

Raider Nation 2010 Football **Guidelines & Information**

Welcome to the 2010 Raider Football Team, whether it's your first year participating with us or your sixth year, we welcome you into the Raider Football Family!

Raider Football is headquartered here at St. Regis, but the make-up of the team is all equal parts of the following parishes and schools: St. Regis, Holy Name, Our Lady Queen of Martyrs, St. Owen, St. Ives, St. Columban, St. Alan, St. Thomas More, Our Lady of Albanians, Transfiguration (Southfield), St. Hugo (4th grade only) and the Academy of the Sacred Heart.

We will again be fielding a Varsity 1 team, a Varsity 2 team (comprised of mostly 7th graders), a 6th grade team, a 5th grade team and a 4th grade team. On occasion, we have added a second team at the lower grade levels if we have an exceptionally large number of players, so it is very important to register as soon as possible so that we can try to schedule games for an additional team. **You must be a Parish member or in school at the above mentioned institutions to play CYO Football for the Raiders.**

Key Dates: Early Season

August 9th – 13th – Raider Camp: These are double sessions with players required to attend both daily practices. Please note the times for Raider Camp:

Morning Sessions: 8am to 10am, (Mon –Fri., Aug. 9th – Aug. 13th)

Afternoon Sessions: 5pm to 7pm, (Mon –Fri., Aug. 9th – Aug. 13th)

***Equipment will be distributed as follows:**

Varsity (7th & 8th grade): August 9th, between morning and afternoon session.

JV Red (6th grade): August 9th after the evening session.

JV Black (5th grade): August 10th, after the morning session.

Freshman (4th grade): August 10th after the evening session.

NOTE: PARENTS SHOULD ALLOW EXTRA TIME FOR PICK UP DURING EQUIPMENT HAND OUT.

August 14th: First team mass, 8:30am at St. Regis. Immediately following mass there will be a mandatory parent meeting in the Father Shields Club Room (FSCR).

Intra-squad scrimmages to follow later that afternoon at a time to be determined. The parent meeting is crucial and at least one parent is required to attend.

August 16th: Begin Regular Practice Schedule: **5pm to 7pm, Mondays through Fridays at the South Field, (next to Marian)**

FOUR- WAY SCRIMMAGE – DATE, TIME AND LOCATION TO BE DETERMINED, (we targeting August 19)

Opponents are: St. Michael's, Shrine and Divine Child

****PLAYERS ALWAYS NEED TO ARRIVE AN HOUR BEFORE ALL GAMES AND SCRIMMAGES FOR WARM UPS.***

Friday, August 27th Home Opening weekend. All of our teams are opening at home this weekend! Schedule will be provided when available. Check schedule for times and dates. *Schedule is subject to change!*

Information Please! - *RAIDER NATION*-Our official team newsletter comes out weekly. It's always available on the Raider football website <http://football.regisraiders.com/> and can also be reached through the St. Regis website, www.stregis.org, and handouts at practice.

Physicals, Player information, player consent and fees MUST be turned in by August 9th or your son will be held out of practice. Forms are available on the Raider football website or through the St. Regis website at www.stregis.org (click the sports icon and look for athletic forms). Print them off, fill them out and send them in. Fees to play are \$210 per player, plus a one time per family booster club fee of \$100. Checks may be made out to the St. Regis booster club. We hope to have online registration again, subject, however to an additional 3% fee to cover our costs for this service.

Commitment: Football is an everyday commitment (practice or game). It is quite different from hockey, baseball or basketball because they do not practice everyday. Our season is relatively short, but there is much teaching and learning about the sport. To avoid injury and to be instructed correctly, we demand a full commitment to Raider Football every day of every week. We have coaches and players deeply devoted to our program and it is one of the reasons we have been so successful. We put a huge emphasis on being team oriented and being unselfish. When a player doesn't come to practice, it hurts our team. We know that there are instances when it is necessary for a boy to miss practice or a game. Please have the player call the coaches to call in an absence. No calls, or unexcused absence can result in diminished playing time.

Practices: Raider football practices will typically last 2 hours 6 days per week. They will begin at 5pm and go to 7pm beginning the week of August 16th. The first half hour is spent on flexibility and stretching. It is crucial that players attend practice because we work on different aspects of the game each day. If a player has hockey or soccer practice also, we recommend that he come to football for as long as possible so he doesn't miss key instruction and game planning for that week. Missing practice is frowned on and can result in diminished playing time. If you are going to miss for whatever reason, please be courteous to your teammates and coaches by calling Coach MacLean on his Cell phone at 248-761-6947 or Home Phone at 248-644-7544. Please leave a message if you don't speak to him in person. Players should be responsible enough to call.

