

A Parent's Guide to Surviving This Freshman Football Season

“What you put in equals what you get out”

Hello and welcome to the Christopher Columbus Freshman Football Season. We are grateful and honored that you have allowed us to spend time with your son this season. This section will help parents not only survive but enjoy this football season.

Goals of the Program

Instill a hard working attitude
Set and achieve goals
Promote discipline
Refine mental toughness
Inspire sound nutritional sense

Encourage sportsmanship
Reap the rewards of consistent hard work
Demand physical Fitness
Require responsibility commitment

With such lofty goals, this season holds many potential benefits for your son. This potential comes at a significant sacrifice to you as parents, and your son as a student/athlete. Here are some of the things that you as parents can do to insure the success of your son this football season

Missing Practice

Ideally student/athletes should not miss practice during the season. Missing practice encourages injuries and negatively affects the athletes on the team. Even a few missing practices can have long lasting adverse effects on a season. In order to miss the absolute fewest practices possible please do the following:

- Schedule appointments so as not to interfere with practice schedules whenever possible
- Depart for trips after practice if possible.
- Don't allow your son to break his commitment for inadequate reasons (too tired, soreness, sleepy, etc.). Instead encourage him to attend practice.
- Allow your son time and encouragement to complete makeup workouts if he misses a practice

Getting Involved

At some point in your son's season he will reap the benefits of all the hours of grueling work. That moment will hold a great amount of joy for your son. Witnessing that moment will be a memory to be treasured by both of you. To help parents enjoy this season we welcome and encourage any parent to get involved with their son's athletic career to do so.

- Come practices and games. Some parents even run / jog while their son is practicing for personal fitness.
- Cheer your son during his games / practices (they love this).
- In short just be involved, hopefully you will see what your son loves about the sport.

Playing Time and Coaching Decisions

Student/athletes are not guaranteed anything in terms of playing time. The Freshmen Football Team at Christopher Columbus High school is a highly competitive team. There are athletes that will play significantly more than others in terms of games. Some student/athletes will be used on the football field in ways that were not anticipated. This is entirely due to the level of competition we are facing coupled with the assessment of the many years of combined coaching experience of our staff. While we appreciate and understand the frustration of some of our parents and student/athletes regarding but not limited to playing time, I request that those concerns be voiced to Coach Oses and not the assistant coaches, position coaches or the unit coaches themselves. I do however, encourage our student/athletes to inquire as to what aspect of their football abilities are in need of immediate focus as well as ways the player can improve his performance.

Weather

We practice during all types of weather (rain, snow, hail, sleet, and downpour). If there is lightening, we wait until the lightening passes before we practice. Alternatively, we can and often do lift weights instead of practices if the weather is not cooperating. Here are some tips regarding weather

- If it is raining / lightening outside of your house please have your son come to practice.
- If it is a severe rain / lightening storm outside of the house then please have your son come to practice
- If you see the arc float by then please have your son come to practice

Why?

Some of our greatest practices have come at the end of incredible lightening storms that seemed to never end. We know the great value in a shortened or alternative practice as opposed to no practice at all. We will always try and wait it out.

An exception is if there is a declared state of emergency (such as in a hurricane warning / watch and the like).

If a student/athlete is given the opportunity to take the path of least resistance, he likely will. If on the other hand, we encourage him and provide an environment where your son can reach his goals; there is no telling what level he can achieve.

If you have any questions, comments, or concerns please don't hesitate to let Coach Oses know

Welcome to our Freshmen Football team, and I hope you enjoy this season as much as I do. Should you have any questions, comments, or concerns please do not hesitate and contact Coach Oses.