

**POPE JOHN XXIII**



**PLAYER / PARENT**

**HANDBOOK**

**2022**

## Pope John Football Handbook

The 2022 Pope John XXIII Football Handbook is a document that provides information about the football program. This guide does not contain all that will occur in the football program (some dates and times have not been established); however, it does provide a good basis for a large portion of the 2022 Football plans. Finally, we want to improve avenues of **continuous communication** to enhance support and participation by students and parents.

### REFERENCE

Name	Email	Contact
Dominique Gaston <i>Head Coach</i>	<a href="mailto:domgaston@popejohn.org">domgaston@popejohn.org</a>	<i>Office: 973-729-6125 ext 3040 Cell: 973-862-9879</i>
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### 2022 POPE JOHN XXIII COACHING STAFF

Head Football Coach / Offensive Coordinator  
 Assistant Head Coach Defensive Coordinator  
 Run Game Coordinator / Running Backs  
 Offensive Line  
 Defensive Line  
 Special Teams Coordinator / Tight Ends  
 Safeties  
 Cornerbacks  
 Wide Receivers  
 Video Coordinator  
 Director of Football Operations  
 Director of Recruiting Operations

Dominique Gaston  
 Cole Farrand  
 Teddy Sibblies  
 Jake Vogel  
 Ropati Pituota  
 Austin Pederson  
 Rob Mehr  
 Stefuan Whitehead  
 Brian Dolan  
 Cedric Gaston  
 Eddie Reinle  
 Nasir Gaines

## PROGRAM VISION

We should have a vision for what our program wants to achieve and always begins with the end in mind. Once the vision is recognized and communicated, the policies and goals necessary to get there can be created. An effective and well communicated vision gives the program direction and confidence. **COMMIT TO THE PROCESS, INVEST IN THE PROCESS, TRUST IN THE PROCESS.**

## VALUES

Every excellent team is clear on what it stands for and what it doesn't. **F.A.M.I.L.Y.**

### PRIDE

Be proud of where you are and what you are doing. Always work to improve your surroundings, your position, and yourself. Pride is the will to continue and separates the winners and losers on and off the field.

### HEART

1. **HONESTY** - We need to make ourselves vulnerable and authentic; staying true to who we are. Openness and transparency within the whole organization is crucial to the success of the team.
2. **EFFORT** - Putting our best foot forward everyday regardless of the situation. Giving your all on and off the field.
3. **ACCOUNTABILITY** - Doing the right thing when no one else is looking. Knowing that we can always depend on you. That you are a representation of our community. This goes for on the field, and in the classroom as well.
4. **RESPECT** - We must first develop self-respect. Learning to respect our coaches, administration, teammates and peers
5. **TRUST** - Building lasting relationships throughout the season starts with trust. Without trust, we are nothing. (Trust in Me, Trust in You, Trust in Each Other)

### Crisis Control Policies

#### **The R Factor**

$$\mathbf{E + R = O}$$

Events + Response = Outcome

Our players will know and understand The R Factor. In life, we can't control the **Events** (E), and we can't directly control the **Outcomes** (O), but we always have control over our **Response** (The R Factor). How we respond means everything. After every event we have to respond, and that likely will control the outcome.

## FOOTBALL POLICY

The football players at Pope John XXIII are representing family, school, and community. In order to be a part of our program, each player must conduct himself in a manner that is indicative of the excellent environment he represents. The Pope John football policy is explained under the following six areas:

### 1. Classroom

- Academics have **absolute** priority over athletics.
- We insist that each athlete make every effort to maintain a perfect attendance record during the school year.
- Extra help is encouraged when athletes are having problems in class. When possible we encourage these athletes to receive help in the mornings and during activity periods.
- All athletes must give each faculty and staff member at Pope John their due respect at all times.
- Each player will stand on his own merit as a student. Our coaches will not in any way attempt to influence a teacher concerning grades or discipline.
- Any player having to stay after school for disciplinary reasons during the season will receive additional conditioning at the end of practice to make up for the lost practice time.

### 2. School Activities and Other Sports

- We encourage our athletes to take an active part in all school activities as long as these activities do not interfere with studying or the sport in which they are engaged. All football players are encouraged to participate in other sports if they so desire.

