



De La Salle High School Freshman Football

Dear Incoming Freshmen and Parents,

We welcome you to De La Salle High School. This information sheet will introduce you to our Freshman Football program, including philosophy, tryout guidelines and important dates. The De La Salle Athletic Department encourages all students to explore the many opportunities for competitive sports, recreation and physical activity offered at De La Salle. Our student's full development is our educational goal and we want every student to explore his athletic interests in a safe and positive environment. Each fall, our freshman football tryouts draw about a hundred interested students. This team has no designated team size and every participating student is given the opportunity to demonstrate his ability. However, tackle football is a demanding game with the potential to be dangerous. It is not for everyone. In order to provide a safe on-field classroom, effective coaching and a positive developmental experience for the student, there is a "cut" process. An evaluation of candidates by our coaches takes into account athleticism, speed, size, effort, and safety.

Orientation Meeting:

A freshman football orientation meeting is being offered to all candidates and parents on Tuesday, July 9th, 2019 at 7:00pm in our Theatre. The agenda will include an introduction to the program, coaches, an explanation of the tryout process and summary of the season. It is also a good time to meet some of the class of 2023. Those wishing to participate in freshman football are expected to attend.

In order to prepare for the demands of tackle football, we have put together a suggested training program for student athletes that incorporates flexibility, foot speed, plyometrics (jumping drills), resistance exercises (using body weight), agility, and general conditioning. We have found that physical preparedness drastically decreases the chance of injury while increasing the chance of success. This is the goal of our training program. You will find the documents outlining the training following this letter.

Summer Workouts:

Optional workouts, which include our training program, will be Monday through Thursday and begins for all interested freshmen on Monday July 8th through Wednesday July 31st (calendar attached) Every optional workout will begin at 2:30pm, running until 5:30pm and all will take place on the grass field at the back of the campus. These workouts are great for students to learn the tempo and expectations of the coaching staff.

Starting August 5th practice is mandatory. Monday's and Wednesday's practice that week, the student athletes will be asked to be on campus (in the locker room) by 11am and will be there until 5:00pm those days. Each student-athlete will need to bring their own lunch because there will not be any food provided. Tuesday, Thursday and Friday's practice that week will run from 2:30pm – 5:30pm. Practice will be on the grass field behind the main De La Salle campus. We will practice on multiple Saturdays after the team is set starting Aug. 10th. Students should be wearing a white t-shirt with your last name printed on the front and back, green gym shorts, no jewelry or ankle socks. Students should bring cleats (soccer cleats are ok) and running shoes to every workout. Also, if you purchase new cleats, break them in before workouts. **Students must have a physical completed by a physician either M.D. or**

D.O. and turned in to the athletic training staff on or before the student's first workout. Students cannot participate in any workouts until it is turned in.

In order to suit up in pads, the student-athlete needs to complete 12 hours of workouts without pads. If the student athlete does not complete 12 hours of workouts by August 5th then they will not suit in pads until they complete them. We look forward to working with your son.

Workout Schedule:

July 8 – July 31: Optional workouts (Drills and conditioning - no pads)

July 29: Pads will be issued this week.

August 5 – August 9: 1st week of pads (Final cuts will be on August 9th)

August 10: We will have our first practice as a team on Saturday, August 10th at 8am.

July/August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 30	July 1	2	3	4	5	6
	Off	OFF	OFF	OFF	OFF	OFF
7 OFF	8 WO #1 2:30 PM	9 WO #2 2:30 PM	10 WO #3 2:30 PM	11 WO @4 2:30 PM	12	13
14	15 WO #5 2:30 PM	16 WO #6 2:30 PM	17 WO #7 2:30 PM	18 WO #8 2:30 PM	19	20
21	22 WO # 9 2:30 PM	23 WO #10 2:30 PM	24 WO #11 2:30 PM	25 WO #12 2:30 PM	26	27
28	29 WO #13 2:30 PM	30 WO #14 2:30 PM	31 WO #15 2:30 PM	August 1 OFF	2 OFF	3 OFF
4 OFF	5 1 st DAY OF PADS	6	7	8	9	10

Summer Camps

We hold multiple camps here at De La Salle over the summer that are good to attend. We hold a QB/WR camp (un-padded), Championship Football camp (padded), Premier Football camp (padded) and Athletic Performance camp. While the first three help develop football skills the fourth one helps develop strength, speed and agility, emphasizing core, flexibility and proper lifting techniques that we teach here at De La Salle. Check website for details.

Fall

We are also holding a freshmen lifting tutorials during zero period that all Frosh will have to go through 8 weeks of, in order to be cleared to lift any other time. If your son does the summer HS Athletic Performance camp/clinic then they are cleared and do not need to take one during the fall.

Complete the following exercises 3 to 4 times a week

Foot Speed –Jump rope (5-10 minutes)

This is to increase foot speed, body control, and warm the muscles before stretching

Technique: Use a variety of single leg hops, double leg hops, and running in place

Focus on foot quickness of the ground and small hops, not jumping as high as you can

Flexibility –Stretch

This is to prevent injury, increase the body's efficiency, and improve mobility and ability to quickly get into and out of positions

Technique: hold stretches for 30 seconds (Do not bounce)

Stretching should be slightly uncomfortable, but not painful

Quadriceps-Balance on one leg while you pull your other foot towards your back. Keep your knee pointed to the ground

Hamstring-Seated with legs extended reach for the toes while pulling your head towards your knees.

