

2023 Carroll Football

Pre-season Player / Parent Meeting
May 2023

1. Introductions - Coaching Staff

8th HC/OC - WR/DB - Logan Lee
8th DC - LINE - Adam Silveus
8th BACKS/LB - Ryan Achor
7th HC/OC - LINE - Brian Nix
7th DC - BACKS/LB - Scott Wiggins
7th QB/WR/DB - Dylan Melcher
7th Volunteer - Tim Kuhnen

2. Purpose / Objective

- a. Distribute information, initiate communication, and inform all of expectations as we prepare for Summer and Fall of the 2023 football season.
- b. Methods of distribution of information:
 - i. Student / Parent email - 7th - cmschargerfootball@gmail.com
8th - Lee.Logan@nacs.k12.in.us
 - ii. Meetings - Today May 23
 - Equipment Handout/Registration July 31
 - August Parents Meeting TBD
 - Away games when signing out players
 - Awards Banquet Oct 12
 - iii. Any scheduled meeting during the season with Admin present
 1. Parent must schedule a time to meet with coach and admin must be present
 - iv. Emails are recommended and can happen at any time for most any reason. Please encourage your child to talk with coaches first.
 1. Be sure you are reaching out to the correct coach.
 2. Email will not be answered about the starting lineup or tactical decisions.
 3. Please do not email to complain about another player unless it's a bullying type of situation.
 4. Door is open if you have questions about your child's level of inspiration, enjoyment or training.
 5. Door is open if you have questions about the game itself. X and O's.

3. 2023 Season Changes

- A. Communications will be primarily email
- B. Pregame meals will not be provided, players to bring their own pregame meal
- C. Practice attendance policy

9. Coaching Expectations

1. Weekly Email - See Sample
2. Player Safety - Teach Safe Techniques
3. We Will Be Coaching No Matter What
4. Honesty
 - a. Good/Bad
5. Display Integrity - Good Role Models
 - a. Players Will Be Shown Respect
6. Make Football Fun
 - a. Friday Fundays
 - b. Drills Players Want/Like
 - c. Players Have Input

10. Player Expectations

1. Student First, Grades Matter
2. Model Our 3 Motto's
3. Respect Teammates
4. Be a Leader in School
5. Advocate for Yourself
 - a. Communicate with Coaches
6. Be Coachable, Nothing is Personal
7. Follow Directions

11. Parent Expectations

1. Support
 - a. Players, Coaches, Peers, Admins, Referees
 - b. I love to watch you play
2. Be On Time for Pickups
 - a. Practice ends at 6 pm except Friday Night Home Games.
 - b. Boulder Game - 7th Grade
3. Display Character
 - a. Please don't talk bad about coaches/admin/refs/teams in front of your player
 - b. Try not to pressure them too much
4. Purchase practice jersey, girdle and wrist coach.

12. Team Mottos

1. **Motto #1 - L.E.O. - Love Each Other**
 - a. Making a conscious choice to build each other up instead of tearing each other down
 - b. Loving each other enough to hold each other accountable
2. **Motto #2 - E.A.T. - Effort. Attitude. Toughness**
 - a. Effort - Give 100% at all times and compete no matter the circumstances
 - b. Attitude - Be positive and put the team first. No I's. What's best for the team?
 - c. Toughness - The physical and mental strength to accomplish your goals no matter the circumstances.
3. **Motto #3 - Do the Little Things Right**
 - a. How you do anything is how you do everything.
 - b. Student first, Athlete second

17. Important Dates

Moratorium weeks:

1. July 1 - July 9 - IHSAA Moratorium
2. July 22 - July 30 - Carroll Moratorium

Registration Dates:

1. August 1, 9 - 12 and 3 - 6

18. Fall Schedule

- A. Football registration July 31, 5-7 pm @ CMS Gym
- B. First voluntary practice starts Aug 1, 4-6 pm
- C. Voluntary August 1, 2, 3, 4, 7, 4-6pm.
- D. Mandatory to play in the first game starting August 8.
- E. August 1, get there early to get situated with equipment, locker and process.
- F. Voluntary but highly recommended. We will start installing offense / defense. Offense takes longer to install.
- G. You can miss these and still be a starter, but it's a tougher process.
- H. Weekend practices are always optional.

19. Fall Schedule Once School Starts

- a. Fall season starts August 16, 2021 (see calendar)
- b. School start time: 8:45 AM
- c. School end time: 3:40 PM (Football players)
- d. Daily practice time: 4-6 PM
4-5:30 Fridays when CHS as home game
- e. Game days: 7th grade 5 - 6:30
8th grade 7 - 8:30
- f. Game days meals are no longer offered, please bring your own food.

