

LASSITER FOOTBALL SPRING PARENT MEETING

Jep Irwin, Head Coach

April 23, 2015

Lassiter High School



F.I.S.T.

WELCOME TO LASSITER FOOTBALL

- **THANK YOU FOR LETTING YOUR SON PLAY**
- **2015 IS A GREAT TIME TO BE A LASSITER TROJAN!**
- **LOT OF INFORMATION TONIGHT – PRES. WILL BE AVAILABLE**
- **JOIN AND GET INVOLVED IN THE TD CLUB – TEAM EFFORT!**
- **CONTACT INFO:**

Head Coach Jep Irwin

Lassiter High School Football

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205-260-6710 mobile

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<http://www.lassiterfootball.net/>

Follow @lassitertrojans on Twitter

Coach Irwin's blog updates: <http://coachjepirwin.blogspot.com/>

LASSITER FOOTBALL PROGRAM

MISSION STATEMENT:

TO DEVELOP CHAMPIONS IN LIFE
THROUGH A COMPETITIVE GOAL-
ORIENTED TEAM EXPERIENCE.

BE A CHAMPION

F.I.S.T.



LASSITER FOOTBALL PYRAMID OF SUCCESS

F.I.S.T.



BE A CHAMPION!



DOMINATE OPPONENT DAILY

COMMITMENT – EFFORT - TOUGHNESS



POSITIVELY AFFECT TEAMMATES EVERYDAY

INSPIRATION - CONFIDENCE



BE RESPONSIBLE FOR YOUR OWN SELF-DETERMINATION

DISCIPLINE – FOCUS – FINISH - EXECUTION



BE A TEAM

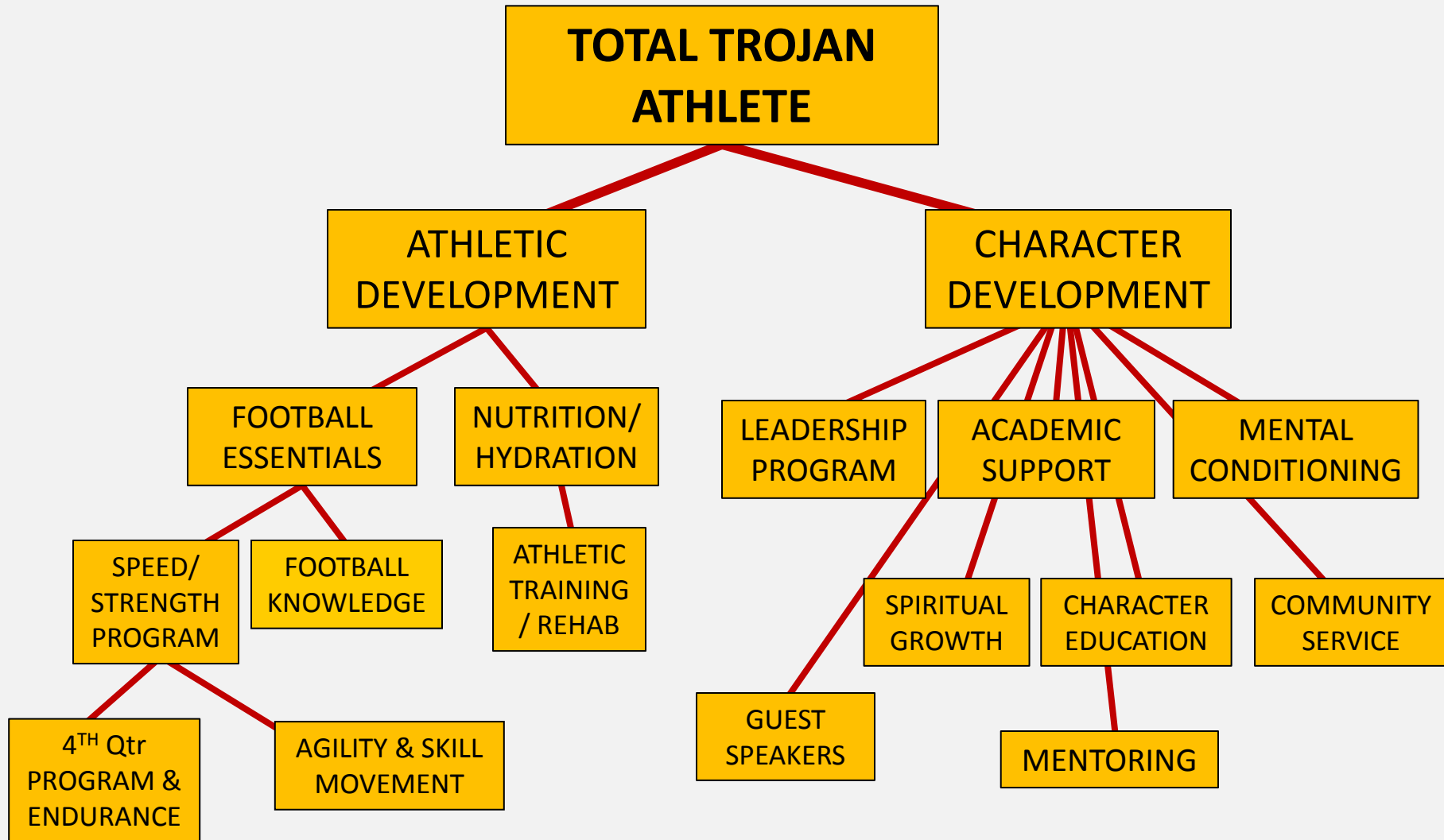
TRUST – RESPECT – OUT OF YOURSELF, INTO THE TEAM

