

SOUTHERN REGIONAL MIDDLE SCHOOL FOOTBALL

2
0
1
6



EXPECT TO WIN

If you have any questions or concerns **AFTER READING** the provided information, please email jlistersrsd.net. Also, keep in mind that ALL dates and times are subject to change. Changes are communicated throughout the summer & season to your student-athlete. Follow @MrListerSRMS on Twitter for updates.

- **April 27th** - IMPORTANT PARENT MEETING with Coach Chuck Donohue for ALL PARENTS of interested 2016-2017 players. If you are permitting your son play football here at Southern next year or just considering it, please make an attempt to be at this meeting. The meeting is at 7PM in the 9/10 auditorium. Coach Donohue will be there to review information, address concerns, and answer any questions you may have. A Parents Association member will be present for anyone interested in getting involved in that aspect of the program.

COMMITMENT DEFINES CHARACTER.

2016

Southern Regional Middle School Football

Dear Parents and Players,

Philosophy:

- We are a feeder program that focuses on building a solid 8th grade unit that acquires the fundamentals skills and character traits associated with the game of football at Southern Regional that stays together and plays together from start to finish.
- ALL student-athletes are given the same focus and attention as they are the future of this program.
- Our ultimate aim is progressively assembling an 8th grade team that can transition from 8th grade to 9th grade successfully. This mentality is mirrored in the district's creation of freshmen, sophomore and junior varsity teams. Winning has never been and never will be our number one concern.
- **We are most concerned with teaching these student-athletes the game, the Southern Regional way. A way that does not measure success by wins and losses but by progress and character. We look to instill and reinforce a sense of responsibility and hunger, a hunger to be the best in everything they do, on and off the field.**

Playing Time:

- ALL 7th & 8th graders ARE PERMITTED to play in games.
- We place student-athletes in the positions they will experience the most success individually and for the team at the current time. We assess commitment, skill sets, maturity levels, AND current abilities in making this assessment. Student-athletes are positioned based on the needs of the team. Please note that a position played today could change tomorrow, and a position played this season could change next season based on the needs of the team.
- While ALL student-athletes, 7th and 8th, are provided the SAME thorough attention and coaching, not all student-athletes are created equally. The coaching staff never places a student-athlete on the field that has not YET exhibited the ability at practice to perform their duties, protect themselves, or protect their teammates.
- No student-athlete is guaranteed playing time.

Thankfully Yours,
The Southern Regional Middle School Coaching Staff

Those in search of weight regulated and/or guaranteed, competitive playing time might consider looking into **American Youth Football League**:

For more information, please visit <http://southernramsayf.org/index.html>

COMMITMENT DEFINES CHARACTER.

