraising Events		
9	10	11	12	13	14	15
		MIDDLE SCHOOL WEIGHT TRAINING Tuesday, 7:00am EST-7:45am EST  Tag(s): Fundraising Events	MIDDLE SCHOOL WEIGHT TRAINING Thursday, 7:00am EST-7:45am EST  Tag(s): Fundraising Events	NO SCHOOL All Day Event  Tag(s): Fundraising Events		
16	17	18	19	20	21	22
		NO SCHOOL All Day Event  Tag(s): Fundraising Events	NO SCHOOL All Day Event  Tag(s): Fundraising Events	MIDDLE SCHOOL WEIGHT TRAINING Thursday, 7:00am EST-7:45am EST  Tag(s): Fundraising Events		
23	24	25	26	27	28	1
		4TH QUARTER DRILLS Monday, 6:15am EST-7:45am EST  Tag(s): Fundraising Events	MIDDLE SCHOOL WEIGHT TRAINING Tuesday, 7:00am EST-7:45am EST  Tag(s): Fundraising Events	MIDDLE SCHOOL WEIGHT TRAINING Thursday, 7:00am EST-7:45am EST  Tag(s): Fundraising Events		

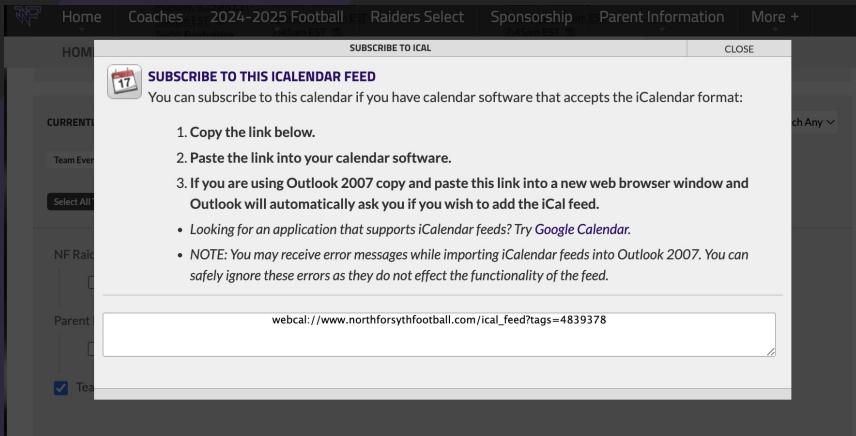
FEBRUARY SELECTED EVENTS

March April



Refer to calendar on website:
northforsythfootball.com

Subscribe to the Team Calendar



1. Scan
2. Scroll to bottom of Calendar
3. Click: Subscribe to ICAL feed

WHEN DO I SCHEDULE VACATION?

GHSA Dead Weeks:
May 26-June 1
June 23-June 29
June 30-July 6

SCHOOL HOLIDAYS DURING FOOTBALL SEASON

- 9th Grade Will Practice On Labor Day (Sept. 1)
- Fall Break Schedule: JV/Varsity Will Practice Thursday, Friday, & Saturday September 25, 26, 27
- We Will Practice The Week Of Thanksgiving

FOOTBALL BOOSTER CLUB

- Volunteer Organization
- Promote Football Program
- Enhance The Player Experience
- Assist With Financial Undertaking
- Welcome New Board Members



2024 vs 2025 Financials

Category	2023	2024	2025 (Preliminary)
Income	\$343,690.18	\$424,096.62	\$343,100
Expenses	\$313,563.55	\$470,163.06	\$343,100
Operating Result	\$30,128.66	\$-46,066.44	-

2025 Expenses:

- Game Technology
- New Game Pants
- New Run-through Helmet
- Recruitment Tools
- More Nutrition Focus
- Coaching supplements



2025 Player Pack Fees

- Player Pack \$250 for all players.
- Includes $\frac{1}{4}$ Zip, Joggers, 2 compression shirts, shorts, polo
- Extra compression shirts/shorts available for additional cost
- Paid by Lift-A-Thon or Paid Outright
- Lift-A-Thon over \$250 goes towards player fee
- Separate Square link
- Player Pack form (Google form) & money due March 25th





PLAYER PACK ORDER FORM

Name : _____
Phone : _____
Email : _____
Number : _____
Address : _____

(A) MANDATORY ITEMS. Player Pack fee of \$250. (B) OPTIONAL ITEMS ON PAGE 2.