Practice Drop off/ Pick up: The limited amount of parking at the practice field is for COACHES ONLY. This rule is for safety concern and applies to ALL players and parents equally. Please don't make us remind you. Marian has requested that players are dropped off and picked up in front of Brother Rice (use the sidewalk to cross

to the South Practice field). Sister Lenore has also asked that our team does not gather on the Marian property prior to practice. Therefore, I would like our players to get dropped off (and picked up) at Rice and wait for us on the opposite side of the field, by our tackling dummies for the start of practice. Please help us manage this! Marian can get quite busy with tennis and their numerous school activities and traffic getting in and out can be a bear. Thank you in advance for your cooperation.

Safety is #1 with us - Your kids are precious to you and we fully realize the awesome responsibility at hand. We have first aid kits for all of our teams, every coach has a cell phone to call for emergency assistance if needed, and we go out of our way to make sure we have the best and properly fitting equipment money can buy, AND our coaches take extra time to teach the safest and best techniques while teaching the game. Injuries are part of the game, and we have been fortunate to mainly have the bumps and bruises variety.

What you need to bring: The Raiders will provide all equipment with the exception of black football or soccer cleats, white athletic socks, no striped socks please, no solid colors either and an athletic supporter and protective cup. If you want to get arm pads for your son, that is your purchase. We handle everything else. We will always have water on hand, but your son is encouraged to bring his own water or Gatorade so we don't get each other sick.

Gym at St. Regis. No football player is allowed on the floor with his cleats on. You don't want to be caught! Take 'em off before entering the gym, thanks!

Weather: We will always play games and practice in the rain. Lightning takes us off the field and into the Regis Gym, or FSCR for films.

Game Films- The Varsity will always have films the first practice night following a game. We understand if players have to get home to eat or do homework. It is a great teaching tool. JV and Freshmen may have films, but time and place will be announced to give parents ample notice.

Study Hall: St. Regis offers a latch key program when school starts. Principal Chris Ciagne will get us information as school approaches.

Water & Nutrition:

Obviously, the boys are putting out lots of energy from the demands of football. Therefore it is vital that they hydrate (drink plenty of water) before, during and after practice. Protein is huge for diet as players have to have fuel to burn at practice. Beef, chicken, fish and, pork are all good. Veggies are the best! Salad, broccoli, carrots, corn etc. Potatoes, rice and bread are good in moderation. Watch the deserts and snacks. No sugar juice drinks or pop. No big meals before a practice or game.

Coaches: The best time to talk with coaches is after practice if possible. Usually our staff is coming in hot from work and need to get practice going. E-mail and day phones

are also great. For any information: Contact Tom MacLean at 248-761-6947 or Home at 248-644-7544. The coaches will be listed on the website when the season begins.

Football is a CYO Sport: CYO sports are competitive. That can be defined as “try to win the game.” That means we will put the most competitive team on the field every week. Winning is a goal, but we also put huge emphasis on best effort and trying our best. We feel that every player on our team has a talent and each one will bring it to our team. It will be expressed in different ways, but it will happen. CYO also stands for Catholic Youth Organization, therefore, we put a big emphasis on our Catholic Faith in numerous forms both on the field and off for these young men.

Playing time: Varsity - based on performance and practice effort.

7th Grade, JV Red and Black - the reason we added more teams was to get more players game experience.

Freshmen- everyone is guaranteed game playing time.

There is no minimum playing time.

Being Part of a Team- Football is the best team sport because players get to realize the efforts by individuals have an effect on the over all performance of the team. Sacrificing the individual’s needs for the betterment of the team is not always easy, but very rewarding. We need everyone to understand that it’s more important to be part of the team than to be the star. We keep no stats here, we don’t count touchdowns. We are all about team and we put emphasis on brotherhood, courage, honesty, determination and love. That’s what makes the Raiders special. Win or lose, we will be proud of our team and our effort.

CYO Weight Limits-

Varsity & 7th grade: 165 lbs.

All JV teams: 135 lbs.

Freshman: 130 lbs. (unofficially)

Equipment- We have the best equipment money can buy. Please take care of it!

Do not cut, alter or remove any part of the issued equipment. If you need to have something worked on, bring it to Coach Beckley or one of the coaches to handle.

