TONIGHT'S PURPOSE

LW FOOTBALL

1) DISCUSS VISION FOR PROGRAM

2) INFORMATION ABOUT PROGRAM

3) UPCOMING SCHEDULES

4) UNITE AS A COMMUNITY

UNIFYING LW FOOTBALL

LW FOOTBALL

VISION: To be a championship-caliber program.

VALUES
Gratitude
Respect
Integrity
Team

MISSION: To empower those in our program to be their best self.

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MISSION: To empower those in our program to be their best self.

UNIFYING LW FOOTBALL

- **Mission/Vision**
- **Coaches Expectations & Training**
  - **Coaches Clinics (April/May)**
  - **Coaches working together (Spring Practice)**
  - **Practice Plans**
- **Fundraising**
- **Website**

UNIFYING LW FOOTBALL

- **Gear Standards and Replacement Timeline**
- **Events together**
  - **4th of July Parade**
  - **Kang Day**
  - **Jr Kang Night**
  - **Purple White Scrimmage – Team Picture**
- **Use of LWHS Facilities**
  - **Team Dinners**
  - **Team Celebration/Banquet**

GUEST SPEAKER

PAUL JOHNS

- Former Seahawk Player
- Currently the Seahawks Assistant Director of Community Outreach
- Advocate for Youth Football in our area

MY FAMILY

COMMUNICATION

- **Social Media** @LWKangfootball
  @KangsFootball
  lwkangfootball
- **Email** headcoach@kangfootball.com
- **Email** president@kangfootball.com
- **Website** www.kangfootball.com
- **Player Comm** Sports Engine

kangfootball.com

Home | Calendar & Events | LW Teams | LW Jr KANGS | KANG Pride | Sponsors | Gridiron Booster | More +

LAKE WASHINGTON
KANGS FOOTBALL

PLAYER AND PARENT INFORMATION

Check out the latest details

- Program Overview
- WIAA & Team Policies
- Frequently Asked Questions
- Freshman Info at a Glance
- LWSD Registration Forms
- LWSD Online Payment

SAVE THE DATE

FEBRUARY 25

FOOTBALL INFORMATION NIGHT

Need Help?

KANG MOMS

See what these Kang Moms think about Kang Football and the impact the program has had on their kids.

LW FOOTBALL STAFF

VARSITY COACHING STAFF

DEFENSIVE LINE/ OFFENSIVE LINE DOMINIC MICHAUD

A former All-Kingco lineman, Coach Michaud is in his sixth year coaching at Lake Washington where he is the Varsity Defensive Line coach. Coach Michaud has lived all across the country, born San Diego, CA, lived in Marrietta, GA and ended up in Sammamish, WA where he attended Eastlake High School and ended up starting Varsity every game of his high school career and was named an All Kingco player his senior year. He brings his love for the game as well as his extensive knowledge and his experience at each position across the offensive and defensive line in hopes to improve upon last year's success. In the offseason he coaches wrestling for Lake Washington and Rose Hill Middle School. In the past he worked for Boeing, and most recently as in instructional assistant at Peter Kirk Elementary. He is currently in school at University of Washington earning his teaching certificate to pursue a career in education.

dom.b.mich@gmail.com

RUNNING BACKS

MARK THOMAS

Coach Thomas was born in Los Angeles, CA. and raised in Long Beach, CA. He attended Long Beach Poly High School where he played Football & ran Track, he is extremely proud of his Jack Rabbit lineage. He has been involved with coaching youth sports since 2000 in the Long Beach & Kirkland areas. He lives in Redmond with his wife Joanie and their three children.

OFFENSIVE COORDINATOR / QB

STEVE BIVENS

Coach Bivens grew up in a Marine Corps family, living in San Diego, South Carolina, and Okinawa Japan. He attended Idaho Falls High School where he played football and baseball. Afterwards, he played four years of baseball at Southern Idaho and Arizona State, and then embarked on a software engineering career at