“You must be a champion before you can win a championship”

-Nick Saban

LASSITER FOOTBALL

APPROACH TO TOTAL ATHLETIC DEVELOPMENT



FOUR BASIC EXPECTATIONS

- 1. YOUR SON WILL HAVE A GREAT EXPERIENCE AND BE CHALLENGED TO BE HIS BEST AND WORK HARD.**
- 2. WE WILL PROTECT YOUR SON'S HEALTH, SAFETY, AND WELL-BEING.**
- 3. YOUR SON WILL GET A FAIR SHOT TO PROVE HIMSELF AND EARN PLAYING TIME.**
- 4. WE WILL BE CONSISTENT IN COMMUNICATION, POLICIES, AND I WILL CONTROL THE STAFF.**

TYPICAL WEEKLY IN-SEASON SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M. (BEFORE SCHOOL)	VAR9 TH EARLY LIFT 6:45 A.M.	VAR9 TH EARLY LIFT 6:45 A.M.		VAR. EARLY LIFT 6:45 A.M.	9 TH EARLY LIFT 6:45 A.M.
	VAR9 TH MEET / GAME FILM 7:30	VAR9 TH MEET/FILM 7:30	VAR9 TH PRACTICE 6:29 A.M.	VAR9 TH MEET/FILM 7:30	GAME DAY BREAKFAST 7:30 A.M.
P.M. (AFTER SCHOOL)	V/JV PRACTICE 3:45	V/JV PRACTICE 3:45	NO PRACTICE (VAR9 TH /JV STUDY HALL)	VAR9 TH PRACTICE 3:45	MEAL/ MEETINGS/ TRAVEL
EVENING	STUDY!	DAD'S CLUB 7 P.M.	POSITION DINNERS 6:30 P.M.	JV/FROSH GAMES 6 P.M.	KICKOFF 7:30 P.M.

