

The St. Louise Football Program in A Nutshell

Fact Sheet

- Three Teams
 - Varsity – 7th & 8th Grade
 - JV – 5th – 6th Grade
 - Gold Team (Developmental) – 3rd & 4th Grade
- Practice
 - Heat Acclimation Week—the week before camp: 6:00-7:30 p.m.
 - Camp – 5 days plus a scrimmage on Saturday (Practices 9:00 a.m. – 11:15 a.m. and 6:00 p.m. – 8:15 p.m.)
 - 2nd week – 5 days (6:00 p.m. – 8:15 p.m.) and perhaps a scrimmage on Saturday
 - During the Season – Tuesday, Wednesday, Thursday (6:00 p.m. – Dark) and for one hour, fifteen minutes on Saturday morning
- Equipment Needed:
 - Football shoes and undergarments;
 - St. Louise supplies everything else and equipment is top-shelf
 - Physical and Permission Forms, completed and returned to Holly Petraglia
- Cost:
 - No fee to play
 - Parents volunteering to help run the program
 - Participate in Men's Fish Fry.
- Coaching Staff
 - A wealth of experience on all levels
 - Heads Up Football certified
 - C.C.E.: Continuing Coaching Education
- Games
 - Generally played on Sunday afternoon with three games being played followed by a tailgate at our home games

- Practice Set-Up
 - Warm Up – everyone together
 - Individual period divided by position and all boys work together
 - Group period – generally divided by position and sometimes by grade level also
 - Team period – divided by grade level
 - Conditioning – everyone together
 - Contact drills – We only match-up players by grade, age, size, and ability in individual, group, and team play (sometimes younger kids hold dummies against older boys but that is a non-contact drill)

- Number of Games
 - Depends upon number of teams in the league but most likely 7-8 games plus play-offs.

- Positioning:
 - Try to put boys in a position where they will have the most chance to succeed and the least chance to fail while trying to accommodate their desires. In the final analysis, it's the coaches' decision to make.

- Experience Required – None

- Plays and Assignments – Offense and Defense
 - Playbook distributed
 - All teaching is done on the field and at times through film sessions and blackboard sessions
 - Parents can assist in helping your sons learn their plays – great bonding time (have them teach you the play and you can teach them the concepts)

- Attendance
 - Very lenient for the younger boys with more accountability and stricter attendance requirements for the older boys
 - Need to communicate with the coach if a boy will miss practice, and of all injuries requiring them to miss practice.

- Communication
 - Via e-mail plus game hand-outs

- Vacations
 - We accommodate vacation plans and boys can still play if they miss camp or practices because of vacation.

- Playing Time
 - Developmental – Equal
 - JV & Varsity – Depending upon merit, game score, size, and physicality of player, etc. However, everyone will play if only on special teams for certain games. Occasionally, we do miss someone, but it is completely inadvertent.

- Weight Limits
 - J.V.
 - 135 pounds: Running backs, receivers, linebackers, defensive backs and defensive ends
 - 190 pounds: Linemen

 - Varsity
 - 147 pounds: Running backs, receivers, linebackers, defensive backs and defensive ends
 - Unlimited: Linemen