JEFF FRITCHMAN

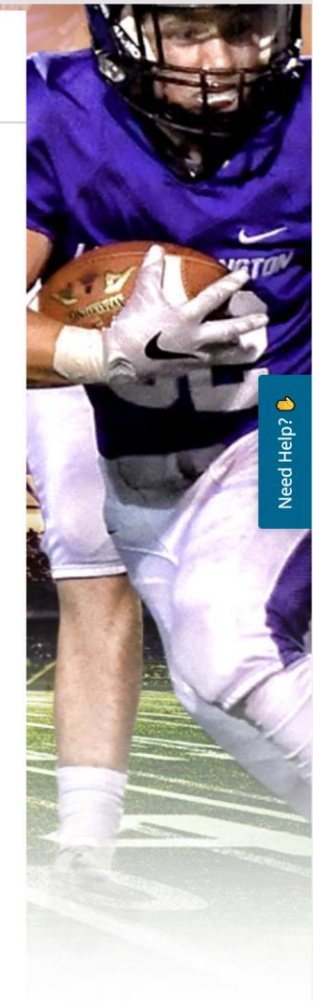
WIDE RECEIVERS/ DEFENSIVE BACKS

Coach Fritchman is back for his fourth season at Lake Washington HS. Under coach Fritchman LW has claimed a 1st-team All-League WR every year. Growing up in Kirkland, Fritchman is very proud to be a 3rd generation Kang and is driven to bring his football knowledge and experience back to his roots and elevate this new era of Kangs football.

Fritchman graduated from LWHS in 2004 and was part of the 2003 Kangs team that made the deepest playoff run in school history making it to the final four of the 4A State Championship. That season Fritchman set WA State records for receptions & yardage compiling 126 catches for 1624 yards. Those 126 receptions were recognized nationally as the 2nd-highest total in the history of U.S. high school football. In 2003 Fritchman was elected as the AP All-State WR, named the 1st team All-State/KingCo 4A WR, & selected as a Seattle Times Star Times All Star. He was chosen to represent LW & the West in the WA State East West All-Star game.

Need Help?

SCHEDULES



Calendar

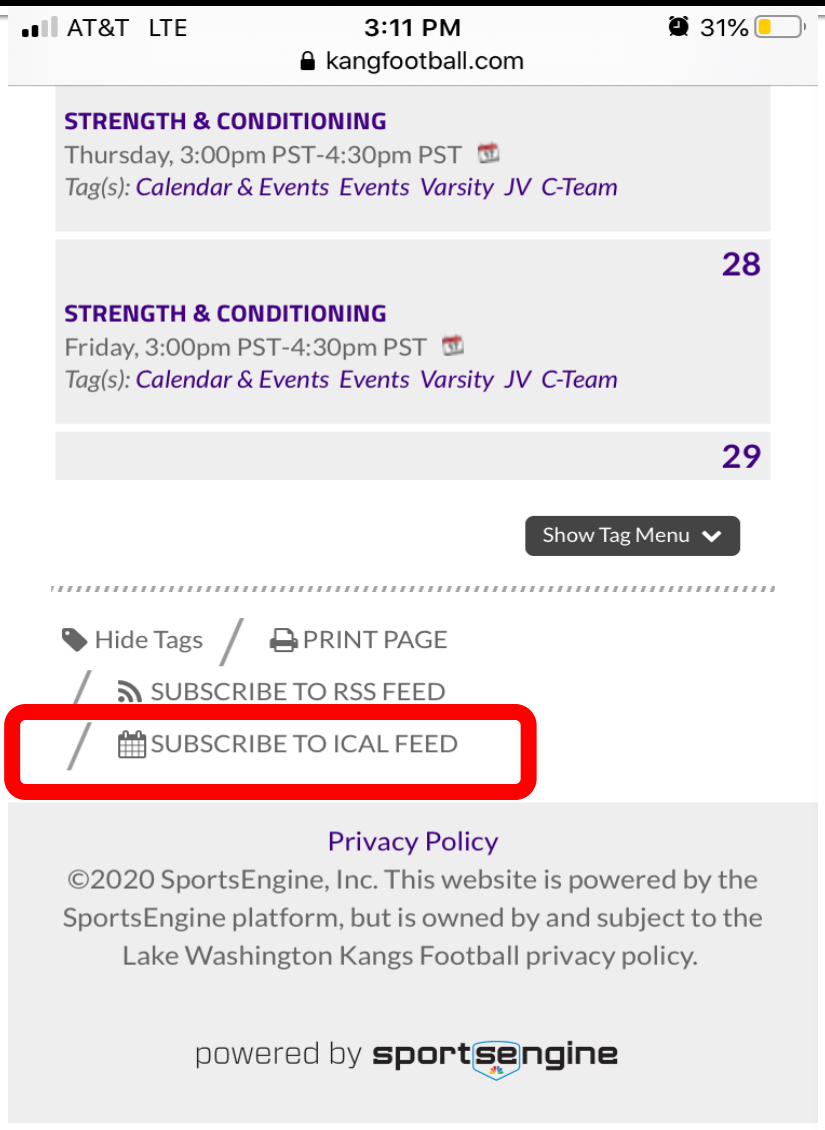
CALENDAR VIEW | MONTH LIST VIEW | DAY VIEW

