SA WILDCATS WELCOME LETTER 2015

INTRODUCTION

We are happy to welcome all players, cheerleaders, and parents to the San Antonio Wildcats Youth Football/Cheer Organization. We are hopeful that this will be the most exciting and rewarding football season you’ve ever experienced. Our goal is to develop well-rounded young men and women who learn not only the fundamentals of football and cheer, but also the importance of education and teamwork, in an atmosphere conducive to developing a sound mind, body, and character while having a good time along the way. We practice the ideals of sportsmanship, scholarship, discipline, and physical fitness. Our program stresses learning lessons of value far beyond the playing days, such as self-discipline, teamwork, concentration, friendship, leadership, and good sportsmanship. We will do our very best to ensure that each player is utilized to his utmost potential and their talents are used for the team’s best advantage. The team comes before individuals. Safety is our top concern. Many of the exercises, drills, and team rules are there to ensure your child is physically and mentally fit for football. Each child is unique and will develop at his own pace. We will exercise their bodies and minds in an effort to develop the skills needed to execute the game of football.

PRACTICES

Practice starts Monday, July 20, Monday thru Friday from 6:30pm-8:30pm. Once school starts practice will be on Monday, Tuesday and Thursday from 6:00pm-8:00pm. Practice will consist of drills where new skills are learned, problem areas corrected, positions are assigned, formations reviewed, team building, and new plays are taught. Your child will be at a disadvantage by not making practice on time and regularly. Practice will be held at The National Shooting Complex, 7504 Gass Rd. It is mandatory that at least one parent/legal guardian be present at all times at practices, games, and team events in the event of an emergency.

HOME CONDITIONING

Proper nutrition and hydration is very important to a young football player. Players need to drink as much water as possible everyday; at least four to six glasses. Heat stroke is always a danger, despite cooler weather during the fall, so it is very important to stay hydrated at all times. Please remember the golden rule, “hydration happens before and after practice, during practice water helps cool the athlete down”. Players need a high-carbohydrate diet, with plenty of fruits and vegetables and few fats and sugars. We will not be teaching any form of weight lifting other than standard calisthenics like pushups and sit-ups. If your child wishes to lift weights during the off season he is encouraged to do so; provided he obtains a doctor’s permission and has his workout designed by a specialist in youth fitness. Improper weight lifting can cause irreparable damage to young joints and bones. We will be discussing proper nutrition and fitness throughout the season in our nightly ‘Chalk Talks’, but we will not at any time be engaging in weight lifting.

CHALK TALKS

Chalk talks are a five to ten-minute period near the end of every practice where the coaches will teach or discuss a wide variety of topics with the players. Sometimes we’ll discuss athletic role models. Sometimes we will discuss nutrition and fitness. Chalk talks are an important part of playing football. They give the coaches a chance to teach concepts that may otherwise be left out of a regular practice due to time constraints or other reasons. Practice is not over until the Chalk Talk ends.

TEAM RULES

- Keep up with your schoolwork. Poor grades in school and not completing homework will result in disciplinary actions by the coaches.
- If you don’t practice, you don’t play. All excused absences must be coordinated with the coaches. If you don’t make an effort to attend practices, we as coaches will not play your child.
- We do not have a minimum play rule.
- What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions. With the high quality of kids we have, this is not expected to be a problem.
- Respect other players. Remember your teammates are working with you, not against you. Any unnecessary aggression or violence towards another player will result in disciplinary actions. This also goes for our opponents. Without them, there would be no football game, so treat them with respect.
- Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.
- Wear your mouthpiece when required and keep a spare. On game day, if a player draws a safety penalty for not having a mouthpiece in, he will sit out the remainder of that quarter.
- Come to practice prepared to work and play.
- Learn the rules of the game. Remember especially the safety rules. Players who draw flags for unsportsmanlike conduct, clipping, late hits, or other serious safety violations will be removed and talked to as this is not tolerated.
- Know the name of each position.
- Arrive on time for practices and games. 6:00pm means you are on the field and in position at 6:00pm, so that you must be a few minutes early. A 6:00 pm practice begins at 5:55pm.

