



## Frequently Asked Questions & Answers For Incoming 9th Grade Football Players

### **When is fall football registration and how do I register?**

All student-athletes at Lakeville South are required to register ONLINE. Registration for Fall Sports will open around July 1st each year. \*\* When the registration links are live, we will send out a mass email to everybody in our database to announce that the Athletics Office is open for registration.

Every student-athlete is required to have an up to date sports physical on file. Online registration will not be available to you if the physical is not up to date. Your physical is good for three years before it needs to be updated again.

If a student qualifies for FREE & REDUCED LUNCH, the registration fee is reduced or waived. The player must still register online, but the fee will show up as an adjusted amount. The biggest confusion with free/reduced lunch comes after you hit the "Submit" button. You are not done with registration until you go to the "Checkout" (located at the top of the page) and complete that process.

The Lakeville South Main Office has a computer available for your use if you do not have access to one. The Main Office hours are 7:00am-3:00pm.

Note: Players will NOT be allowed to participate in practice if they have not been properly registered and cleared for participation. Players who are not cleared, but who intend to play football, are still required to attend and observe practice until the player is cleared.

### **Is there a specific form that I need to use for my physical exam?**

YES. The MSHSL has a specific form that your doctor must complete for participation in high school sports. Some doctor offices have these forms on file, but it is strongly advised that you take the proper paperwork with you to your physical exam. If you do not have the correct form completed and signed by the doctor, you will not be cleared for participation.

Every year we have players who are delayed in starting practices because of improper physical exam paperwork. There are no substitutes for the proper paperwork. Many offices will "redo" paperwork, but require a 2-3 day allowance to complete a different form. Therefore, please make sure the proper form gets used. You can find the form in three places: the LSHS Main Office, the MSHSL website (listed below), and the Lakeville South Football website.

Minnesota State High School League website: [www.mshsl.org](http://www.mshsl.org)

Lakeville South Football Website: [www.Lakevillesouthfootball.org](http://www.Lakevillesouthfootball.org)

### **When do practices start?**

All practices for grades 9-12 start on the same day. Please refer to the CALENDAR on the Lakeville South Football website ([Lakevillesouthfootball.org](http://Lakevillesouthfootball.org)) for the latest information including practice dates and times. A specific calendar will be available at the May 6th Parent Meeting at LSHS in the Performing Arts Center at 7:00 pm. There will also be a fall parent meeting near the first day of practice (details will be sent out later).

NOTE: Football for all grades starts PRIOR to the beginning of the school year.

### **Where do I report for the start of practices?**

9<sup>th</sup> Graders should report to the LAKEVILLE SOUTH WEIGHT ROOM where the 9<sup>th</sup> grade coaching staff will meet them to start the season.

### **Contact Information for the 9<sup>th</sup> Grade coaching staff:**

Questions prior to August 1 that are not addressed on the website or in this FAQ document should be directed to Coach Krebs (Head Varsity Coach) at: [tyler.krebs@isd194.org](mailto:tyler.krebs@isd194.org) or Jon Gilmer (Head 9<sup>th</sup> Grade Coach) at [jonathan.gilmer@isd194.org](mailto:jonathan.gilmer@isd194.org)

### **What equipment do I need to purchase?**

Football players are required to purchase very little equipment. Cougar Football has all required protective equipment with the exception of cleats and mouth guards. We do have a large number of “hand-me-down” cleats from previous years that players can choose from if they do not have cleats – but there is no guarantee that we will have the correct size. We also have some mouth guards available, but most players buy their own.