← June 2020 →

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 **PRACTICE 1: HELMETS/JERSEY** Monday, 3:20pm PDT-5:25pm PDT Tag(s): Calendar & Events Varsity JV	2 **PRACTICE 2: HELMETS/JERSEY** Tuesday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV C-Team Calendar & Events	3 **PRACTICE 3: HELMETS/JERSEY** Wednesday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV C-Team	4 **PRACTICE 4: HALF GEAR** Thursday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV	5	6
7	8 **PRACTICE 5: FULL GEAR** Monday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV	9 **PRACTICE 6: FULL GEAR** Tuesday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV	10 **PRACTICE 7: FULL GEAR** Wednesday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV	11 **PRACTICE 8: HALF GEAR** Thursday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV	12 **STRENGTH & CONDITIONING** Friday, 3:00pm PDT-4:30pm PDT Tag(s): Calendar & Events Events Varsity JV C-Team	13
14	15 **PRACTICE 9: HALF GEAR** Monday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV **INCOMING 9TH GRADE PRACTICE**	16 **PRACTICE 10: HALF GEAR** Tuesday, 3:20pm PDT-5:25pm PDT Tag(s): Events Varsity JV **INCOMING 9TH GRADE PRACTICE**	17 **INCOMING 9TH GRADE PRACTICE** Wednesday, 3:45pm PDT-5:45pm PDT Tag(s): Events C-Team **PRACTICE 11: SCRIMMAGE** Wednesday, 7:00pm PDT-9:00pm PDT	18 **INCOMING 9TH GRADE PRACTICE** Thursday, 3:45pm PDT-5:45pm PDT Tag(s): Events C-Team	19 **STRENGTH & CONDITIONING** Friday, 3:00pm PDT-4:30pm PDT Tag(s): Calendar & Events Events Varsity JV C-Team **INCOMING 9TH GRADE PRACTICE**	20

Need Help?

SCHEDULES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STRENGTH & CONDITIONING
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STRENGTH & CONDITIONING
Friday, 3:00pm PST-4:30pm PST
Tag(s): Calendar & Events Events Varsity JV C-Team
29
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PLAYER SAFETY

- Football Operations- Equipment
- Strength & Conditioning
- IMPACT testing

- Coach Training - Atavus
- Athletic Trainer

ACADEMIC ELIGIBILITY

- The LWSD rules of eligibility:
  - No more than 1 failing grade

****SPRING SEMESTER COUNTS TOWARD FALL SEASON, <u>DOES NOT INCLUDING INCOMING FRESHMEN</u>****

PLAYER EQUIPMENT

- All player equipment issued by LW is required to be returned at the end of the current season, or at the time the player leaves the program early during the current season
- All missing equipment replacement costs will be placed on player's LWHS student account
- Player / parents / are responsible for the replacement cost of all missing items
- Note - 2019 LW total equipment issued replacement value per player (average) was over **$1,200**.
- 1300 items issued to 117 players; 1 item was not returned.

OFF SEASON WORKOUTS & CONDITIONING

OFF SEASON STANDARD

PURPOSE:
Encourage and reward preparation for season while improving health and physicality.

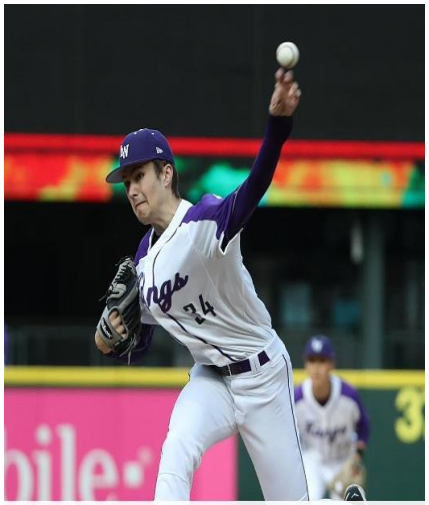
- Option 1 – Play an LW sport (40pts/season)
- Option 2 – LW Strength & Conditioning (1pt/workout)
- Community Service, GRIT Competitions
- Individual Rewards –
  100 total pts. = Red GRIT Sticker
  Top points = First Pick for Jersey Number

