

FAQ

Is there practice over Fall Break?

--Yes, there is practice and a game over fall break. Players who miss will face regular consequences for missing practice. Please plan ahead!

Why is CVHS 4A in football and 5A in everything else?

--CVHS has about 1500 students. The minimum for 5A football is 1640. There are 7 classifications in football starting at 6-man which makes the cut-off different. We anticipate moving up to 5A in 2012 or 2014.

How does playing time work?

--We typically get 45-55 freshman out for football. The best players will start and we do our best to get as many players on the field each game. No one is guaranteed playing time. If we keep our numbers at 50 we try to schedule 4-6 B team games for the other players. Playing time is based on talent, knowledge of the game, commitment, and grade eligibility.

Can a freshman play up?

--Only if the coaches feel that player can contribute significantly to the Varsity team. No freshman will move up to play JV.

How do I stay up to date?

--You should be signed up and be receiving emails from sabercatsfootball@gmail.com, if not, send you info to them. Sabercatsports.com is the official web site.

How can I help the program/booster club?

--There will be parent meeting in May and August (mandatory). If you want to get started early e-mail Mike Shepherd at sabercatsfootball@gmail.com.

More questions??? E-mail coaches at ryan.hollingshead@dcsdk12.org (head coach) or nicholas.jasurda@dcsdk12.org (head freshman coach)

CASTLE VIEW SABERCAT FRESHMAN FOOTBALL CLASS OF 2014



**Prepare to dedicate yourself fully to be a
champion in life, in school, and on the field.
Nothing less will be accepted!**

Philosophy

The entire Castle View High School Football Coaching Staff believes that it is our job to build a program that benefits every participant in all aspects of their life. We will display extreme pride in Castle View High School and the football program and will seek to make each player better by providing them with the best possible experience on and off the field. Each player will be treated equally and will be expected to be the best person, student, and athlete they can be. By committing to excellence in each of these areas we will have a highly successful program.

Signing Up

1. Get your name and parent's e-mail address to Coach Hollingshead at the 8th grade night, CRMS visits, or by e-mail to ryan.hollingshead@dcsdk12.org. This will get you on the informational e-mails from sabercatsfootball@gmail.com
2. Sign up for summer weights by May 15th. Registration forms will be available in late April on sabercatsports.com. This is a school wide weight program that all the high school teams/coaches encourage!
3. Players must have a Douglas County Athletic Information Packet, a Current Physical, and \$100 payment turned into the CVHS athletic office by August 8th. Failure to do so will result in the player not being able to practice when school officially starts. Forms are available at the CVHS office.
 - Players only need to purchase black cleats and a solid colored mouth guard. All other gear is provided by CVHS, thanks to our player and parent fundraising work!

Spring/Summer 2010 Preparation (This is when High School Football Players are made!)

1. Optional—Strength Training. Learn how to lift with our nationally certified strength coach Patrick McHenry.
 - Session 1 –January 11th–March 10th 6:15–7:15am Monday, Wednesday, Friday.
 - Session 2 –March 20th–May 3:20–4:20 Monday, Wednesday, Friday
 - No cost. But regular attendance is expected. Do not quit another sport to attend. Playing a spring sport is highly encouraged.
2. SPRING FOOTBALL CAMP—late May TBA. Get to know freshman coaches. Pre-testing. Expectations. (Baseball conflicts can be worked out).
3. Sign up for **Summer Weights!!** June & July weekday mornings. Specifics coming in late April.
4. Get a physical at CVHS. \$25–30. Make appointments and get it out of the way. Info will be available at CVHS or at sabercatsports.org in May.

August 2010

- August 6/7th Football Camp Begins—T-shirt, shorts, and cleats until August 16th. (CHSAA rules)
- Registration, physical, and fee \$100? due Aug. 5th
- August 11th School Begins—Regular Football Practice after school 3:15–5:30. (Remember that once the season begins you will usually have something Monday --- Friday and an occasional Saturday (especially Aug))
- 10 Games—Last game will be Nov. 5, 6, or 7th.