20. Attendance for Practices

1. Any player needing to leave early or be late, they are advised to not attend practice
 - a. If they attend, they will be advised to not dress so they can leave at the appropriate time. It is on the child to keep track of time and inform a coach when he/she leaves.
 - b. If it will be a consistent early dismissal (every X day), an exception will be made
 - i. This must be communicated well in advance
 - c. It is okay to miss one practice during the week.
 - d. Multiple practices missed will result in missing the upcoming game.
 - e. All absences need to be communicated to the coaching staff.

21. CMS Football Player Equipment Requirements

1. We are asking parents to purchase practice jersey (old one is fine), girdle and wrist coach.
2. We will have practice jerseys for sale, \$22
3. 7 pad girdle is recommended
4. Youth/Triple Size wrist coach seems to work best
5. Any items worn need to be school colors on gameday
 - a. We can make exceptions on cleats if necessary
 - b. Undershirts, socks etc need to be school colors

Week 1

July 31 Registration/Equipment Handout 5-7 CMS Gym

August 1 - Helmets only 6-8 PM

August 2 - Pro Pads - 4-6 PM

August 3 - Full Pads - 4-6 PM

August 4 - Full Pads - 4-6 PM

August 5 - Full Pads - 9-11 AM

Life Skill - Character

“The great player and coach John Wooden once said, “The true test of a man’s character is what he does when no one is watching.” So what does it really mean that sport builds character? No one in the world provokes this question more than legendary athletes, with less of understanding of what lurks beneath the surface.

“I believe football teaches the values of teamwork, resiliency, hard work, commitment and integrity in a way that leaves a lasting impression on the young men who play the game that lasts a lifetime.”

- Randy Allen, 2017 Don Shula NFL High School Coach of the Year

Motto #1

L.E.O. - Love Each Other

1. Making a conscious choice to build each other up instead of tearing each other down
2. How You Play Without The Football Determines How Much You Love Your Teammates
3. Creed of a Lineman - If they are behind you, protect them. If they are next to you, respect them. If they are in front of you, Destroy Them!

Tuesday - Warm ups, INDY, DUO and ZONE Install, Ultimate Football, Breakdown

Wednesday - Warm ups, INDY, DUO and ZONE review, Install SWEEP & POWER, 7v7, Breakdown

Thursday - Warm ups, INDY, Tackling circuit, defense install, 7 v 7, breakdown

Friday - Warm ups, INDY, Tackling circuit, defense review, team time, breakdown

Saturday - Warm Ups, player requested drills, scrimmage, breakdown.

Carroll Middle School

Summer Camp 2023 (\$20, 5\$ Drop In)



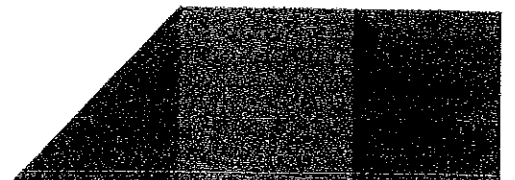
June 6, 8, 13, 15, 20, 22, 27, 29



venmo



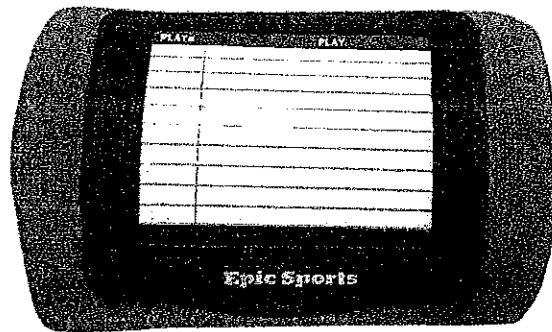
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- A. Funding for software/decals/equipment *
Cash/Venmo/Check payable to Brian Nix
 - B. **VOLUNTARY!!!!** If you are in other sports, that is the priority!!!
 - C. Great way to learn fundamental skills for new players, this is not just conditioning, we will be competing and having fun.
 - D. Competitive drills at each workout
 - a. Individual time, competitive team time and team install time for both offense and defense
 - b. Combine competition June 29.
 - E. Location: CMS Football Practice Fields
 - F. Try to wear Carroll Colors at all times. We do NOT cancel for weather—rain or shine. Bring indoor shoes!!!