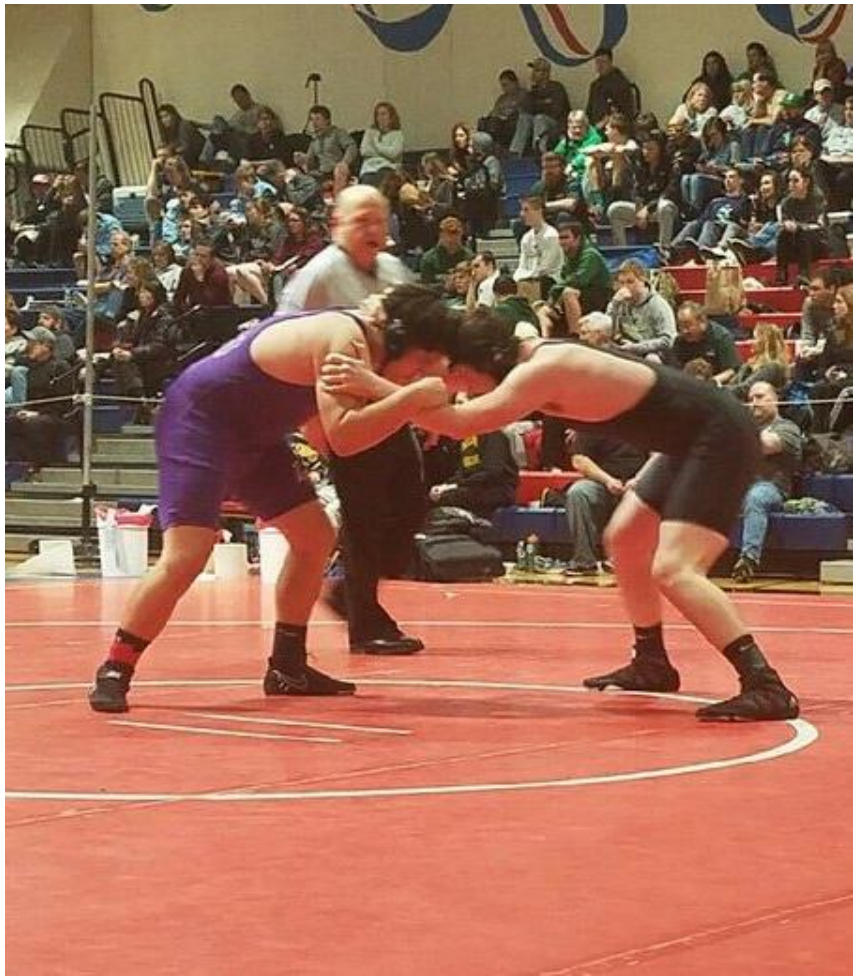
Incoming Freshman can earn Red GRIT Sticker by attending 32 of 42 summer workouts

STRENGTH & CONDITIONING

- 80 % of the players that had season ending injuries had less than 70 points or less off-season points and they had an average of 37.2 off season points
- **85%** of the players that had **89** or more off season points played in every game.
- The average number of off-season points for the players that played in every game was **95**.
- Conclusion: The more sports or offseason workout points you achieve the more likely you are to not get injured and to play in every game and support the team and your own goals of playing football.

MULTI SPORT SUPPORT





STRENGTH & CONDITIONING

STRENGTH & CONDITIONING

LAKE WASHINGTON FOOTBALL

LAKE WASHINGTON FOOTBALL
STRENGTH AND CONDITIONING STANDARDS
155 LBS & UNDER

Strength Standard	Bench Press	Parallel Squat	Power Clean	Total Weight
Kang	155	225	150	530 lbs.
Varsity	180	250	175	605 lbs.
All-League	210	280	205	695 lbs.
All-State **	245	315	235	795 lbs.
All-American *	270	355	250	875 lbs.

GRATITUDE

The way to develop the best that is in a person is by appreciation

STRENGTH & CONDITIONING

SUMMER FOOTBALL

PURPOSE:
To help players become familiar with scheme

- Current LW Players
  - June 1 – June 18
  - Scrimmage: TBD
  - 10 total practices, 1 scrimmage
- Incoming 9th grade
  - June 8 – June 12
  - 5 total practices

SUMMER WEDNESDAY PRACTICE

PURPOSE:

To practice our scheme and help players and coaches become familiar with plays

- June 24 – July 22

  Alumni 7on7

- 4-6pm

- Attire – Helmet practice jersey, shorts, cleats

- All players welcome to attend but Varsity/JV focus

GRIT CAMP AT WARM BEACH

GRIT CAMP at WARM BEACH

PURPOSE:

To develop G.R.I.T. & Always Rising!

