

Saint Viator Football 2010

Together We Can

Character Dedication Hard Work
Philippians 4:13

Faith Statement

“Everyone Brings Something to the Table”

Romans 12:4-6

“For just as we have many members in one body and all the members do not have the same function, so we, who are many, are one body in Christ, and individually members one of another. Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly...”

As a team we all have different gifts. Each player has a unique ability that nobody else has. If you are a scout team quarterback, be the best scout team QB you can possibly be.

If you are a wing on the field goal team, then block your heart out! No job is too small or not important. From the first player to the last, you all have the ability to help the team succeed!

“You Must Truly Believe”

Matthew 7:20

“If you have faith of a mustard seed you shall say to this mountain, ‘Move from here to there,’ and it shall move, and nothing shall be impossible to you.”

You must have ultimate faith in what you are doing and trying to accomplish. That faith must be in your team and in yourself. Through hard work and faith anything can be accomplished. Don't let doubters and cynics wavier your faith. There are always going to be people that tell you that your vision can't be reached for various reasons. Always believe and work toward your vision and great things are going to happen.

TO PLAY HERE

1. COMMIT TO WORK HARD

Accept it, you develop good habits in practice. Make it a habit. Don't settle for being average.

2. COMMIT TO BECOMING A SMARTER PLAYER

Understand the game, think quickly on your feet, make good decisions. Have poise under pressure.

3. PUT THE TEAM BEFORE YOURSELF

Give to other people, selfish teams self-destruct, understand you need each other.

4. HAVE A WINNING ATTITUDE

Believe in yourself, don't let the fear of failure hold you back. Play with confidence. Avoid dwelling on mistakes

5. DON'T HAVE EXCUSES

TO STAY HERE

1. BE RESPONSIBLE

Get your education! Be on time, be at all practices and meetings, and plan ahead. Mature people are responsible people. Be responsible for your performance.

2. BE RESPECTFUL

To your teammates and staff. Moody people are rude and disrespectful. Your actions are reflections on all of us. Treat other people the way you want to be treated.

3. BE HONEST

Can I trust you? Can the other coaches and your teammates? Always tell the truth. Do you know right from wrong? Do the right thing.

4. BE LOYAL

Never talk about your teammates behind their backs; backstabbing will kill us. Keep team problems and issues within the team. Be willing to confront issues.

5. UNDERSTAND YOUR ROLE

Understand your role on the team and how you can help the team in whatever capacity that may be.

TO BE SUCCESSFUL HERE

1. BE COACHABLE AND COMMUNICATE WITH YOUR COACHES AND TEAMMATES

Accept criticism; don't take it personally. Commit to the philosophy. Follow instructions. Execute the plays. Talk to your coaches, not about them. Communication takes two people. Learn to separate-person/ student/ athlete.

2. HAVE GREAT LEADERS, EAGER FOLLOWERS, AND ROLE PLAYERS

Lead by example all the time. Do what is best for the team. Give to other people. You must give in order to receive. Respect and respond to your leaders. Everyone will have a role.... accept yours.

3. INFLUENCE YOUR OPPONENT

BE the team in control.

4. BE CONSISTENTLY MOTIVATED

Be a good practice player; keep your focus and concentration. Be mentally ready for each practice and game.

Parents

Types of Parents

- Through: Live vicariously through their kids; their ego is connected to kids; and their goals are their kid's goal. (We play or have been involved in football for 5 years.)
- For: Don't want kids to experience unhappiness; enabler; think they have perfect kids, lie for their kids. (He has never lied to me)
- With: Healthiest relationship; very positive; have fun; have realistic expectations; not involved to the point that it consumes their life.

Expectations of Parents from Kids

(Information from the J. Kyle Braid Leadership Foundation)

1. Show some love
 - a. Attend contest
 - b. Try to schedule around your child
 - c. Washing uniforms
 - d. A note in the lunch "good luck"
2. Don't live through your child
3. Don't be a coach
 - a. Don't pressure
 - b. Don't make adjustments
 - c. Don't out step your boundaries of what you know
4. Don't second guess
5. Get athlete to games/practice on time
6. Control emotions
7. Don't embarrass child during competition

Coaching Staff

Coach	E-Mail	Cell
Varsity/Sophomore		
Chris Kirkpatrick	ckirkpatrick@saintviator.com	847-630-6670
Bob Moynihan		
Joe Brinkman		
Bill Murmann		
Jeff Kramarczyk Jr.		
Dave Daniels		
Mike Cortese		
John Ferlito		
Fr. Dan Hall, CSV		
Nick Roto	nickroto@yahoo.com	847-875-6251
Brian Hare		
Dan O'Donnell		
Freshman		
Paul Waszak	pwaszak@saintviator.com	630-484-5047
Chris Pacini		
Chris Carter		
Mike Cukerski		
Michael Pischak		
Mike Tubridy		