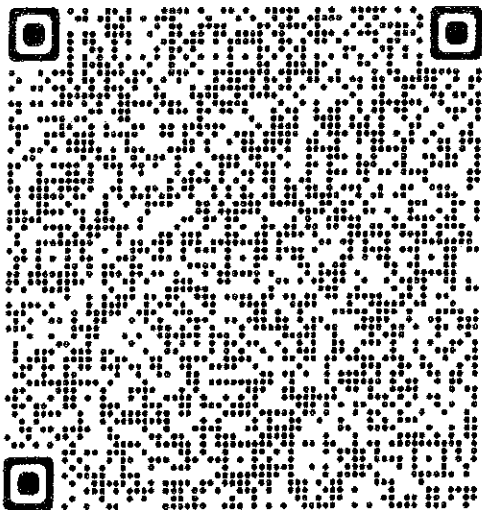
Contact Info Form



Wrist Coach from epic sports
Triple Youth Size



7 Pad Girdle



JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
		6 Summer Camp 5:30 -7 @ CMS	7	8 Summer Camp 5:30 -7 @ CMS	9	10
4	5					
11	12	13 Summer Camp 5:30 -7 @ CMS	14	15 Summer Camp 5:30 -7 @ CMS	16	17
18 Father's Day	19	20 Summer Camp 5:30 -7 @ CMS	21	22 Summer Camp 5:30 -7 @ CMS	23	24
25	26	27 Summer Camp 5:30 -7 @ CMS	28	29 Summer Camp 5:30 -7 @ CMS	30	1
				*Equipment Handout for camp 7 pm		

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						*IHSAA MORATORIUM WEEK
2	3	4	5	6	7	8
*IHSAA MORATORIUM WEEK	*IHSAA MORATORIUM WEEK	*IHSAA MORATORIUM WEEK Independence Day	*IHSAA MORATORIUM WEEK	*IHSAA MORATORIUM WEEK	*IHSAA MORATORIUM WEEK	*IHSAA MORATORIUM WEEK
9	10	11	12	13	14	15
*IHSAA MORATORIUM WEEK	*CHS camp 5-7 pm	*CHS camp 5-7 pm	*CHS camp 5-7 pm	*CHS camp 5-7 pm		
16	17	18	19	20	21	22
	HAVE	FUN	GO	BE	KIDS!	*CARROLL MORATORIUM WEEK
23	24	25	26	27	28	29
*CARROLL MORATORIUM WEEK	*CARROLL MORATORIUM WEEK	*CARROLL MORATORIUM WEEK	*CARROLL MORATORIUM WEEK	*CARROLL MORATORIUM WEEK	*CARROLL MORATORIUM WEEK	*CARROLL MORATORIUM WEEK
30	31					
*CARROLL MORATORIUM WEEK	31 Football Registration/ Equipment Handout 5-7 PM*CMS GYM					

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Football Registration/ Equipment Handout 5-7 PM*CMS GYM	1 First Practice Voluntary Practice @ CMS 4-6 PM	2 Voluntary Practice @ CMS 4-6 PM	3 School Registration 7-7	4 Voluntary Practice @ CMS 4-6 PM	5 Voluntary Practice @ CMS 9-11 AM *BLUE/WHITE SCRIMMAGE 7:30 pm
Character						
6	7 Voluntary Practice @ CMS 4-6 PM	8 *1 Practice @ CMS 4-6 PM	9 *2 Practice @ CMS 4-6 PM	10 *3 Practice @ CMS 4-6 PM	11 *BD Scrimmage 7 pm *4 Practice @ CMS 4-5:30 PM	12
Toughness						
13	14 *5 Practice @ CMS 4-6 PM	15 *6 Practice @ CMS 4-6 PM	16 *7 First Day of School *Scrimmage vs St. Charles @ 5 pm	17 *8 Practice @ CMS 4-6 PM	18 *9 Practice @ CMS 4-6 pm	19 Voluntary Practice @ CMS 9-11 AM
Adversity						
20	21 *10 Practice @ CMS 4-6 pm	22 *ALWAY VS Edgewood @ 5:30 pm	23 Practice @ CMS 4-6 pm	24 Practice @ CMS 4-6 pm	25 Practice @ CMS 4-5:30 pm *WCHS 7pm	26
Confidence						
27	28 Practice @ CMS 4-6 pm	29 *ALWAY VS East Noble @ 5 pm	30 Practice @ CMS 4-6 pm	31 Practice @ CMS 4-6 pm	1	2
Attitude						