LASSITER FOOTBALL 2015

- Program goals & expectations – **EXCELLENCE**
- Takes all of us – parents, admin, players, coaches
- Year-round program – 4 phases – all important
- Parents' role – to support/encourage (“WE” PARENTS)
- Online info (calendar) www.lassiterfootball.net
 - Will practice on Labor Day and Fall Break week (M-T)
- Team rules and procedures
- New GHSA practice guidelines – not a big change

VARSITY STAFF 2015

- **JOSH HERRING – OFF. COORD. / QB**
- **BRETT O’BUCK – OL**
- **TRAVIS BILLINGS – RB**
- **TOMMY CARROLL – WR**

- **CHUCK GODDARD - DEF. COORD. / S**
- **CEDRIC DICKERSON – CB**
- **SHAUN GAINES – OLB**
- **CHRIS VAN ZELFDEN – ILB**
- **MICHAEL FRAKER - DL**

PARENT-STAFF COMMUNICATION

- We use email/text/twitter/FB as much as possible to communicate
- Feel free to contact me at anytime for any reason regarding your son or program
 - Ground rules: we will not talk about other players, playing time, or coaching strategy/decisions
 - “Cooling off period” of 24 hours after games
- Position coaches are primary point of contact
- We ask that players be primary communicator to parents and with coaches, not parents

LASSITER FOOTBALL 2015

- Concussion Policy – full-time ATC Tiffany Chaffin
- Heat Illness / Extreme Heat Practice Policy
- Recruiting (<1% Div. I) / HUDL / game film
- Nutrition Guidelines – parents must take an active role. Kids are not getting enough at school!!!
- Fundraising – necessary, we need resources to develop players, strive for excellence, and compete at highest level (coupon books)
- Weight training – we must weight train year-round during school to be successful! Espec. 9th-10th-11th need to be in Weight Training Class!
- Off-season workouts mandatory to play 10th-12th (when not playing another LHS sport)

SPRING PRACTICE 2015

- **ISSUE EQUIP. 4/25, 4/27, 4/28 – PRIORITY BASIS**
- **APRIL 29 – MAY 15 (SCRIMMAGE) – DATES/TIMES ONLINE**
- **SOME DAYS 4-6 p.m., OTHERS 6-8 p.m. TBA**
- **REQUIREMENTS TO PARTICIPATE:**
 1. **CURRENT PHYSICAL (2014-15 OR NEWER) – WALGREENS IS A PROGRAM SPONSOR**
 2. **REGISTERED ONLINE (NO OFFLINE REGISTRATION)**
 3. **MAKING SATISFACTORY ACADEMIC PROGRESS**
 4. **IMPACT TESTING (FOR NEW PLAYERS) IN SUMMER**

NOTE: NEW PHYSICAL FORM COMPLETED FOR 2015-16 AFTER APRIL 1ST REQUIRED FOR SUMMER WORKOUTS

SUMMER 2015

- **OFF MEMORIAL DAY WEEK / JULY 4TH WEEK**
- **QBR CAMP MAY JUNE 3RD**
- **VACATIONS, JOBS, DR ED, OTHER SPORTS**
- **WORKOUTS BEGIN JUNE 1ST M-Th 7 A.M.**
- **STRENGTH/SPEED, CONDITIONING, SKILLS**
- **MAKEUP WORKOUTS M-Th 6:00 P.M.**
- **TUESDAYS IN JUNE – 7 ON 7 11 A.M.**
- **JUNE 19-20 7 ON 7 / LINEMAN CHALLENGE**
- **JUNE 25 O.T.A. W/ ENTERPRISE HS (AL)**
- **JULY 8 – NCSA RECRUITING SEMINAR**
- **JULY 10-11 GA INVITATIONAL 7 ON 7**
- **JULY 15-17 NATIONAL SELECT 7 ON 7 (HOOVER)**
- **JULY 20 NIGHT OF CHAMPIONS**
- **JULY 27TH – FALL PRACTICE BEGINS (A.M.)**
- **AUGUST 3RD - 1ST DAY OF SCHOOL**

RECRUITING BY NUMBERS

(some numbers approximate)

75-80% of NFL retirees are broke within 3 years

IF lucky enough to be 1 of 6.5% to become a college football player, and one of 1.5 % of that group to NFL, be luckier still to have 3 yr career. At min. salary, won't make enough to live on for rest of life. What's going to provide for you & family after football is over? YOUR COLLEGE EDUCATION!