PARENTS

Parents are as important to the success of the team as the players. Coaches and parents must work together. Please keep the coaches informed about the problems that may be going on with your child. If the child has been sick, taking medication, any allergic reactions, or going through some emotional trauma please make sure the coaches are made aware of the problem as soon as possible. Parents and coaches must communicate with mutual respect.

- We strictly enforce the 24 HOUR RULE: During game day if as a parent you feel the need to talk to a coach about playing time or situations concerning your athlete, please wait 24 hours to contact the coach. Coaches need time to wind down and deal with situations. If as a parent you feel the issue is urgent please contact our Football Director on site or at Football@SAWildcats.net.

Parents and coaches reserve the right to postpone conversations that are getting out of hand. Heated discussions have no place in front of the players. Although many parents have coaching experience, and may have played on a higher level then the current coaches on the team, the coaches must ask that you refrain from coaching your kids at home. These kids are being taught to play as a team; each player is performing a set of function that his teammates can rely on. A player who abandons his teammates to do something his parents coached him to do is letting down his team, his coaches, and himself. At best he may open up the door for the opponent to win the game, at worst he may cause himself or a teammate to be injured.
COACHES

We can only do our best. We view coaching as an awesome responsibility. Your coaches will:

• Get the players in shape
• Understand each player’s potential
• Work on individual skills for each position
• Work on team execution of plays
• Motivate, communicate, and lead
• Perform the “behind the scenes work” that will give the players the maximum chance of success; like researching our opponents
• Teach the players the skills they need to play football safely

Coaches must have the freedom to develop three things in their athletes: pride, poise, and self-confidence. We use the following steps to instruct the game of football.

• Explain what is required
• Demonstrate the technique
• Have the player perform the technique
• Explain the consequences of not performing the technique properly
• If necessary, execute the consequences

REWARDS

Rewards can come in two forms: verbal and material. Many of the rewards a player receives are positive reinforcement from coaches and parents. Often the coaches will not require individuals to run sprints at the end of practices if the players have showed some exceptional behavior. However, the best reward is always a smile and a pat on the back by a parent. Game captains will be used to honor our hardest workers. A game captain has shown, through considerable effort that week that deserves the honor of representing our team to the officials. Typically game captains will be drawn from the players who practice the hardest each week; we do like to use the offensive and defensive lineman, because it is their hard work and determination that will make a successful season.

DISCIPLINARY ACTIONS

Running is an everyday part of practice. On those few occasions when it is necessary to discipline a player for a minor infraction, like failing to pay attention, or talking while the coaches are talking, the player may be asked to run additional laps around the practice field, do pushups, or perform another exercise. Normally that will be the end of disciplinary action. A player will be asked to leave practices early for more severe incidents (i.e. fighting or profanity). Parents will be asked to remove their player from the practice location and if they have any questions they will need to talk to the head coach about the actions. The last resort is to use game suspensions. Coach will use each of these sparingly. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem.

If you have any concerns with the coaching staff, please follow the Wildcats Organization Chain of Command listed below.

1. Your Team Manager
2. Your Head Coach
3. Conflict Resolution/PR Director: Mike Hampton pr@sawildcats.net
4. Vice President: Richard Rodriguez vp@sawildcats.net
5. President: Dwayne Jung seniorvp@sawildcats.net

PLAYERS EQUIPMENT

Each tackle player is required to supply the following equipment in order to play football:

• Chin-Strap of choice
• Practice pants
• Practice jersey
• Cleats*
• Mouthpiece* *Flag required equipment

Football Registration Fees must be paid on or before (Friday, July 31, 2015)—Registration covers TYFA fee, game jersey, game pants and socks. **We do not guarantee a player a certain number for his jersey
If purchasing a helmet, it must be paid on July 24th to complete order

Registration Fees: $160 with own helmet (OPTIONAL) OR $200 without helmet (player will be issued Wildcat Helmet) CHEER TBD

Riddell Helmets may be purchased through the wildcats at: $90 (no air), $100 (no air), or $140 (with air--adjustable)

Tackle football Players without personal football equipment will be issued the following from the Wildcat Organization after the 10 hours conditioning period if full registration payment has been made.