- July 28-July 30 (Tuesday - Thursday)
- At Warm Beach, Stanwood WA
- $300 and includes bus, meals, dorm room, snacks, Kang Pack and an amazing experience.
- Register before May 1

GRIT CAMP at WARM BEACH

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GRIT CAMP at WARM BEACH

GRIT CAMP at WARM BEACH

GRIT CAMP at WARM BEACH

GRIT CAMP at WARM BEACH

FOOTBALL FEES

- GRIT CAMP at WARM BEACH $300
  - (Including Kang Pack Clothing)
- KANG PACK JERSEY $25
- SPRING FOOTBALL $100
- FALL FOOTBALL
  - ASB CARD $50
  - SPORT FEE $200

OPTIONAL HELMET PURCHASE

HELMET PURCHASE

- COST IS DIFFICULT ON OUR BUDGET
  - 5 STAR HELMETS
- INVENTORY WORKS TOP TO BOTTOM
- HELMETS PURCHASED BY PARENTS BECOME A DONATION TO THE SCHOOL
  - Form to fill out that the helmet is being donated
- WE WILL ENSURE THAT YOUR SON HAS THAT SPECIFIC HELMET THAT YOU PURCHASE
- VIRGINIA TECH RATING SCALE

Riddell

Speed Flex $445 (comes Flat/Matte Purple with black facemask and black hard cup chinstrap attached) – add $20 for size XL

Riddell

Riddell

Virginia Tech Score: 4.49

Xenith

Shadow $385 (comes Flat/Matte Purple with black facemask and black hard cup chinstrap attached)

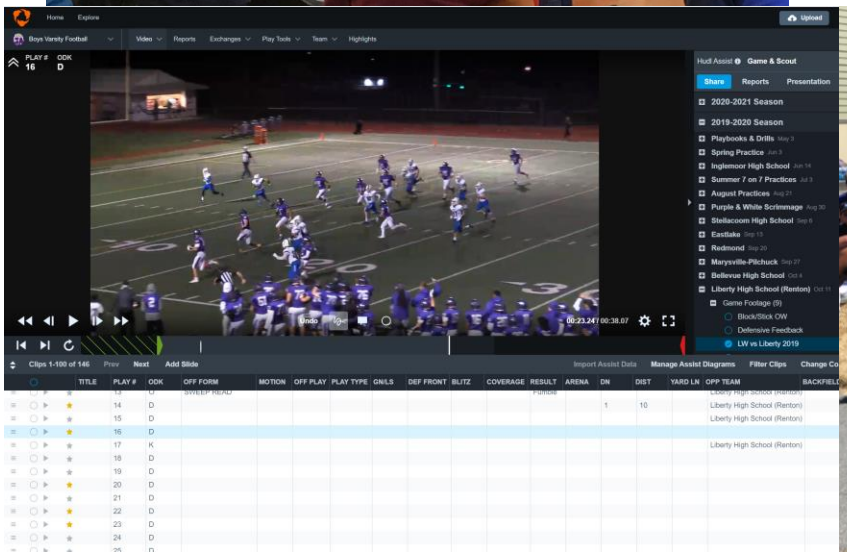
XENITH

XENITH

Virginia Tech Score: 3.35

GRIDIRON CLUB SUPPORT

GRIDIRON CLUB SUPPORT



GRIDIRON CLUB SUPPORT

Kang Football Gridiron Booster Club

Chris Stockwell
Gridiron Club President

GRIDIRON CLUB

Program

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between the ,

coaches, pa s

and general

GRIDIRON CLUB - Community

Support and promote all aspects of the LWHS Football Program

Gameday

- Video
- Scoreboard/Clock
- Statistics
- Announcing
- Halftime Fuel
- Chains

Team Dinners

- Thursday's during season
- Provide food & service
- Great team building

Events

- GRIT Camp
- Moms Night
- Senior Night
- Awards Night
- Auction

A Key Focus of this Year…

Expanding & Enhancing Our Community

GRIDIRON CLUB - Communication

Liaison and Clearing House between the team, coaches, parents, and general public

Website

- Sports Engine based
- Calendar
- Links
- Information
- If you need it, it's likely here

Email

- Broad based from Gridiron
- Specific to the team from reps

Hudl

- Online video
- Self-evaluation
- Highlights/sharing
- Coach to Player
- Player to World

We Strive to Make it Easy to Participate

GRIDIRON CLUB - Cash

Financial support beyond the resources of school/district, making the extras possible