2016 IMPORTANT UPCOMING DATES

- **April 27th** - IMPORTANT PARENT MEETING with Coach Chuck Donohue for ALL PARENTS of interested 2016-2017 players. If you are permitting your son play football here at Southern next year or just considering it, please make an attempt to be at this meeting. The meeting is at 7PM in the 9/10 auditorium. Coach Donohue will be there to review information, hand out workout schedules, address concerns, and answer any questions you may have. A Parents Association meeting will follow for anyone interested in getting involved in the program.
- **May 6th** - PHYSICAL PAPERWORK AND PERMITS ARE DUE (**DO NOT FORGET TO PROVIDE A CURRENT EMAIL ADDRESS**) ON OR BEFORE THIS DATE TO THE MAIN OFFICE IF YOU PLAN ON RECEIVING A PHYSICAL FROM THE SCHOOL DOCTOR ON 5/24. Passes are distributed only to student-athletes that submitted properly completed paperwork on time. *Please note, you CANNOT participate in the summer program without an UP TO DATE PHYSICAL ON FILE WITH THE SCHOOL.
- **May 24th** - Physicals are provided for current 7th and incoming 7th graders who will play football. Incoming 7th graders MUST CALL and make an appointment with the Athletics Office at 609-597-9481 Ext.4262 **by May 6th**, the day forms are due. This will occur during the school day from 8AM to 12PM at the Middle School. **An UP TO DATE physical MUST be on file at the school in order to participate in the summer program.**
- **June 6th, 7th, & 8th** - Junior Ram YOUTH Football Camp -Camp is designed for ALL 3rd through incoming 8th graders playing or interested in football. The registration form and cost will be made available on <http://athletics.srsd.net/>. Forms and money should be mailed to the address indicated or submitted to the Athletics Office in the 11/12, care of Charles Donohue Jr.
- **JUNE 1st** - A record of a current PHYSICAL ON THE SOUTHERN ISSUED STATE FORM and an ATHLETIC PERMIT must be on file by this date WITH Middle School Athletics to participate in the SUMMER PROGRAM. Spots are limited.
- **June 28th - August 4th** - STRENGTH AND CONDITIONING PROGRAM - This program takes place throughout the summer. Players MUST have a CURRENT PHYSICAL ON THE SOUTHERN ISSUED STATE FORM AND AN ATHLETIC PERMIT filed with the school by June 1st to participate. ATTENDANCE IS IMPORTANT AND EXPECTED. A total of 12 opportunities are offered. Players are expected to attend and sign in for 10 of them. Player involvement and equipment handout is driven by this attendance. Therefore, any vacations, other sporting camps, employment, etc. should be either scheduled around conditioning or planned in an attempt to minimize player absences. Players with the most credits attained receive equipment first, 8th graders then 7th graders. If extra equipment is available, it will be awarded to those with lesser credits WHEN they have earned the expected credit total.
- **July 25th through August 5th** - The VARSITY COACH RUN CLINICS (TBA) for ALL Middle School Football players takes place on the ANTICIPATED dates noted below from 8AM to 10AM. **During these dates, football specific skills and information will be covered as a preview for our camp that begins August 15th.**
- **AUGUST 8th - September 1st** - **MANDATORY "HEAT ACCLIMATION" & "TRAINING CAMP"**, It is ABSOLUTELY NECESSARY that NO players miss these pivotal dates in August, as these are crucial to player safety and development. Players will ease themselves into the rigor of the sport, learn safety techniques, ALL base schemes, and basic program fundamentals needed as a foundation for the season. If ANY time is missed during these two weeks, your student-athlete will lose valuable educational time that he will struggle to attain any other way. It is advised that your student-athlete be present or choose another avenue.

COMMITMENT DEFINES CHARACTER.

May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 PHYSICAL PAPERWORK and PERMITS ARE DUE TO MAIN OFFICE
9	10	11 Parent meeting at 6:30PM in the 11/12 cafeteria	12	13
16	17	18	19	20
23	24 Physicals for current <u>7th grade</u> and incoming <u>6th grade players</u> that submitted properly completed paperwork on time	25	26	27
30	31			

COMMITMENT DEFINES CHARACTER.

June 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		1 LAST DAY TO SUBMIT UP TO DATE PHYSICAL AND ATHLETIC PERMIT Proof of UP TO DATE Physical and Permit MUST be filed with Middle School Athletics	2	3
6 Youth Football Camp 6pm-8PM Fields #6 & #7 (Registration Form available on http://athletics.srsd.net/)	7 Youth Football Camp 6pm-8PM Fields #6 & #7 (Registration Form available on http://athletics.srsd.net/)	8 Youth Football Camp 6pm-8PM Fields #6 & #7 (Registration available on http://athletics.srsd.net/)	9 Youth Football Camp Rain Date	10
13	14	15	16	17
20	21	22	23	24
27	28 CONDO 8AM – 10AM MS Practice Field	29	30 CONDO 8AM – 10AM MS Practice Field	

COMMITMENT DEFINES CHARACTER.

July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 CONDO 8AM – 10AM MS Practice Field	6	7 CONDO 8AM – 10AM MS Practice Field	8
11	12 CONDO 8AM – 10AM MS Practice Field	13	14 CONDO 8AM – 10AM MS Practice Field	15
18	19 CONDO 8AM – 10AM MS Practice Field	20	21 CONDO 8AM – 10AM MS Practice Field	22
25	26 CONDO 8AM – 10AM MS Practice Field	27	28 CONDO 8AM – 10AM MS Practice Field	29

During this week, our aim is to schedule a couple varsity-coach run clinics. They are great opportunities to get a sneak peek into what position players can anticipate. Dates and time may change and will be announced sometime during workouts. When we know, we will communicate with the players.

COMMITMENT DEFINES CHARACTER.