There are a few pieces of equipment that most players purchase on their own:

- 5-pad sewn in protective girdle. We will make these available online at [Lakevillesouthfootball.org](http://Lakevillesouthfootball.org) through our “apparel” link. They can also be purchased locally at various stores.
- Protective cup or “nut cup”. These are NOT provided, nor are they required. Individual use is up to player/parent discretion.
- Gloves. We do not provide gloves, nor are they mandatory. Gloves must be within the Cougar Football Dress Code (found at [Lakevillesouthfootball.org](http://Lakevillesouthfootball.org)) You can never go wrong with black.
- Mouth guards. We provide basic mouth guards to all players who need one. However, some players may choose a higher level brand (i.e. Shock Doctor) and/or have a mouth guard created by one’s dentist. This is your option. Players must have a mouth guard to participate in any contact situation. Some dentists and orthodontists also provide free fitted mouth guards.
- Padded under shirts – including those that incorporate greater shoulder and/or rib protection. Some players may choose to wear this under their equipment.

### **There are some pieces of equipment that you should NOT purchase:**

- Visors. These are only allowed with a written note from your doctor that it is required for a medical reason. In this event, only a clear visor can be worn.
- Wristbands – especially the tiny ones meant to accentuate one’s biceps. These are NOT legal in high school football.
- Neon colored anything – including pink. We require players to look as uniform as possible, so bright colored shoes, gloves, socks, etc are not permitted.
- Additional padding without clearing it with a coach. For example, shin guards would not be allowed, nor certain elbow pads. If there is a question, please check with a coach before spending money on a pad that may not be legal equipment.

## **Summer Camps:**

All of our summer opportunities are strongly encouraged but they are not mandatory. They are offered as opportunities to make our players better athletes, better football players, and to get a jump start on our offensive and defensive schemes. Players who attend camp enter the season with a great foundation of being prepared for the season.

We have two opportunities that are strongly recommended:

**Lakeville South Summer Strength/Speed Program:** This is a camp that features strength training and speed/agility development. This summer program is run by a variety of LSHS coaches including many from the football program. This program involves weight training, agility & plyometric training, and speed development. Registration for this camp is run through District 194 Fee Pay. We will email out registration links once they are available. This camp runs Monday-Thursday during the summer until the start of fall sports with no sessions during the MSHSL “no contact” week that includes the 4<sup>th</sup> of July. All campers receive a T-shirt. It is open to athletes in all sports. You can register online here: <https://lakevillesouthstrength.com/>

**Cougar Football Camp:** This is THE summer camp for Lakeville South Football Players in grades 9-12. This camp includes 11 sessions throughout the summer. These are conducted with all 9-12th graders together wearing only helmets and shoulder pads. These are strictly non-contact with an emphasis on football skills. They are 3 hours in length and give all players an introduction to fall practice. They are conducted just as a fall practice will be conducted. Skill development and specific Lakeville South schemes are once again introduced. All campers receive T-shirt.

Costs & Registration: You can register online here: <http://assn.la/Reg/?r=1:240981>

Note: These camps are highly encouraged but not mandatory. We believe that those who attend camps will enter the season with a greater understanding of our football fundamentals and systems. There are outside football camps and clinics available throughout the summer. You are welcome to contact Coach Krebs to get his opinion about any outside football opportunities.

## **How do we get added to the email distribution list?**

If you are not receiving informational emails, email Coach Krebs at [tyler.krebs@isd194.org](mailto:tyler.krebs@isd194.org) or Sara Rasmussen at [sara.rasmussen@rbc.com](mailto:sara.rasmussen@rbc.com) and ask to be added to the distribution list. You can also go to [lakevillesouthfootball.org](http://lakevillesouthfootball.org) and register by clicking “Create an Account” in the upper left corner.

## **Where do I get the latest updates and information for Lakeville South Football?**

Almost all information is communicated first via the Lakeville South Football website: [Lakevillesouthfootball.org](http://Lakevillesouthfootball.org) and then sent via email using our distribution list.