• Helmet with face mask
• Shoulder pads

The football equipment issued by the Wildcat Organization must be returned at the last season’s game or parents will be billed for equipment replacement. Players keep one of the game jerseys and socks. There is a discount for a football player who has their own equipment. If a player chooses to use their own helmet, it must be painted identical to what the rest of the players are using.
PLAYER/CHEER/VOLUNTEER CERTIFICATION
All players, cheerleaders, and volunteers must be certified by TYFA, through an identity and age verification. Certification will take place Saturday August 22nd. The ORIGINAL birth certificate, not a photocopy, a copy of the final report card from the 2013-2014 school year, and a typed Youth Registration form is required. Please turn in birth certificates, report cards and a signed youth registration form to your team managers as soon as possible so that they may prepare all paperwork for certification day. Your original will be returned to you. If you do not have a birth certificate, a military or state issued ID card or passport are the only other forms of documentation accepted. If we do not have all of the required documentation at the time of certification, a $5 fee will be added to TYLA’s total certification cost per player/cheer and that cost will be the responsibility of the player/cheer parent. They will still be certified, but their certification card will not be issued until the missing documents are presented. Failure to present the documents prior to the first TYFA game of the season will result in that player/cheer being declared ineligible for the 2015 season.

PICTURE DAY
We will let you know as soon as possible when team pictures are scheduled.

GAME DAY
The 2015 football season will consist of 8 games (four regular season home games at the National Shooting Complex and four regular season away games) plus the playoffs. Games will be on Saturday’s. Entrance fees for non-players is up to $3. Game schedules will be emailed and posted on the San Antonio Wildcat website www.sawildcats.net or facebook page (San Antonio Wildcats Youth Sports Organization) as soon as it becomes available. **Each team will be assigned and responsible for running a home game concession duty. This includes concession set-up, coverage all day and breakdown.

2015 Fundraiser
Fundraising is needed to help cover snacks, field maintenance, equipment fees, and events. More details to come. The team who sells the most will be awarded at practice. The top 3 players who sell the most will be awarded prizes.

SNACKS
We purchase and prepare snacks before each game and distribute to all teams. Snacks consist of fruit, gatorade, and cookies/crackers.

SPONSORS
Players are encouraged to find sponsors for the organization. Any money collected will be used to purchase the following needed items: $400 water fee for football field, field spray paint, grass seed, 100 quart cooler, Helmet and pad disinfectant spray, hand sanitizer, team first aid kits, dry erase boards/markers, office supplies, homecoming decorations/gifts, crowns, sashes, end of year banquet. Sponsors may write a check or purchase needed items. Sponsor names/logos will be displayed on our webpage.

HOMECOMING
Traditionally, Wildcat players secretly vote for their team homecoming court. We have a potluck and party the evening after the game. Last year each player received a gift bag and the homecoming court was crowned. Donations are needed for food, decorations, and player gifts.

BANQUET
After the football season, we hold a banquet for the Wildcat players. Players are awarded trophies, and the football season is celebrated.

Important Dates
• July 20- first day of practice
• July 31- full registration fees due ($160 with own helmet/$200 tackle/$100 flag/ CHEER TBD)
• July 31 Equipment issue
• August 21- Fundraiser money due
• August 22- Certification at San Antonio Events Center (Time to be determined)
• August 24- first day of school
• Game schedule and times will be determined

WILDCATS TEXT MESSAGES: For important updates on practice/games/events
Send a text to (830) 715-4223 With the message @sawildcats

WILDCATS TEAM APP: for directions to games and team info- Download TEAM APP from store-then search for wildcats