Spread your legs and stretch to the right, left, and middle while keeping our legs extended.

Calf –Assume a push up position with one leg crossed over the other and your body arching upward. Push your heel towards the ground.

Groin-Sit with the bottoms of your feet touching each other. Pull your heels towards the middle of your body with pushing your knees down with your elbows.

There are other stretches, but these are a bare minimum.

Plyometrics-choose 3 drills a day

Side Hops: you will need some low obstacle. Stand on one side of the obstacle with you feet together. Hop over the obstacle back and forth as fast as you can for 15-30 seconds. There should be one hopping motion, not a pause on each side or a double hop. Concentrate on spending as little time on the ground as possible. You can also work one leg at a time. Do at least 3 sets.

Squat Jumps: Stand with your feet shoulder width apart. Squat down so your legs form a 90 degree angle and explode up. You should jump as high as you can. Repeat 10 times for one set. Do at least 3 sets.

Star Jumps: Stand with your feet shoulder width apart, squat down, bending at the knee, until your hands are touching the top of your shoes. Jump as high as you can throwing your hands over your head and spreading your legs with each jump. When you land you should be back at a normal standing position, squat right back down and repeat. It is similar to a giant jumping jack. You should do sets of 15-20. Do at least 3 sets.

Box Jumps: You will need a knee high or higher surface to do this exercise. A bench would suffice. Stand on the ground, bend and jump to the top of the surface, extending to a full standing position on top. Jump back to the ground and repeat. Do sets of 15-20. Do at least 3 sets.

Split Jumps: Start with one knee on the ground and one leg extended forward with the knee over the midpoint of the foot. Your hips should be straight and in a line with your back. Explode into the air and switch the leg positions so that you land with the other knee on the ground. Repeat 10 times for each leg. Do at least 3 sets.

Resistance Exercises:

Pull-Ups: You can do these with the palms of your hands facing either direction. Make sure you start with your arms fully extended and pull until your chin clears the bar. Do not swing your body at all. Each pull up should start from a dead hang. Do at least 3 sets of 10.

Push-ups: Place your hands directly under your shoulders. Keep your body in a straight line from head to toes. Lower your body in a controlled fashion to the ground, touch your chest to the ground, and extend back to the top so your elbows are locked. Do at least 3 sets of 20.

Bent Knee Crunch: Lying on your back, knees bent at 90 degrees lift your shoulders off the ground without bending your neck. Do at least 3 sets of 50.

Leg Lifts: Lying on your back, sitting on both hands and keeping your legs straight, lift your legs 6 inches off the ground. Hold that position for 10-30 seconds. Lift your legs together to where they form a 90 degree angle with your body. Control the movement back to 6 inches to the ground. You can also alternate legs in a kicking motion keeping your knee straight. Do at least 3 sets of at least 30 seconds.

Iron Man: Lying on your stomach, lift your body into a plank position with your elbows directly under your shoulders and your hands clasping under your face. You should keep your body flat from head to toes. Hold this for 30-60 seconds. Do at least 3 sets.

Squats: Stand with your feet shoulder width. Squat down slowly until your legs form a 90 degree angle. Keep your back flat and your chest up as if something was resting on the top of your shoulders. Hold the position for 30-60 seconds. Do at least 3 sets.

Agility:

Liners (5x5x5, 5x10, 5x10x15): Mark a start point, a 5 yard interval, a 10 yard interval, and a 15 yard interval. From the start point spring to the 5 yard marker and touch it with your right hand, go back to the start and touch it with your right hand, repeat this until you have touched the 5 yard marker 3 times and sprint back through the start point. Do the same with your left hand. Again, from the start point go 5 yards and touch with your right hand, back to the start and touch with your right hand, out to the 10 yard marker and touch with your right hand, and sprint through the start point. Repeat with the left hand. Finally, do the same with the 5, 10, and 15 yard markers both right and left hands.

Conditioning:

You will need a track to complete the spring workout. A 400 is one full lap, a 300 is $\frac{3}{4}$ of 1 lap, a 200 is $\frac{1}{2}$ of a lap.

May: 1-400 under 90 seconds (2 minute recovery), 1-300 under 60 seconds (2 minute recovery), 1-200 under 35 seconds.

June: 1-400 under 85 seconds (2 minute recovery), 1-300 under 56 seconds (2 minute recovery), 2-200 under 35 seconds (1 minute recovery)

July: 1-400 under 85 seconds 5 min full recovery) 5-200 under 35 seconds (90 seconds recovery between)

These times should be a **minimum** goal.

You should also work in a long distance (1.5 miles or more) at least once a week.

If you have any questions, concerns, or calendar conflicts, please notify Coach Guaragna by e-mail at guaragnap@dlshs.org or by phone 925-288-8100 ex.7070.

Mr. Paul Guaragna: Head Freshman Coach Mr. Justin Alumbaugh: Program Head Coach