August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 CONDO 8AM – 10AM MS Practice Field	3	4 CONDO 8AM – 10AM MS Practice Field	5
<p>During this week, our aim is to schedule a couple varsity-coach run clinics. They are great opportunities to get a sneak peek into what position players can anticipate. Dates and time may change and will be announced sometime during workouts. When we know, we will communicate with the players.</p>				
8 HEAT ACCLIMATION CONDO 8AM – 12PM MS Practice Field EQUIPMENT HANDOUT PICK-UP BEHIND THE MS	9 HEAT ACCLIMATION CONDO 8AM – 10AM MS Practice Field Helmets Only	10	11 HEAT ACCLIMATION CONDO 8AM – 10AM MS Practice Field Mouthpieces & Uppers Only	12
<p>8/8 - Mandatory Attendance Begins</p>				
15 HEAT ACCLIMATION CONDO 8AM – 10AM MS Practice Field Uppers & Helmets Only	16 Full Gear PRACTICE 8AM – 9:30AM Defense 10AM – 11:30 Condo	17 Full Gear PRACTICE 8AM – 9:30AM Offense 10AM – 11:30 Condo	18 Full Gear PRACTICE 8AM – 9:30AM Defense 10AM – 11:30 Condo	19 Full Gear PRACTICE 8AM – 9:30AM Offense 10AM – 11:30 Condo
22 Full Gear PRACTICE 8AM – 9:30AM Offense 10AM – 11:30 Defense	23 Full Gear PRACTICE 8AM – 9:30AM Defense 10AM – 11:30 Offense	24 Full Gear PRACTICE 8AM – 9:30AM Offense 10AM – 11:30 Defense	25 Full Gear PRACTICE 8AM – 9:30AM Defense 10AM – 11:30 Offense	26 Full Gear PRACTICE 8AM – 9:30AM Offense 10AM – 11:30 Defense
29 Full Gear PRACTICE 8AM – 9:30AM Defense 10AM – 11:30 Offense	30 Full Gear PRACTICE 8AM – 9:30AM Offense 10AM – 11:30 Defense	31 Full Gear PRACTICE 8AM – 9:30AM Defense 10AM – 11:30 Offense		

COMMITMENT DEFINES CHARACTER.

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Teacher Orientation Full Gear PRACTICE 8AM – 9:30AM Offense 10AM – 11:30 Defense	2 OFF
5 LABOR DAY OFF	6 1 st DAY BACK FOR STUDENTS Practice Plans TBA	7 Practice Plans TBA	8 Anticipated Game Day	9 PRACTICE 2:15PM – 5PM
12 PRACTICE 2:15PM – 5PM	13 PRACTICE 2:15PM – 5PM	14 PRACTICE 2:15PM – 5PM	15 Anticipated Game Day	16 PRACTICE 2:15PM – 5PM
19 PRACTICE 2:15PM – 5PM	20 PRACTICE 2:15PM – 5PM	21 PRACTICE 2:15PM – 5PM	22 Anticipated Game Day	23 PRACTICE 2:15PM – 5PM
26 PRACTICE 2:15PM – 5PM	27 PRACTICE 2:15PM – 5PM	28 PRACTICE 2:15PM – 5PM	29 Anticipated Game Day	30 PRACTICE 2:15PM – 5PM

COMMITMENT DEFINES CHARACTER.

October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 PRACTICE 2:15PM – 5PM	4 PRACTICE 2:15PM – 5PM	5 PRACTICE 2:15PM – 5PM	6 Anticipated Game Day	7 PRACTICE 2:15PM – 5PM
10 PRACTICE 2:15PM – 5PM	11 PRACTICE 2:15PM – 5PM	12 PRACTICE 2:15PM – 5PM	13 Anticipated Game Day	14 PRACTICE 2:15PM – 5PM
17 PRACTICE 2:15PM – 5PM	18 PRACTICE 2:15PM – 5PM	19 PRACTICE 2:15PM – 5PM	20 Anticipated Game Day	21 PRACTICE 2:15PM – 5PM
24 PRACTICE 2:15PM – 5PM	25 PRACTICE 2:15PM – 5PM	26 PRACTICE 2:15PM – 5PM	27 Anticipated Game Day	28 PRACTICE 2:15PM – 5PM
31 PRACTICE 2:15PM – 5PM				

COMMITMENT DEFINES CHARACTER.

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 PRACTICE 2:15PM – 5PM	2 PRACTICE 2:15PM – 5PM	3 Anticipated Game Day Equipment Collection	4 Obligation Cards Turned into Office for missing Equipment
7	8	9	10	11
<div style="border: 1px solid black; padding: 5px;"> <p>This week, students are off for the NJEA Convention; however, in the past, we have had to make-up games during this week. Please be aware that we may hold practice and play a game this week.</p> </div>				
14	15	16	17	18
19	20	21	22	23
24	25	26	27	28
29	30			