

CREEKSIDE
FOOTBALL

ALL IN

2019



#WORKTOWIN





Creekside Football Mission Statement:

Creekside High School Football will train & develop coaches & players to be leaders who have a great amount of ***TOUGHNESS***, a great ***ATTITUDE***, a determined ***WORK ETHIC***, are ***COMMITTED*** and who ***CARE*** for others, both in football and every other aspect of their life.

Our Process

➤ **1st Quarter: December/January/February**

- Focus is Strength & Mass Gain – Lift 4 Days – Speed/Agility 1 Day

➤ **2nd Quarter: March/April**

- Focus is Strength w/ Speed & Agility – Lift 3 Days – Speed/Agility 2 Days

➤ **3rd Quarter: April/May (Spring Football)**

- 20 very physical practices with in-season strength training + Spring Game.

➤ **4th Quarter: June/July (Summer)**

- Preparing the team for the season – 4 Days a week of Strength, Speed and Agility, Conditioning and Football Fundamentals/Skills and Scheme
- Incoming 9th Graders are taught the proper mechanics of lifting and football.

➤ **In Season:** Used to maintain strength, works within our weekly practice schedule.

2019 Where We Are...

Year	Body Weight	Clean Max	Bench Max	Squat Max	Total
2018, May	177	183.8	174.6	266.9	619.6
2019, February	188	195.3	188.9	291.1	670.0
Difference	+11	+11.5	+14.3	+24.2	+50.4

- Each athlete has their own progression (printed individually) based on their strength
- We modify various lifts for injuries and the need of each athlete.



Creekside Football Foundations

TOUGHNESS

ATTITUDE

WORK ETHIC

CARING

COMMITMENT

2019 Where We Are Going...

- **We will continue to build on our mission statement and develop and care for our young men through our training and interactions with them.**
- **Family Action Plan**
 - Communicate (player & family, player & coaching staff) and Celebrate the work!
 - Grades (we monitor weekly)
 - Weigh-Ins (we monitor weekly)
 - Max Out Numbers (monitored after each phase of training)
 - Injuries (Coaches & Ryan Boyer, ATC)
 - Together we must try to develop young men who can advocate for themselves. Please have your son start the conversation and then feel free to follow up or clarify with Coach McIntyre. All questions should be directed to Coach McIntyre.
 - Understand it will be hard and embrace those tough times.

2019 Info

- **Attendance:** Practice vs Summer (Players Communicate)
 - *Commitment is NOT Convenience*
 - Banquets/Dentist/Scheduled Events
 - Younger Guys and Older Guys
- **Class Schedule for next year:**
 - Weights Classes will be 1st Period & 7th Period.
 - Our Admin works with us to get all the kids in the classes together. This allows us to build a team year round. If there is any conflicts in your sons schedule, I will discuss it with them directly in the summer.

2019 Info

- **Required Paperwork:** Each student athlete must have a completed profile on www.athleticclearance.com on file to participate.
 - CHS will be holding physicals on 4/13 at 9, 10 or 11am. The cost is \$10. This is highly recommended for all CHS Football Players.
 - Paperwork can be found on CHS Athletics Website.

- **Contact Info & Communication:**
 - New team members... Please click the link on www.creeksidefootball.com to be added to our email list
 - Twitter - @Creekside_fb & @CHSFLRecruiting
 - Instagram - @Creekside.Football
 - Facebook – “Creekside Football Page”
 - Remind – is used for coach/player communication (parents are able to join)

Currently Going On...

➤ **Currently going on...**

- 7v7 on Thursday Mornings – Wednesday this week due to District Weight Meet
 - Every kid is learning 2 positions
- OL/DL Conditioning on Monday Afternoon
- Spring Break – Weight Room Open Mon/Tues/Thur from 9 to 10am.
- “If you do more than expected you’ll likely accomplish more than what everyone expects.” – Jon Gordon
- Yearly Calendar... Is always available at www.CreeksideFootball.com/Calendar
 - Weeks of Memorial Day and July 4th are off.