ACADEMIC SUPPORT FOR PLAYERS

- ACADEMIC COACH MITZY PARK mitzy.park@cobbk12.org
- WEEKLY STUDY HALL DURING SEASON
- WEEKLY GRADE MONITORING – GRADE CARDS AS NEEDED
- HELP ARRANGE FOR TUTORS/EXTRA HELP
- HELP WITH SCHEDULING/COURSE MAP
- HELP WITH SUMMER SCHOOL SIGN-UP IF NEEDED
- ACADEMIC PROBATION CAN RESULT IN LOSS OF PLAYING TIME
- NCAA ELIGIBILITY PLAYER WORKSHEET

NEW NCAA ELIGIBILITY REQUIREMENTS

NEW FOR CLASS OF 2016/BEYOND –THESE
GUIDELINES APPLY TO YOU!

NCAA ELIGIBILITY QUICK REFERENCE GUIDE

JULY 8TH – RECRUITING
SEMINAR FOR PARENTS



Opening Game

August 21, 2015

Hillgrove Hawks at The Frank

7:30 p.m.

Tom Gildea

2015 LTDC CLUB

PRESIDENT

tgildea@profitabilityconsultants.com

LASSITER TD CLUB

Why do we need a TD club/booster organization?

School funds cannot cover the costs of a championship-level football program at the AAAAAA level. No gate receipts.

What's the role of the Lassiter Touchdown Club?

The purpose of the Club is to support, encourage and advance the football program at Lassiter High School ("LHS").

What is the main objective of the Club?

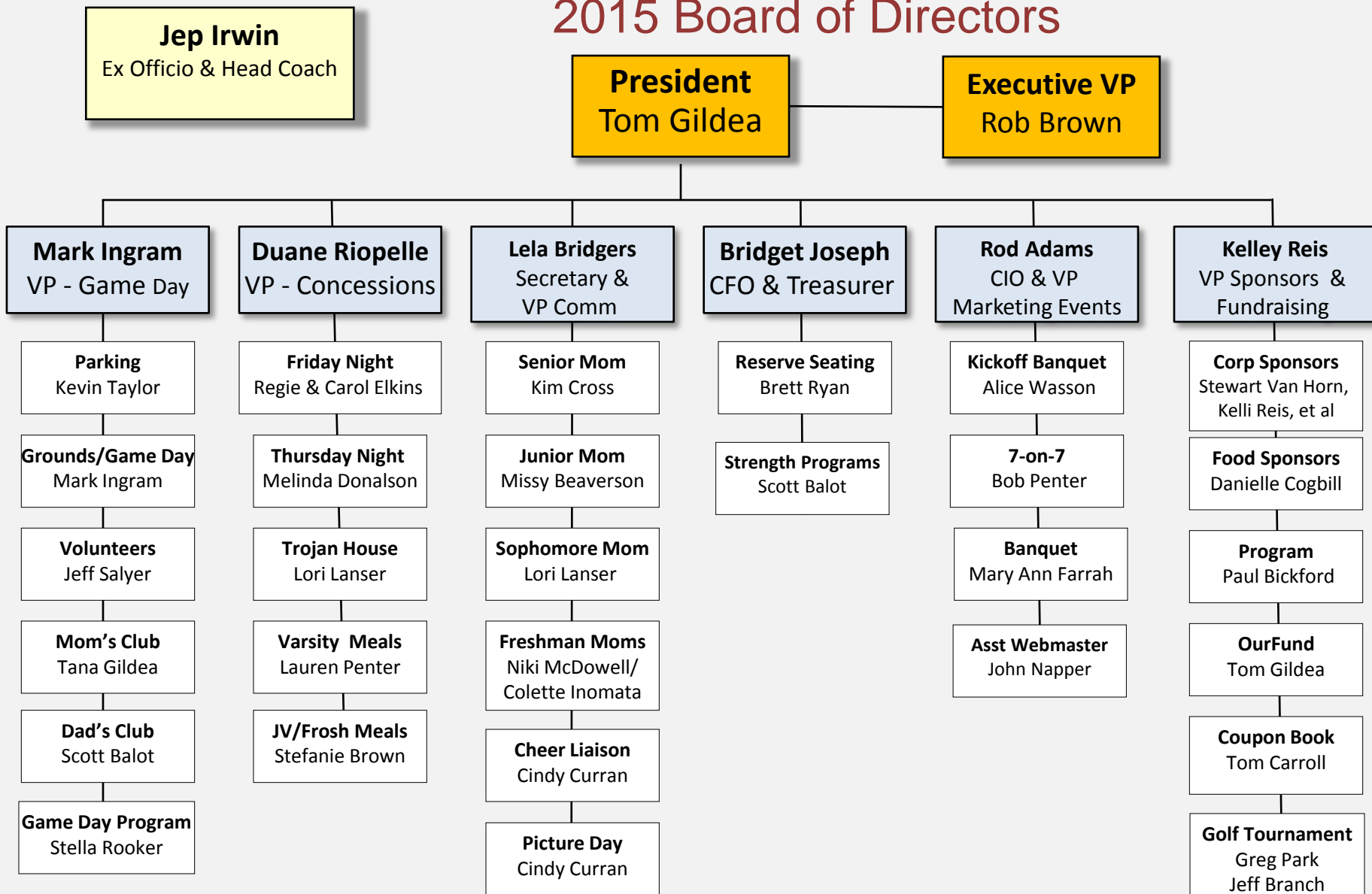
The main objective of the Club is to raise the funds necessary to support the needs of the LHS football program and related student athlete programs that are not otherwise met by LHS and Cobb County.