PLEASE refer to your emails and the website before emailing Coach Krebs about a question. Most answers can be found within seconds of examining this FAQ document, our website, or emails that have been previously sent. If the answer to your question is still not there, email Coach Krebs at [tyler.krebs@isd194.org](mailto:tyler.krebs@isd194.org)

### **Is it OK for my player to miss practices for vacation?**

Each year this is a tricky subject. The football season starts during the “summer vacation” period and flows through two other school holidays – Labor Day Weekend and MEA Weekend. For incoming 9th graders, we realize that vacations over one of these times may be unavoidable by the time you learn about the high school football schedule. Therefore, we ask that you communicate any vacation conflicts immediately with the 9th grade coaching staff. For 9th graders, these will be “excused” absences, but it is the expectation that there will be a common understanding between the football program, player, and parents involved, as outlined below:

First, the missing of practices and games by any player will have a detrimental effect to the player’s status on the depth chart, and in turn, one’s playing time. Players and parents must be committed to regaining any on-field playing time through hard work in practice, and there must be a realization that one week of hard work upon returning will not result in one resuming a previously established role. While a player is on vacation, teammates are practicing to improve and build chemistry as a team, and playing time will reflect the roles established in practice.

Second, this tolerance of vacations is NOT extended beyond one’s 9th Grade year. Thus, those who have been in the program for a year (players entering grades 10-12) are expected to make accommodations in their vacation plans and summer schedule to be in attendance at all practices and games from the start of the season through the final varsity game. NOTE: While each summer schedule varies, there are two weeks each year when there will be no football activities. These weeks are the MSHSL “no contact week” that includes the 4th of July AND the week(s) in August prior to the official start date of football practice.

### **How are positions and playing time assigned?**

The coaching staff will ultimately make the designation for position and playing time assignments. Traditionally, players are given the opportunity to select the position of their choosing the first day or two of practice as coaches evaluate team personnel. From this point coaches will move players to meet team needs and develop a depth chart according to ability and development within the program’s schemes.

Positions and playing time are not topics for discussion via email or meeting in person. Players can always meet with coaches to determine areas of improvement that could lead to an increase in playing time or a change of position, but this will not be a topic discussed between parents and coaches. In addition, previous playing experience and/or depth chart perception is NOT necessarily relevant to participation on the 9th grade team. A driving force in our program is competition to earn playing time, and players will be encouraged and coached to compete every week.

### **What is 9A and 9B designations for games?**

We want all of our 9th graders to gain experience playing in football games. This will vary depending upon each player’s role, as well as week to week while facing different game situations. In order to try to accomplish this goal, we work hard to schedule as many “B” games as possible. Each year the initial scheduling goal is to play a minimum of eight 9A games and six 9B games. Please keep in mind that the number of 9B games will be based on the availability of players to participate and this may fluctuate between opponents from week to week. We have ONE 9th grade team. We do not split up into separate “A” and “B” 9th grade teams. The 9th grade team may, however, split up during a team time period and work with different units in practice. The 9A game is the “first team” game featuring the players at the top of the depth chart entering a given game. Playing time is NOT Equal. Therefore, it is entirely possible for a player to not see on-field time during the 9A game.

In the 9B games, players who are determined not to have played enough significant minutes in the 9A game will play in the 9B game. Again, playing time may not be equal, but all players who attend a 9B game (given that they are in good standing with the team) will play in the 9B game. Thus, at the end of a given week, our goal is for all 9<sup>th</sup> grade players will have seen the field in either the 9A or the 9B game. We believe that this will allow for the continued development of all players to work towards improving the Lakeville South Football program.

### **What is the Lakeville South Touchdown Club and How do I get involved?**

The Lakeville South Lighting Touchdown Club is the booster club that supports Lakeville South High School Football, and in some circumstances, programs that feed into Lakeville South High School Football. The primary function of the Lakeville South Lighting Touchdown Club is to support support the building and maintenance of a high functioning high school football program. This of course involves the raising of money. Your membership in the Lakeville South Lighting Touchdown Club is automatic once your child joins the program. There will be volunteer opportunities for all members of our program. Volunteering on behalf of the Lakeville South Lighting Touchdown Club does not have a reciprocal effect with a player's playing time or role on the team. While the football program recognizes the crucial role that an effective booster club can have on our success, involvement will not be in exchange for playing time, position selection, or any other undue influence on coaching and/or staff decisions.