Spring & Summer 2019

➤ **Equipment**

- Each player must provide there own girdle and cleats
- Weight room/Conditioning attire: Grey Shirt & Red Shorts
- Leggings & Sleeves: Plain White or Plain Black (Match our Pants/Socks)
- Baker's Sports - Team Store closes Sunday 3/17
- Riddell, Vicis & Schutt Team Stores Close 3/17 – (Completely Optional)

Spring 2019

- Practice begins Monday 4/22 – Spring Game at Clay High School Thursday 5/16
 - JV Scrimmage 5/15
 - Varsity & JV as well as depth charts will begin in the spring. Evaluations will continue into the summer and into the fall.
- “Red & Black” Scrimmage from 6:00 to 8:00 on Friday 5/3.
- Incoming Freshman
 - Practice 4/24, 5/1 & 5/8 from 5:30 to 6:30pm. Must have paperwork complete on athleticclearance.com and must currently attend POA and FC.
 - Ramp up Night – Tuesday 3/26 – 6pm in Auditorium

Summer 2019

- Summer Football Conditioning starts Monday 6/3 – Cost is \$145 – payment options and waivers will be sent out online after spring break.
 - Moving to 4 days per week.
 - Cost includes a PE locker for the entire school year
- Team Camp for all returning players: at Valdosta State University: July 12th – 14th cost is \$185. Checks made out to “Creekside High School” and payment must be made in full by 6/3.
- 7v7 every week vs local schools. These events & dates will be communicated to the team.

Fall 2019

- We are finalizing our 2019 Schedule and Game dates.
 - We are anticipating playing 2 JV teams for the entire year. This is to give each athlete to opportunity to play the most snap possible.
 - We will communicate with each player as to the team they will be on. We try to keep kids on the same team all year but that doesn't always happen
- Every position is up for grabs each day, especially in the spring. Every player is constantly being evaluated.

Touchdown Club

- **Mission:** To provide each of our student athletes with the best possible high school football experience.
- **Joining:** Next meeting is Monday 3/25 at 7:00pm in the CHS Library.
 - We will be discussing/finalizing Pre-game Meals, Sponsorships, Fundraisers and other way for parents to be involved.
 - Everyone is welcome. We are looking into possibly electing a board and/or having a president of the Touchdown Club.
 - This is the best way to be involved in the Creekside Football Program as a parent.

Fundraising

- **Mission:** To provide our football team and players with the best equipment and experience possible.
- **Fundraisers:** We will have 2 fundraisers
 - **Summer/Fall:** Score Card Sales
 - **Winter:** Red & Black Gala
 - Please Contact: Mrs. Yvonne Spillers if you want to be involved or want more information on the Gala.
- Any other Fundraisers will go directly back to the player in gear or fees (TPC, etc.)
- **Sponsorships:** We are providing partnering and marketing opportunities for local businesses.
 - Please Contact: Mrs. Sarah Galen if you want to be involved or know anyone who might be looking to sponsor our football program.

Recruiting

- **Academics:** Great students have more options.
- **Services:** Never pay for any recruiting service. Use your resources to visit colleges.
- **Urgency:** This is a once in a lifetime opportunity, be aggressive, develop relationships with each coach. You get out of recruiting what you put into it.
- **Communication:** Please keep the coaching staff informed on any and all contact with any colleges/universities. Always speak with the coaching staff about your plans for visiting any college or going to a camp. Please contact myself/Coach Forrest about anything recruiting.
- **Info:** Our recruiting power point can be found at www.creeksidefootball.com/recruiting

Nutrition

QUANTITY

This is the total amount of food being eaten per day, measured in calories (cals). This gives us a measure of the amount of ENERGY being taken in. Manipulation of the following guidelines can produce the most dramatic changes in the body such as a weight gain and weight loss.

TO GAIN: eat 20 cals / lb of BW

TO MAINTAIN: eat 17 cals / lb of BW

TO LOSE: eat 14 cals / lb of BW

QUALITY

Natural foods are generally superior in terms of their support of athletic performance and basic health. This leaves **meat, fish, eggs, vegetables, fruits, nuts, certain oils, and possibly certain dairy products** as the types of foods that will ideally comprise the bulk of the athlete's intake.

PROCESSED FOODS CANNOT COMPETE WITH THE NUTRITIONAL DENSITY OF NATURAL FOODS



MACRONUTRIENT COMPOSITION

PROTEIN

Should be considered the first priority
(meat, fish, high-quality eggs)

BASELINE: 1 gram / lb of BW

FAT

Absolutely necessary to support health
(nuts and seeds, avocado, olive oil)

CARBOHYDRATE

Varies among athletes and periods of training
(vegetables, fruit, potatoes, rice)

HYDRATION

Drink 1 oz of water / lb of body weight



THANK YOU FOR
COMING

#ALLIN2019

#WorkToWin