How do we meet the objectives of the Club?

Fundraising Events / Sales / Volunteers

Lassiter Touchdown Club

2015 Board of Directors





Benefits of Club Membership ... Goes to our Players!

- Additional coaches (8) beyond school funded supplement
- Full-time Athletic Trainer/Rehab/Treatment for your child
- Practice equipment
- Funding to replace worn out turf on stadium field
- HUDL profile/highlight films, fantastic
- Varsity team
- National
- Access to
- Summer
- Summer
- PRO TURF FACILITY through LEAF Foundation
- Pro Style Weight Room Equipment and Strength Coach
- Spring Speed and Agility Training & Equipment
- Academic coach/Academic support/Tutoring
- Recruiting Services
- Pre-Game Meals, Banquet and Awards Program
- Player Spirit Pack & Top-of-the-Line Equipment for Player Safety
- Much more!

\$2,500 per player!

We can't be champions without YOU!



Dues

To run our program at a championship level, it costs the Touchdown Club \$2,500/year per player. That expense is the same regardless of the player's class or fundraising in any given year.

- **Have not raised dues since 2011**
- **Added protein shakes for all players, linemen camp, and additional funding to replace turf**
- **For 2015 dues will remain \$500 (\$41/month)**
- **Dues are not optional – WE NEED YOU!**
- **Payment plans can be set up on line or by contacting Bridgette Joseph (ltdclubtreasurer@gmail.com)**



Fundraising

Fundraising is a primary source of revenue for the Touchdown Club after dues. Outside of events like our 7 on 7, golf tournament or the Preseason Kickoff Dinner/Silent Auction, we do two primary fundraisers annually with other smaller items offered which may be of benefit to the members

- **Coupon book sales**
- **OurFund**
- **ESPN the Magazine**
- **Fresh Filters Plus**



Lassiter Trojan Football 2015 Golf Tournament

Monday, June 22, 2015

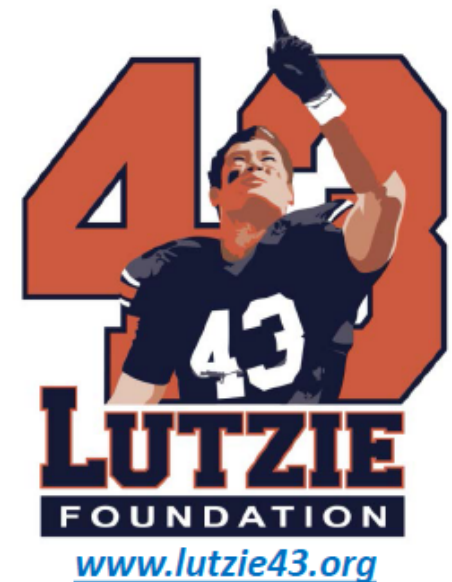


“Lutzie Field”