Please learn more about the Lakeville South Cougar Touchdown Club by visiting our website: [Lakevillesouthfootball.org](http://Lakevillesouthfootball.org)

All 9th Grade Player Families will be expect to Volunteer at two events. These involve time only - no financial contribution. Example volunteer opportunities include being a driver in the fall card fundraiser, working during the kickoff bash in August, etc. More information on opportunities will be made available via email and at the parent meeting at the beginning of fall practice.

### **Is Lakeville South Football doing anything to address concerns surrounding concussions?**

Yes. First, we follow all of the concussion protocols as mandated by state and federal rules. This includes removing any player from participate if symptoms of a concussion are present until he is CLEARED BY A DOCTOR to return to play. When in doubt, we play it safe. We have a Certified Athletic Trainer at all of our football events – practices and games. At the 9<sup>th</sup> grade level, the LSHS ATC is at all home games, and our opponent is responsible for providing an ATC at away events. In addition to following safety protocols, we have a couple of additional steps to help with concussion prevention and diagnosis. First, we have all players go through the Baseline testing. This is a test taken on a computer screen that measures healthy/normal brain activity of an individual. It is this test that an athlete who has possibly sustained a concussion will take again, and the results compared with the original by a doctor who specializes in neurological health.

Next, our program has made a commitment to buy the best helmets available. All of our helmets received the 5-star rating for safety. We also have a Schutt helmet specialist come to check each players helmet prior to contact. He checks each helmet for fit and to ensure that all padding is adequate and up to date. It is CRITICAL that parents and players not adjust helmets on their own – especially during the first week of practice when the helmets always feel too tight as players have not worn a helmet for the previous 9 months.

### **Can a 9<sup>th</sup> grader try-out for the JV/Varsity team?**

A 9<sup>th</sup> Grader cannot “try-out” to make the varsity team. At any point in the summer before or the season, the LSHS coaching staff may determine that a varsity or JV need may require a player to be pulled up from the 9<sup>th</sup> grade team. This is then communicated to the player, parents, and the 9<sup>th</sup> grade coaches. This has happened very rarely in our program’s history.

All 9<sup>th</sup> grader should plan on starting and playing the whole season with the 9<sup>th</sup> grade team. It is better for a player to play and help his team be successful than it is to be “pulled up” and only receive limited playing time.

When the 9<sup>th</sup> grade season is over, we might ask a small number of 9<sup>th</sup> and 10<sup>th</sup> graders to join our team for the playoffs. This will be communicated to the players and parents at the end of the 9<sup>th</sup> grade season.

### **What is the try-out criteria and how many players make the team/are cut?**

We do not cut at any level of Lakeville South High School Football. Because we have multiple levels of participation, a student-athlete will never have to worry about being “cut” and not allowed to play. All students who want to play football will be allowed to play football at Lakeville South High School provided that he is in good standing with the program (attendance, behavior, and academics). It is important to remember that playing time is NOT EQUAL at any level of Cougar Football.

Note: There are attendance requirements that include a limited number of excused and unexcused absences. Players at any level may be dismissed from the program if they violate the absence policy with too many absences. This, however, is not being “cut”.

### **What if my son hasn’t played football before or hasn’t played for several years?**

Again, football at Lakeville South is a non-cut sport. We need as many players as possible to fill all of our teams and create competition and depth at every position. Football is different from hockey or basketball where specific skills (skating, shooting, etc.) are required. We have had players come out for football for their first time as juniors and seniors who were great players. Football also has a position for athletes of all sizes. It’s the ultimate team sport.

We are looking forward to having your son join our football team this summer and fall. Please let us know if you have any questions.

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