



MOUNDS VIEW

MUSTANGS

FOOTBALL

Frequently Asked Questions and Answers for Rising 9th Grade Players

When is registration? How do I register?

All student athletes are required to register online. Registration with the school for Fall Sports will open on/after July 27th this year. When the school links go live, we will send out an email to announce registration is open. This registration is for the activity fee that goes to the school used for equipment, refs, field maintenance, coaches, busing, etc. **This does NOT include the Booster Club fee.**

Is there a specific form that I need to use for my physical exam?

YES. Your Dr will need to complete the MSHSL (Minnesota State High School League) form that is found on the MVHS website. Go to the Activities and Athletics page and click on the Registration tab, scroll to the bottom to find the form. You may also contact the Activities Office at MVHS for a copy of the form.

A copy of a sports qualifying physical exam is required prior to registration for all Athletic teams. If you plan to participate on one of these teams, please provide the Activities Office with a copy of your most recent physical exam. Please note that it takes a minimum of 24 hours from the time we receive the physical for it to upload into the online registration system. Physicals are valid for 3 years from the date of the exam. Parents can check the current status of their child's physical through their ParentVUE account by selecting the Student Info tab. The physical date is located at the bottom of the page.

Physicals may be sent to the Activities Office through any of the following options:

Email: cindy.mccallum@moundsviewschools.org

Fax: 651-621-7105

US Mail:

Mounds View Activities Office - Sports Physicals
1900 Lake Valentine Rd.
Arden Hills, MN 55112

When do practices start?

Preseason camp (start of the season) will begin on Monday August 17th and run for 2 weeks. Dates and times will be posted on the TeamSnap Calendar for the Freshmen Team.

Typically they run from 7 or 8am – 2pm during the first two weeks. The players pack a snack, plenty of water, lunch and stay the entire time.

Where do I report for the start of preseason camp?

9th graders should enter in the front entrance of the school, report to the locker room and the coaching staff will meet them to start the season. Coaches will be up front as well to greet players and direct them.

Contact information for 9th grade football:

Grade Liaison for ANY questions:

Sarah Heath sarahhheath@gmail.com

Booster Club President for questions regarding booster events, volunteering, etc.:

Trent Jude president@mvmustangfootball.com

Questions about the 9th grade team or program **BEFORE 8/5:**

Varsity Coach Aaron Moberg aaron.moberg@moundsviewschools.org

Questions about the 9th grade team **AFTER 8/5:**

Freshmen Coach David Cushing Davidcush8@gmail.com

What/When is 9th Grade Signing Night?

The 9th Grade Signing Night is a festive gathering where current MVHS players and coaches welcome 8th graders – our RISING 9th GRADERS – to the Mounds View Football Program.

This will take place Thursday May 14th at MVHS. Players will arrive in the lobby, greeted by Varsity players, Coaches and the Booster Club Officers where they will put on a jersey and take a picture in front of our MVHS screen. This night is **NOT** for registration, but an event to welcome the new players to MVHS and provide some information regarding the season and events. There will be a short presentation in the auditorium where Varsity Head Coach Aaron Moberg will speak as well as the Booster Club. Following the presentation, players will play flag football on the Stadium Field while the parents meet in the forum. More information will be sent via email.

What equipment do I need to purchase?

Football players are only required to purchase cleats. MVHS has all required protective equipment with the exception of cleats. If purchasing cleats is an issue, I do have some extra pairs to loan out.

There are a few pieces of equipment that most players will choose to purchase on their own:

- Protective Girdle – 5 pad sewn in girdle. We will make these available to the group at equipment distribution but more players choose to purchase their own and it will usually last the entire career playing at MVHS. This is due to players not wanting to wear an undergarment worn by others but it is up to each family.
- Protective Cup or “nut cup”- These are not provided nor are they required. Individual use is up to the player/parent discretion.
- Gloves – We do not provide gloves, nor are they mandatory.
- Padded undershirt – including those that incorporate greater shoulder and rib protection, some players may choose to wear this under their equipment.

- Mouthguard- We will provide mouthguards to all of our players. With that said, many choose to purchase their own mouthguard.