In August, 2015 Philip Lutzenkirchen will be memorialized with the naming of the field at Frank Fillmann stadium as “Lutzie Field”. The Lassiter Touchdown Club is partnering with the Lutzie 43 Foundation to install new artificial turf on the field. Proceeds from this year’s golf tournament will assist with the funding of the new turf

Facts about Turf Fields:

- Turf was originally installed at “The Frank” in 2007 and is in need of replacement. Life expectancy of an artificial turf field is about 8 years.
- Artificial turf has many key benefits to grass including: safety, water conservation, lower maintenance costs and minimal lost practice time.



Please support this worthy cause through sponsorships and participation in this year’s golf tournament on Monday, June 22 at The Golf Club at Bradshaw Farms



Volunteering for Events

- **For each player family – 4x each season**
 - Four volunteer 'slots' to be filled (standardizing to 3-4 hours each)
 - Working a Friday night concession stand slot counts for 2 slots
 - Must sign up on line using Dibs (access through Lassiterfootball.net)
 - If you don't, you will be assigned to volunteer for what is left (August)
- **No-Show Penalty** – assign another slot to your obligation
- **Deposit - \$150 check made payable to LTDC**
 - Also needed tonight – **required!**
 - To be returned to you (uncashed) at end of season upon obligation fulfillment
- **Optional: Opt Out Plan** – no volunteering: \$150 charge
 - Pay tonight: put 'opt out' on check or pay online

Dibs Volunteer System

"Dibs" will help organize game day operations with a system to assign and claim volunteer shifts:

- TDC members browse Dib Sessions on-line
- Claim your volunteer duty of choice
- Dibs tracks participation and issues credit for completing your shift.

Jeff Salyers

Volunteer Director

jeffsalyer8@gmail.com



Reserved Seating

The Touchdown Club sells reserved seats for the football season. These are the only seats where the Touchdown Club gets the revenue.

- Includes all Friday night home games
- Includes the North Cobb scrimmage and dedication of the field to Philip Lutzenkirchen.
- Includes all Thursday night FR and JV games
- Cost is \$100/seat

Brett Ryan

Reserved Seats

brettryan@earthlink.net



Player Pack Summer Team Uniform

The goal is for the team to have a consistent team look while working out in the summer. We will purchase Player Pack pieces that are the same style and color as in 2014 with the goal being that the players wear them during summer workouts and team events.

- Over the course of their career, the players will accumulate multiple sets of gear.
- Additional shirts and shorts are available through your Team Mom
- Get sizes to your Team Mom tonight

SR – Kim Cross

JR – Missy Beaverson

SO – Lori Lanser

FR – Niki McDaniel/Colette Inomata



2015-16 Physical Form

The Cobb County Physical form for 2015-16 is now online. For the most part, it is an online version of what we used to fill out by hand. Fill out the information online, and print out the following form to take to your son's physical

- Consent to Participate in Sports (turn in to Coach Irwin)
- Recommended Physical Examination (turn in to Coach Irwin)
- Medical History Summary (for the physician at the physical)

Walgreen's Take Care Clinic remains the Touchdown Club's Preferred Physical Provider



Equipment distribution

For your son to get his equipment on Saturday (4/25 10am), the following must be completed:

- Register online at www.lassiterfootball.net
- Dues paid in full, or a payment plan worked out with Bridgette Joseph, Treasurer
- Volunteer deposit check submitted
- Sizes turned in to your class Team Mom
- Extra Player Pack orders to your class Team Mom

We can't be champions without YOU!

BEFORE YOU GO....

- VOLUNTEER DEPOSIT CHECK
- YOUR SON'S SIZES TO YOUR CLASS TEAM MOM

**THANK YOU FOR YOUR SUPPORT OF
LASSITER FOOTBALL!!!**

- 10 minute TD CLUB MEMBERSHIP MEETING TO FOLLOW