

Football Newsletter: The “For the Incoming Freshmen or if this will be your first time playing” Edition

Hey Future Football Family,

If you’ve found your way to this page that means you are interested in playing Caiman Football for the Fall 24 season and we are so excited to see you out on the field.

Here is some information and resources to get you started:

Football Calendar

First and foremost you’ll need to know that this is a working document—I have to add and change some things from time to time. That being said, once the season begins, we work hard to hold ourselves to the daily and weekly events noted here.

Caiman Way Meeting

The Caiman Way Meeting for Fall Sports is coming up May 21 @ 6p here on the Studio Campus. This is the time to get out the most important information for all of our Fall Sports as well as a time of Q&A. We often cover player safety and expectations for the coming months which often include our fundraising plans and parent volunteer opportunities. This is also a great time to get to know the Caiman Football Staff.

Summer Workouts

Yes, we workout during the summer. The most physically demanding sport requires one of the most demanding training regiments. That being said, it is our philosophy that lifting heavy weight requires exceptional fundamentals. So, it doesn’t matter if you have never done weight training before because we’ve got coaches who want to train you up the right way.

Cleats are necessary for any fieldwork. Always bring a water bottle and plenty of water.

Our summer training dress code is as follows:

- Black school or football branded shorts; do not use other sports teams gear
- Black or white school or football branded shirts (color will vary for certain activities and will be determined in the weekly newsletters)
- Black/white shirt-matching socks
- There are no color requirements for cleats for the upcoming season; team colored cleats are encouraged

No Contact Period

Every team at CAHS is required by CIF to take time off during the summer. For the football program, we have decided on July 1-14. For families that like to plan to get away during the summer and future summers, the first couple weeks of July is our primary choice for our No Contact Periods for the future. No Contact simply means that we cannot run any football activities during this time—if you see us in public, we are allowed to say hi and catch up...just no football training/discussions.

Go Caimans!

Coach Josiah

Tryouts

In order to try out for any team at CAHS, all prospective student-athletes must complete the Athletic Clearance process. For more information on sports clearances, please plan on attending the Caiman Way meeting in May.

Caiman Football uses the first few days of practice to evaluate players and place them on the developmental appropriate roster: Varsity, Junior Varsity/Novice. Our first day of practice will be Thursday, August 1st.

Initial rosters will be determined and posted by August 5th.

Varsity Camp

This is a new opportunity for us this year. After the first few days of practice, the Varsity Roster will be invited to Fall Camp August 6-9. Details forthcoming.

Practices

Our practices are located at Hidden Valley Middle School. In the case of inclement weather, we often will move practice to Caiman Hall or another room at the Studio Campus.

We are expecting some changes to the practice schedule this year, but generally speaking practices will be 345-6. Specific times will be posted in each week's Newsletter.

Gear Provided

Caiman Football provides almost everything you need to play high school football; we do not provided the following:

- Cleats
- Mouthpieces
- Cups

If any of the items above prove to be an exceptional financial burden, please do not hesitate to ask for help.

Here is the gear that we do provide:

- Helmet
- Shoulder pads
- Girdle
- Knee pads
- Practice uniforms
- Game uniforms
- Gear bag, when available

If you have any questions, please feel free to email me at cahsfootball@classicalacademy.com. I will update this document should other questions be pertinent to the Caiman Football Community.

Go Caimans!
Coach Josiah