Summer Camps:

All our summer opportunities are strongly encouraged but they are not mandatory. They are offered as opportunities to help our players become better athletes, better football players and to get a jump start on our offensive and defensive schemes. Players who attend camp enter the season with a good foundation of being prepared for the season.

- Mustang Power Summer Weight Training - June 8th-August 7th, Session Two 9:15 am - 10:45 am
- June Camp – June 15th-18th, Practice and Lift in the morning, schedule dictated by offensive or defensive position.
- July Camp- July 27th-30th, Practice and Lift in the morning, schedule dictated by offensive or defensive position.

How do we get added to the email distribution list?

MVFB communicates using TeamSnap. This is a free app you can download on your phone as well as sign up online using your computer.

If we did not get your contact information at Freshmen signing night in May and you are registering to play football - to join, contact our Director of Communications, Scott Oberg, at scott.oberg@moundsvIEWSschools.org

You will be placed in the Freshmen Team for Team Snap. For the Freshmen group there may be 2 teams (most likely titled Green and White). All schedules for both teams as well as any event info will be on that team's calendar. If you click on the event, you will see more details regarding the event. For example it may tell you if this particular game is for the Green or White team as well as field location. Game schedules and field locations are school/coach responsibility.

We have a volunteer who enters information into TeamSnap, but times/locations may change. We do our best to communicate these to everyone through TeamSnap. With your player's transition to High school football, the expectation is that your player is responsible for listening to what the coach says - especially around changes to the schedule. We try to keep TeamSnap current, but **the player is responsible for understanding the schedule and conveying any changes to the parent**. This is different from what you are used to from youth sports, but this is how high school sports operate. Parents have little communication with the coach.

You may enter as many people as you want on your player profile. If Grandma or Grandpa drive your player and want to have the schedule, you may enter them. Keep in mind they will receive ALL of our emails through TeamSnap. This could be emails regarding volunteering, events, weekly updates, etc. There is also an alert function where we can send an alert out if there is a last-minute field location or weather-related issue. This sends a text to your phone. You are responsible for entering in additional information in your player profile.

Communication on Team Snap will most likely be sent out from Scott Oberg (teacher at MVHS and MVFB Communications Coordinator).

Is it OK for my player to miss practices for vacation?

The football season starts during the summer vacation period and flows through two other school holidays: Labor Day and MEA. For Freshmen, we realize that vacations over one of these times may be unavoidable by the time you learn the high school football schedule. We ask that you communicate any conflicts immediately with the 9th grade head coach.

Missing practices and games by any player will have an impact on the team. The schedule for the season will be posted on the school calendar as soon as available. Posting on Team Snap will follow.

Generally here is some info regarding when practices/games are:

- August 17th – preseason camp 7am or 8am – 2pm (first two weeks)
- Nothing from noon Friday before Labor Day until afternoon of Labor Day
- Once school begins, practices are typically 3:30 – 5:45pm
- Games are typically held on Wednesdays (9th grade).
- MEA is Week 7 this year (October 15-18th). No Football Activities from 10/15-10/18.
- The season for 9th grade concludes October 22nd.

How does transportation work for away games?

Busing is provided by the school to the away games. Your player may want to pack food on game days - they generally leave right after school, or may be dismissed slightly early based on the distance to the game. Again, your player is responsible for knowing this and will be told by the coach. It is important for your player to know they are responsible for knowing the schedule/plan for these events. If both teams are at the same location, we generally take two buses and the players return to MVHS after their game concludes. If a unique situation arises where your player needs to go home with you, communication via email must be sent to the Head Freshmen Football Coach prior to the game.

How are positions and playing time assigned?

The coaching staff will ultimately make the designation for position and playing time assignments. Traditionally, players are given the opportunity to select the position of their choosing the first day or two of practice as coaches evaluate team personnel. From this point, coaches will move players to meet team needs and develop a depth chart according to ability and development with the program's schemes.

Positions and playing time are not topics for discussion via email or in person with parents. Players can always meet with the coaches to determine areas of improvement that could lead to an increase in playing time or a change of position, but will not be discussed between parents and coaches.