Varsity/Soph	Position	Freshman	Position
Chris Kirkpatrick	VHC/OL	Paul Waszak	HC/DC/OL/Cats
Bob Moynihan	VAHC/VDC/Cats	Mike Tubridy	RB/FS
Joe Brinkman	VOC/QB	Michael Pischak	DL/Y
Bill Murmann	DL	Chris Pacini	OC/QB/M
Dave Daniels	RB	Mike Cukerski	RB/Dogs
Mike Cortese	WR	Chris Carter	WR/Corners
Jeff Kramarczyk Jr.	Dogs		
John Ferlito	Corners		
Nick Roto	SHC/SOC/Y		
Brian Hare	SDC/M		
Dan O'Donnell	Safetys		

Schedules can be found on our website at : www.saintviator.com

Game films and highlights can be found at
www.dsvsites.com/saintviator

Varsity In-Season Typical Practice Week

Sophomores will start practice at 3:45pm and end at 6:30pm. They will not have any morning things during the weekdays and they will stay after practice until 7:15pm on Tuesday. They will practice on Saturday starting at 8am.

Monday: (Helmets only) Condition and watch tape

6:30am: Group 1 lifts

3:20pm: Practice begins

6:00pm: Practice ends

Tuesday: (Full pads)

6:30am: Group 2 lifts

3:20pm: Practice begins

6:15pm: Practice ends

Wednesday: (Full pads)

6:30am: Team film

3:20: Practice begins

6:15: Practice ends

Thursday: (Full pads)

6:30am: Character training

7am: Leadership council will meet and discuss how the team is feeling mentally, physically, the upcoming game, and who will speak after practice.

3:20: Practice begins

5:30: Practice ends

6pm: Team dinner

Friday:

Game Day

Saturday: (Shorts and T's)

8:00am: Practice begins (Group 2 lifts and Group 1 stretches and lifts)

8:30am: Switch groups

9am: Team film

10:15am: Practice ends

Leadership council will meet and review the game, introduce goals for the week, and have an open discussion until 10:45am.

Sunday:

Off

Team Rules

1. Be a team player at all times.
2. Be a good person and treat others with respect at all times.
3. One unexcused absence from practice, during a week will result in a player choosing one of the following options: (1) 6:15am conditioning to be scheduled with the head coach, (2) A starter not starting the game during the week practice was missed, or (3) A non-starter sitting out the first half from the game practice was missed. Two unexcused absences during one week will result in an automatic game suspension. Repeated unexcused absences may result in dismissal from the team. {If a player has a question about what is excused or unexcused, he should ask the head coach.} If a player has three or more excused absences during a week than that player will not start the week practices were missed. {Athletes who miss for academic help after school will not be penalized.} **The head coach will determine what constitutes excused/unexcused absences.** Examples of unexcused absences: Fashion show fittings, sporting events, going home to do homework, doctor's appointments unless scheduled for injury, college visits and anything else deemed unexcused by the head coach. If the athlete is sick and unable to attend practice on a **non-school** day, the athlete must notify the coach prior to practice. If notification is not provided, the absence will be considered unexcused. **{{(847) 392-4050 ext. 296}}**

Note: The rules for absences apply only to varsity athletes. Lower level athletes who miss practice will be dealt with on an individual basis.

- 3b. One unexcused absence in a week, **for a Freshman level player**, will result in that player being required to stay after practice in conditioning club. Two unexcused absences in a week will result in that player being suspended for that game. **(This includes Saturday practices.)** If a player has three or more excused absences in a week that player will not start the week practices are missed. Examples of unexcused absences: fashion show fitting, sporting events, going home to do homework, doctor's appointments unless scheduled for injury, and anything else deemed such by the head coach.
4. All players are required to be signed out by an adult in order not to ride the bus home from road games. All varsity athletes will ride the bus to and from home games. Players are not permitted to drive or ride home with non-adults.
5. Be on time. During a school day practice begins at 3:30 for special team players and 4:00 for all other players. Players are also expected to be on time for bus transportation to and from games. If an athlete is late for scheduled activities, the whole team will be required to condition.

{Detentions are not excused tardies.} Any tardy after 30 minutes will be considered an unexcused absence.

I have read and understand the football manual for St. Viator football and agree to uphold the rules and regulations set forth in it. I agree to always be a positive representative of my family, St. Viator High School, and myself.

Sign: _____

Date: _____

Saint Viator Football

Parental Responsibilities

1. Understand that the team comes first and help your son understand this concept.
2. Realize that your actions represent yourself, your son and Saint Viator High School.
3. Remember that the game is for your son; don't let your emotions get caught up in the game.
4. If problems arise, go through the proper channels to handle them.
5. Become familiar with the team rules.
6. Understand that the coaching staff has the best interest of your son in mind.
- 7. Understand that playing time and game philosophy will not be discussed.**
8. Know that if your son wants to play college football, the coaching staff will do everything humanly possible to try to help him.
9. Understand that your son is neither as good nor as bad as you may think.
10. Know that the coaching staff cares about your son.
11. Don't confuse Head Coach and Dean.

I have read and understand the football manual for Saint Viator football and agree to uphold the rules and regulations set forth in it. I agree to always be a positive representative of my family, Saint Viator High School, and myself.

Sign: _____

Print Name: _____

Date: _____