Don’t remove stickers off helmets.

DO NOT CUT MOUTH GUARDS! Cutting your mouth guard increases your risk of concussion.

Uniforms: We will be purchasing new uniforms for the 7th and 8th grade teams. Their current uniforms are 8 years old and numbers are peeling, jerseys are ripped and pants have been cut. The JV and Freshmen uniforms are still relatively new and will be replaced when needed. No one is to cut or deface any uniform. Follow washing instructions. The player’s family will be accountable for missing uniforms or destroyed uniforms. These cost a lot of money and we want to take good care of them and make

them last! TAKE CARE OF YOUR EQUIPMENT BOTH PRACTICE AND GAME GEAR!!!!

Players Behavior:

- Do your best at all times.
- Give your best effort in everything you do.
- Raiders are team players always.
- Try your best to be on time.
- Treat your teammates with the utmost respect.
- No head shaking, shoulder shrugging or finger pointing when things go wrong.
- Treat officials, coaches (your team's and the opposing team's) referees and opposing fans with courtesy, good sportsmanship and respect
- No trash talking, no swearing. It will not be tolerated.
- Be humble. No hot-dogging, or showing up anyone. It's not our way.
- Pay attention, watch and learn.
- Help clean up the field after games and practices. Help with the gear.
- Be a good son, brother.
- Do your homework.
- Be a Raider built for others!
- Never, ever give up! Believe in yourself!

Parents Guide

We are glad to have you watch practice from the sidelines only please.

- Talk with coaches after practices and games if possible.
- Reinforce our team's message of being built for others and being a team player
- On that note, if you don't park where designated, you are sending a message that the rules don't apply to you and undermining our message.
- Remember that this is your son's experience.
- Let the coaches coach.
- Praise your son's commitment and effort. Seek out the positive at all times.
- Cheer for our team, be a good example through words and actions and be gracious winners, losers, hosts and guests to opposing teams and their supporters.
- Put winning and losing into proper perspective.
- Football can be a very emotional game. Try not to let your emotions get the best of you (this is for Coaches, Parents and players)

Detroit Country Day, Brother Rice and Marian

We are very fortunate to have a great working arrangement with Detroit Country Day School, Brother Rice and Marian. They have always been very good neighbors when it comes to using their facilities and helping us in a professional manner. Please help us to return the favor by always looking to keep their facilities neat and clean and by treating their beautiful campuses and facilities with respect. The folks at DCD, BR and Marian are always commenting how wonderful it is to have the Raiders on their campus.

Concessions /Parking help- It takes more than just a great team on the field to make the Raiders a successful football program. It takes hundreds of parent volunteers. Please make sure you pitch in when it's your turn to man the parking lot, or serve in the concession stands. Sign ups will be at the Mandatory Parent meeting 8/14.

Films, Chains and PA Announcers: We also need help with our various teams to man the down box and first down markers during games. We need videographers and PA announcers for the Freshmen , JV Red, JV Black .Please sign up at the Mandatory Parent meeting on 8/14.

Raiders Built For Others- This is our team motto. It serves the purpose that we must be unselfish and live up to the example that Jesus Christ gave to us. Every player will come to know what this means and what it means to them in the context of their life as a member of their family, their church, their school and their team. We will learn this by living it many ways throughout the season. We will talk about this after practice and we will learn from the many great examples around us of people who are built for others. In this space, at the end of every Raider Nation Newsletter, there will be a Built for Others story or activity. Please make sure you share this with your son every week.

Built for Others : This is more than just our team motto. We are trying to instill a sense of team work in the boys not just meant for football. We do a number of things to try make sure that we live this creed and not just say it. Paramount to this is our daily prayers we say as a team. Jesus taught us where two or more are gathered in his name, there too is he. We pray for our families and friends, we give thanks to God for His many blessings. IT is a way for us to strengthen our souls as we move along on our journey together. We also attend mass as a team, usually every Saturday unless otherwise noted. Again, the best way to teach about love for each other and sacrifice is to take part in the Mass. We continue to learn about Christ in the gospel message and through him leading us as the ultimate person Built for others, we come to see him as a key person in our lives. We will also be visiting Evergreen Hills Nursing Care Center during the season as well as some other activities centered on being built for others. We strive for more than words here, we seek faith in action!

Any questions about anything Raider Football Related? Call Tom MacLean at 248-761-6947 or 248-644-7544 or checkout our website at <http://football.regisraiders.com/>

Tom MacLean