UA Rival Fleece
Joggers

- SMALL
- MEDIUM
- LARGE
- XLARGE
- XXLARGE
- XXXLARGE



UA Rival
Fleece ¼ Zip

- SMALL
- MEDIUM
- LARGE
- XLARGE
- XXLARGE
- XXXLARGE



UA Tech Vent 7"
Short

- SMALL
- MEDIUM
- LARGE
- XLARGE
- XXLARGE
- XXXLARGE



UA Short Sleeve
Compression
(Graphite)

- SMALL
- MEDIUM
- LARGE
- XLARGE
- XXLARGE
- XXXLARGE



UA Short Sleeve
Compression
(Purple)

- SMALL
- MEDIUM
- LARGE
- XLARGE
- XXLARGE
- XXXLARGE



UA Men's Tech
Team Polo

- SMALL
- MEDIUM
- LARGE
- XLARGE
- XXLARGE
- XXXLARGE

Player Participation Fee \$1000 (\$1100)



- \$100 additional volunteer fee that will be refunded upon completion of 2 required volunteering game day events
- Player Training and Development for summer and Fall workouts
- Coaching Services for Summer and Fall season
- Player Football expenses – Post workout snacks, pregame meals, half time snacks, buses for camps and away games, security during home games
- Equipment/operational maintenance and Upgrades
- Year Round use of football facilities, equipment & weight room
- Availability to purchase professional action shots for all Varsity games and Home Freshman/JV
- Medical Supervision by professional athletic trainer and team physician
- Player access to HUML

Purple Level \$1500 (\$1600)



- \$100 additional volunteer fee that will be refunded upon completion of 2 required volunteering game day events
- All the benefits of the player participation fee level
- Entry for 2 to all Raiders regular season Freshman, JV and Varsity Home Football Games
- 2 pregame dinner passes to all Home Varsity Tailgates
- 1 Stadium Chair
- \$25 Concession Cash to be used at any Home Football game
- One preferred parking spot for each home Varsity Game

Silver Level

\$2500



- All the benefits of the Player Participation
- 2 additional entry to all Raiders Regular season Freshman, JV and Varsity Home Football Games
- 2 reserved parking spots at each Home Varsity Game
- 2 Stadium Chairs
- 1 Family pass to Pre-game Tailgate dinners
- \$50 concession cash to be used at any Home football game
- 1 Booster Spirit Bag with a selection of Raider Spirit Items
- \$500 Tax deduction per family
- Fundraising exemption for up to 2 players in a family – does not include Lift-a-Thon
- Exempt From all parent Volunteer requirements

Opportunities for Help



Corporate Sponsorship

- Secure new sponsors for the program and receive a credit toward your player fees.

Lift-a-Thon Fundraiser

- The first \$250 raised covers the cost of your player pack.
- Any additional funds raised go directly toward reducing your player fees.



Corporate Sponsorship Contacts: Clint Smith and Josh Bray



2025 Corporate Sponsorships

- Opportunities for corporate sponsorship from \$1000 - \$10k
- **Fundraising Opportunity** - 20% Credit towards player dues for all **NEW** sponsorships solicited over a minimum of \$1000. **Sponsorship must be secured by June 1 to obtain credit- Example Table Below**

Corporate Sponsorship Fundraising Solicitation Sponsor Example(s)

Sponsor Level	Credit Towards Player Dues
Black \$1000 - 1 Company	\$200
Silver \$2000- 1 Company	\$400
Platinum \$5000 - 1 Company	\$1000

Corporate Sponsorship Levels



4"x4" window decal

Sponsor Ad on website

2 Home Game Tickets

4 Home Game Tickets

Sponsor Sign

Ad in Program

Raider Valley Jumbotron Video
(if provided)

Gameday Takeover

Diamond \$10,000	Platinum \$6,000	Purple \$4,000	Silver \$2,000	Black \$1,000
<input checked="" type="checkbox"/>				
<input checked="" type="checkbox"/>				
		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			
8X8 Premium Digital Scoreboard	8X8 Premium Digital Scoreboard	4X8 Premium Digital Scoreboard	Endzone Sign	Pressbox Sign
Full Page Ad	Full Page Ad	Full Page Ad	1/2 Page Ad	1/4 Page Ad
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
<input checked="" type="checkbox"/>				