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
Attitude					@Southside 7pm	
3	4	5	6	7	8	9
Leadership	Labor Day NO PRACTICE	Practice @ CMS 4-6 pm	Practice @ CMS 4-6 pm	*AWAY VS WOODSIDE @ 5 pm	Practice @ CMS 4-5:30 pm *BD 7 pm	
10	11	12	13	14	15	16
Discipline	Practice @ CMS 4-6 pm	*vs Lakeview @ 5:30 pm *CMS Field	Practice @ CMS 4-6 pm	Practice @ CMS 4-6 pm	Practice @ CMS 4-6 pm @Snider 7 pm	
17	18	19	20	21	22	23
Positivity	Practice @ CMS 4-6 pm	* vs Summit @ 5 pm *CMS Field	Practice @ CMS 4-6 pm	Practice @ CMS 4-6 pm	Practice @ CMS 4-5:30 pm *Wayne 7 pm	
24	25	26	27	28	29	30
Endurance	Practice @ CMS 4-6 pm	* vs MCMS @ 5 pm *CHS Stadium	Practice @ CMS 4-6 pm	Practice @ CMS 4-6 pm	Practice @ CMS 4-5:30 pm *Homestead 7pm	

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Success/ Failure	2 7th RD 1 @ CMS 530 pm / 8th RD 1 @ MCMS 530 pm	3 Practice @ CMS 4-6 pm	4 Practice @ CMS 4-6 pm	5 7th RD 2 @ Summit 530 pm 8th RD 2 @ Woodside 530 pm	6 Practice @ CMS 4-6 pm	7
8	9 Practice @ CMS 4-6 pm Columbus Day	10 7th CHAMP @ Lakeview 530 pm / 8th CHAMP @ Lakeview 7 pm	11	12 *Awards Banquet	13 @Northrop 7 pm	14
15	16	17	18	19	20 *Northside 7 pm	21
22	23	24	25	26	27	28
29	30	31 Halloween	1	2	3	4

SPORT PARENT

MATCHDAY CHECKLIST

 @BelievePHQ



Name.....

I will regularly praise my child and the team when they are playing



I will make sure that I am aware of what I say and how I react to decisions during the match. I will be aware of my verbal and non verbal language



I will respect the referee, officials, coaches and opposition



I will avoid pressuring my child about winning and losing



I will focus on the process not the result.



I will help my child to separate sport failure from personal failure



I will not swear or be abusive



I will help to develop autonomy in my child. I will allow them to make their own decisions in the game



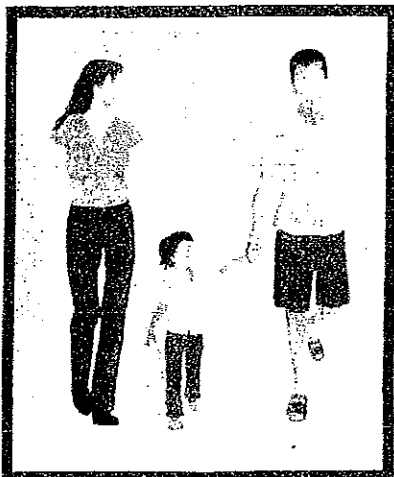
I will be a role model. I will demonstrate positive behaviours throughout the game



I will not compare my child with other players



I will stay calm under pressure



Carroll Middle School

Football GAMES 2023 - 2024 Athletic Events List

Date	Start Time	Event	Location	
Wed 8/16/23	5:00 PM	St. Charles (scrimmage) (St Charles Borromeo Catholic School - Ft Wayne)	Carroll Middle School	Home
Tue 8/22/23	5:30 PM	Edgewood Middle School	Edgewood Middle School	Away
Tue 8/29/23	5:00 PM	East Noble Middle School (Kendallville)	East Noble Middle School (Kendallville)	Away
Thu 9/7/23	5:00 PM	Woodside Middle School	Woodside Middle School	Away
Tue 9/12/23	5:30 PM	Lakeview Middle School	Carroll Middle School	Home
Tue 9/19/23	5:00 PM	Summit Middle School	Carroll Middle School	Home
Tue 9/26/23	5:00 PM	Maple Creek (@ CHS) (Maple Creek Middle School)	Carroll Middle School (CHS Stadium)	Home
Mon 10/2/23	5:30 PM	7th FB ROUND 1 (Maple Creek Middle School, Summit Middle School, Woodside Middle School)	Carroll Middle School	Home
Mon 10/2/23	5:30 PM	8th FB ROUND 1	Maple Creek Middle School	Away
Thu 10/5/23	5:30 PM	7th FB ROUND 2	Summit Middle School	Away
Thu 10/5/23	5:30 PM	8th FB ROUND 2	Woodside Middle School	Away
Tue 10/10/23	5:30 PM	7th FB CHAMPIONSHIP	Lakeview Middle School	Away
Tue 10/10/23	7:00 PM	8th FB CHAMPIONSHIP	Lakeview Middle School	Away