



Dear Pacer football player and parent(s),

My name is Jason Hagedorn and I am privileged to be the new head football coach at Shoreland Lutheran High School. The purpose of this letter is to invite you to be a part of the Shoreland Lutheran Football F.A.M.I.L.Y. and to share important information about the upcoming football season. **F.A.M.I.L.Y. = Forget About Me, I Love You** which is one of the standards that we will live by on our Shoreland Football team.

Our football program exists as an extension of our school's mission to educate, equip, and encourage students for lives of Christian service. As a coaching staff, we take great pride in playing a role in the development of Christian young men who know and love their Savior and are prepared to serve Him in their lives beyond high school. Only a handful of our players will continue to play football beyond high school but all of our players are taught to be great husbands, fathers, and leaders in their community. This is something we take very seriously and, in my opinion, is the best thing we do as a football program.

For incoming freshmen who may be nervous about making friends and meeting new people as they start high school, trying football is a great way to get to know 40+ boys and 3 teachers for two and half weeks before school starts. Being able to show up on the first day of high school already knowing 45+ people in the building makes for an easier transition and an awesome start to the year.

One thing to make clear at this point is that previous football playing experience is NOT required. We always have plenty of freshmen who are playing tackle football for the very first time and we love to teach them the game from scratch. Those who have played before are certainly appreciated as well as they can help their freshmen teammates through the first weeks of practice.

This year our season begins on **Tuesday, August 2nd at 3:30pm**. On that important first day of the season, we properly fit all of our players with helmets and shoulder pads, along with handing out all the other important protective padding and practice clothing that they require. Then we do some speed and fitness testing and hold a team meeting to lay out expectations for the year. The WIAA All Sport Parent/Athlete Meeting will take place the night before on **Monday, August 1st** at 5:00pm (it will be repeated at 7:00pm). Team meetings for fall sports will be held at 6:00pm.

(over)

We practice from 3:30pm until 8:00pm during the first two weeks of practice. During that time period, we are only allowed a total of three hours of on-field practice time with a break during the middle. We use that break time for the guys to refuel their bodies with food and drink (which they bring with them) and we also use it as classroom time, during which we teach our offense, defense and special teams. In this mailing you will find a current calendar (subject to change) with all of the specific times and dates on it. You can also find this information on the football page of our athletic website: www.SLPacers.org

For those of you who may be nervous about the physical nature of the game of football, I would like to say a few words to help ease your mind. Through better coaching education, changing of rules, and a bigger emphasis on player safety, our game is now safer than it has ever been. While injuries are an inherent risk of participating in any athletic event and cannot be completely avoided; we as coaches do all we can to teach our players proper techniques for safe blocking and tackling. Members of our coaching staff have completed the High School Heads Up Football Coach Certification from USA Football. We also are very limited in the amount of live tackling that we do during practice - instead practicing those skills by using foam dummies, our tackling wheels, or our blocking sled.

As far as future communication is concerned, **I send out a weekly News and Notes document via EMAIL.** Another way you can stay up to date with our football program is by following us on Twitter: @SLHS_FB and Facebook: Shoreland Lutheran High School Football.

If you ever have questions about anything football or Shoreland related, please don't hesitate to contact me. You can find my personal contact information on the business card enclosed in this mailing.

Yours in Christ,

Jason Hagedorn, Head Coach
Shoreland Lutheran High School Football