Coachs
- Clothing
- Training
- Software
- Video Equipment

Players
- Team dinner
- Helmet decals
- GRIT Camp
- Food, Food, Food

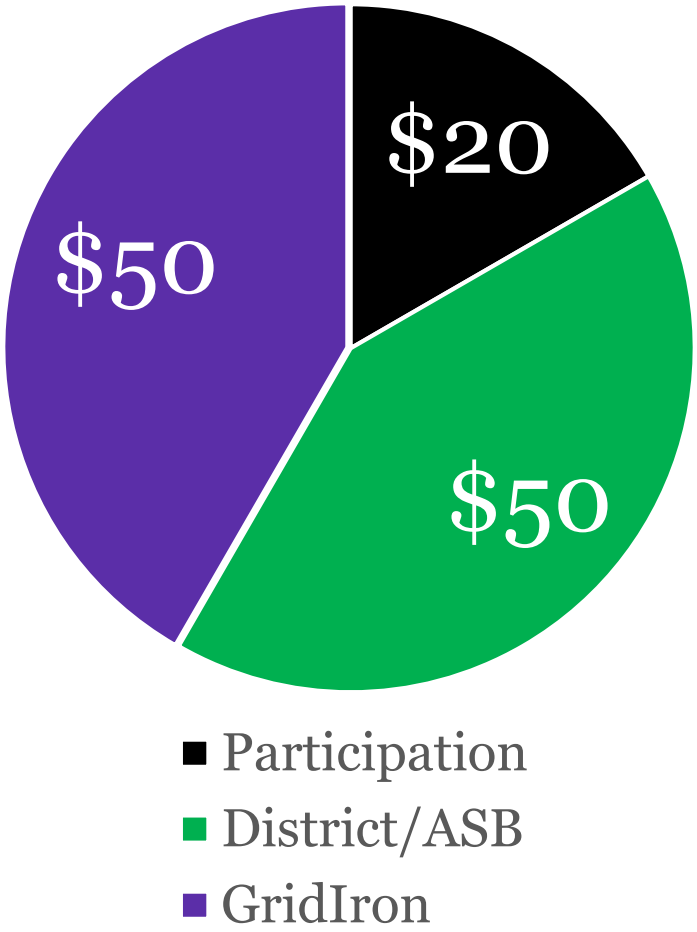
Team
- Pads
- Sleds
- Tackling wheels
- Extra Equipment
- Jerseys

Provide the Funding ($50k+) to Support & Enhance the Kang Football Experience

GRIDIRON CLUB – Let's Talk Cash

Expenses

Equipment and Supplies	$12k
Coaching Stipends	$42k
Officials	$ 4k
Transport	$12k
Uniforms	$ 1k
Helmet Reconditioning	$ 5k
	$75k
Gridiron Supported	$50k
	$125K



Or roughly $1,250/player

GRIDIRON CLUB - Fundraising

Welcome Heather Kastler… New Chief Fundraising Officer (CFO)

We Have Our Basics

- Auction
- Advertising
- Phoneathon
- Gold Cards
- Cash Donation
- Matching Funds

And will Bring a new Twist

- 2X our Auction
- Expand Our Community
- Bring More Fun
- Drop one of the basics?
- Add something new?

GRIDIRON CLUB

Who Does It All? Everyone

- President— Chris Stockwell
- Outgoing President - Mark Johnsen
- Player Development-President—Mikal Norman
- Chief Fundraiser Officer – Heather Kastler
- Treasurer—Andrew Allred
- Video Coordinator —Mike Kaczmarek/Ryan Creek
- Secretary—**Vacant**
- Webmaster/Sports Engine—**Vacant**
- Varsity Rep—**Vacant**
- JV Rep—Alison Sheffer
- C-Team Rep—**Vacant**

GRIDIRON CLUB

How Can You Support…

Volunteer

- Team Dinners.
- Gameday Operations.
- Event Helper
- Gridiron Board Member.

Financial

- Support Fundraising
- Cash donations, program ads, gold cards, auction, matching funds)
- Financially and through volunteering.

Player/Team

- Support your child
- Support the team
- Come to the games
- Bes a part of the community

GRIDIRON CLUB

Things to do…

- **GRIT Camp Warm Beach sign-up**
- Register online for Communications
- Save the key dates on your calendar
- Let us know how you would be interested in helping the Kang Football program

Gridiron Club: President@KangFootball.com
Football: HeadCoach@KangFootball.com