Current Sponsors - Please Do Not Solicit

Andean Chevrolet
Atlanta Spa and Leisure
Bales Financial Group
BC Homes
Billy Howell Ford
Bryan Properties
Buffalo's
Case Farms
Causey Orthodontics
Century Communities
Chick-Fil-A
Children's Healthcare of Atlanta
Chili's Dawsonville
Citizens Bank
Conwall Construction

Dunkin Donuts
Echelon Golf Club
Exley Lumber Company
Extreme Flooring
Fajita Grill
Forsyth ACE Hardware
Georgios
Grapevine Italian
Innovation Plumbing and Construction
John Megel Chevrolet
King of Pops
Lang Signs
Lanier Goods Co.
Liebel Law
Longhorn Steakhouse
Lou Sobh

MarJac Poultry
Martin Marietta
Olive Garden
Orion Construction Group
Palapas
Pizzeria Azzurri
Ryan Scott State Farm
Shari Simpson Realty
Tam's Backstage
The Station Salon
Thrasher Electric
Troncalli
W.B. Electric, Inc.
Whataburger
Zaxby's

2025 Committee Sign-Ups

FUNDRAISERS

- Corporate Sponsors (Chair- Clint Smith/Josh Bray)
- Night of the Raider - July 26
- Pine Straw/Mulch - March 22 (Chair-Kellie Aucoin)
- Concession Committee
- Golf Tournament -July 21 (Chair-Chuck Cianciolo)

TEAM SUPPORT

- Meals & Nutrition (Chair - Shari Simpson)
- PreGame Meals
- PostGame Meals
- Thursday Breakfast
- Tailgate Committee
- Field Operations (Chair - Chris Wilkins)
- Home GameDay Committee

EVENTS

- Homecoming Parade Decoration Committee
- Senior Night
- Football Banquet

SCAN HERE TO
SIGN UP



2025 Primary Fundraisers

- Lift-A-Thon
 - Begins March 3
 - Max weight lifts week of March 17
 - Money and Player Pack forms due March 25
- Pine Straw/Mulch
 - February 24 - March 12 Receive Orders
 - March 22 - Delivery/pick up date
- Golf Tournament
 - July 21st at Echelon Golf Club
- Night of the Raider
 - July 26th



Total Team Involvement Required

Mulch and Pine Straw Fundraiser

BIGGEST FUNDRAISER OF THE YEAR!

- Orders must be in by 3/12
- Pick Up/Delivery on 3/22

- Must have VOLUNTEERS
- Recruiting for a COMMITTEE
- Need help with logistics and day of delivery/pick up.
- Scan RED QR code to contact Kellie Aucoin to volunteer



This graphic will be available for social media sharing tonight in the parent GroupMe.



Communication - Best way to get info!

NF Football Website - www.northforsythfootball.com



- Registration
- Calendar
- Schedule
- Payments
- Sign-ups
- Downloads
- Recruiting Info
- Fee Schedule



Communication - Other Important Venues



facebook.com/nfhsfootball - North Forsyth Raiders Football



x.com/NoFoFootball - @NoFoFootball
x.com/NFHS_FB_Recruit - @NFHS_FB_Recruit



Text 81010 for the Remind App
Varsity: @nofovarsi
Freshman: @nofofreshm



Email - nfhsraidersfootball@gmail.com



GroupMe App Main Written Communication



**Raider Football Families
(All Teams)**



2025 Freshmen Families



2026 Senior Moms

CHECKLIST - PARENTS

- Registration: available NOW at northforsythfootball.com
- JOIN COMMITTEES TONIGHT
- Recruiting Seminar to follow parent meeting tonight.
- Physicals turned in by spring practice.
- Picture Day: July 26.
- Get ready for Lift-a-Thon & Pine Straw/Mulch Fundraiser

CHECKLIST - PLAYERS

- Weight Training Course (Advanced Physical Conditioning)
- **#60205y - register for class.**
- **Seniors register for first semester only.**
- HUDL communication
- Nutrition / Hydration / Rest
- Finish Year Strong Academically
- Player Pack forms due March 25



Questions?

RECRUITING SEMINAR TO FOLLOW