Any previous playing experience and/or depth chart perception is not necessarily relevant to participation on the 9th grade team. A driving force in our program is competition to earn playing time, and players will be encouraged and coached to compete every week.

Team Formation:

Our goal each season is to have the numbers for Two Freshmen teams. In order for this goal to become a reality, we need to have the depth to field two teams at all 22 positions. Our goal is to make two even teams in terms of ability. If we have the number of players required to have two teams, these teams will be formed during Fall camp. Following the initial designation of teams, coaches may make player switches as the season progresses.

Green and White Practice:

If we are able to roster two teams, our Green and White teams will still practice together throughout the week.

What is the booster club and do I need to participate?

The MVFB Booster Club supports the MVHS Football Program and raises funds to provide events for the program. Each player receives approximately \$425 in benefits during the season.

You pay a participation fee (paid at time of registration) to the school to play football - which covers the uniforms, referees, transportation, etc.

There is a booster club fee (collected in August) that covers the costs of:

- * alternative uniforms
- * training camp events/treats/snack
- * scrimmage lunches
- * champions dinners
- * end of year banquet for players
- * TeamSnap
- * technology
- * extra equipment

The booster club fee is \$40 for 9-10 grades, \$75 for 11-12 grades.

Additionally - the booster club raises money two main ways to help support the overall MVHS football program and to supplement the costs of the events the booster club fee does not fully cover. The Mustang Golf Classic (July event) is funded by those corporations and individuals that choose to participate. Players may be asked to volunteer some time to carry golf clubs, or work at a hole and thank the program sponsors.

Mustang card sales (August event) generate more income for our booster program. Players are asked to sell 25 cards at \$20 each, to help support the program.

The Booster Club relies 100% on volunteers. Our board members are all volunteers, have full time jobs and families of our own that are involved in various activities. They do their best to respond and make the season a memorable one for the players. Given this info, we rely on our football families to volunteer. In a large group it's easy to hide, but we request that every family volunteer for 2 events throughout the year. If we can't fill spots with volunteers, the events will be removed.

We typically have 4 varsity home games, and our philosophy is pay it forward when working the concession stand. 9th & 10th grade parents will be designated to sign up to work the concession stand for the home games. It's a fun atmosphere to work in the concession stand and "work" with other parents in the same grade. The ladies that run the stand are very organized and will show you what to do upon arrival. We have our 9th and 10th grade parents work the concession stand so our 11th and 12th grade parents can watch their children play in the game. When you have an 11th and 12th grade child, it'll be your turn to watch the game while the younger player's parents work the stand.

What is the try-out criteria and how many players make the team/are cut?

We do not cut at any level of MVHS Football. Because we have multiple levels of participation, a student-athlete will never have to worry about being cut.

Where can I find directions to away games?

We will do our best to provide this on Team Snap in the event on the calendar under location. You may also find this on the conference website – www.suburbanEast.org.

Does anyone take pictures at the games?

If you have a camera please take pictures! We love to see our players in action and they are sometimes used at the end of the year for the banquet.

We do not use TeamSnap for loading photos as there are limits on how many you can upload.

If I can't make a game does anyone update a live feed in TeamSnap?

TeamSnap has a live update where parents can update what's happening in the game. It's up to parents to take this on as there is NOT staff to update this. Multiple parents can update this too - helpful when there is not a working scoreboard at some locations.

There is also a post game results where any parent can update the final score. This is NOT handled by the coach. TeamSnap is not a school sanctioned app - this is purchased through the booster club and is run by volunteers.

What are Champions Dinners?

Champions dinners are typically called Carbo loads in other sports. The booster club hosts these dinners in the cafeteria for the players usually the day prior to a game immediately after practice. Just the players attend and this is a time for the players to bond as a team. There are 1-3 Champions Dinners for Freshmen players and we have the food catered in from a local restaurant. Dessert is provided by volunteers in the program. We also have volunteers set up, serve and clean up in the cafeteria. This is all done by a signup genius online. The boys are expected to be polite and clean up after themselves. Once the boys are on varsity the Champions Dinners are held by inviting a youth football team to join them and there is usually a speaker for the boys.