### 3. On Field Policy

- Every player must be on time to all meetings and practices. All team meetings are mandatory. Detention for disciplinary reasons is not an excuse for being late.
- A coach should be notified of all absences or early dismissals during the season. If a player is sick at home, they must call 973-862-9879 no later than 9:00 AM and leave a message if you are not able to reach me. **Remember, a player must be at school to participate in practice or play in a game.**
- Players will put forth 100% effort and hustle on the practice and playing fields at all times. Players and coaches are expected to show enthusiasm at all times.
- Each player and coach has a responsibility to the team to be on time and at practice every day. Many times, we may not feel like practicing; however, one of the values of participating on the team is to be able to rely on your teammates and coaches and to perform under adverse conditions.

### 4. Guidance

- Our football staff's goal is to help the Pope John XXIII Football players become a successful and productive member of the community. We are here to help your child in football and everyday life.

### 5. F.A.M.I.L.Y.

- We encourage all players, coaches and parents to be completely loyal to Pope John. All decisions in our football program will be made with the best interest of the TEAM in mind. We expect a

"WE" attitude rather than an "I" attitude. From experience, teams and players who embrace the "FAMILY" attitude enjoy the most success. The team as a whole will always come first.

## **6. Rules and Regulations**

- PLEASE BE AWARE. THE STUDENT HANDBOOK HAS BEEN UPDATED TO INCLUDE THE FOLLOWING RULE REGARDING STUDENTS SHOWING UP LATE TO SCHOOL.

Late Arrival To School - After School Activities  
As of March 16, 2022

Students must arrive on time to partake in any after school activities unless they have a doctor's note in hand upon arrival, or their parents have made arrangements that have been pre-approved by the administration.

School day begins: (pg 5 of handbook)

7:10 a.m.- student drivers should be in school

7:30 a.m. - all other students should be in the building

If a student is late to school they must leave the campus immediately after school and will be unable to participate in any game/practice or extracurricular activities for that day.

- Rules are set up in the best interest of the athlete and total program. It is the objective of this program to build character and values which will be carried throughout life and which will carry over into all aspects of life. With these thoughts in mind, strong guidelines must be observed so that these values can be taught. The following violations may be cause for suspension or dismissal from the team. Each case will be evaluated on an individual basis.
  - Use of illegal drugs or alcohol.
  - Missing practice (unless excused by the coach in a case by case basis).
  - Acting in an unsportsmanlike manner when representing the school.
  - Any act at school or away from school which, in the opinion of the coaches and administration, reflects in a negative manner on Pope John and/or the school's athletic program.

## **STRENGTH AND CONDITIONING PROGRAM**

The Strength and Conditioning Program is the single most important factor in a high school football player's success. The Strength and Conditioning Program goals are threefold:

- Injury Prevention - At Pope John our conditioning program is designed to insure that every boy that participates regularly will step onto the practice field in top physical condition. Our ultimate goal is to reduce injury and to keep them to a minimum.
- Strength - The increased strength that is realized through a comprehensive strength and conditioning program will be a major factor in our players' and team's success.
- Speed - The final goal or result will be the increased speed our players gain by participating in our running, lifting and plyometric programs.

Participation in our strength and conditioning program is **mandatory**. This program requires the support of parents and players alike. Your son's participation not only will help protect him from injury but will also improve his athletic potential.

During the school year (January - June) all players have the option of playing a sport or participating in our mandatory conditioning program, the only exceptions are:

- Students in **academic trouble**
- Students who must work to **help support the family.**

### **OUTSIDE TRAINERS**

Many athletes utilize trainers outside of our regular football program. Although our training program will give our athletes everything needed, if you want extra work, you are encouraged to do so. There are trainers in our area that work closely with our program, and provide an excellent service. Our staff would be happy to refer you to a trainer if you are interested. If you choose to use an outside trainer, it is important that you understand the following:

- Any training you do outside of your football team's program is considered **SUPPLEMENTAL** to your **TEAM** training. What you do with your **TEAM** comes **FIRST** and **FOREMOST**. What you do with your **TEAM** at **POPE JOHN XXIII** is the **MOST IMPORTANT!**

### **Social Media**

Social media popularity is growing at an incredible rate, and we as a program will learn how to use it in an appropriate, effective, and positive way. It can be an incredible tool to spread positivity, bring notoriety, and distribute information to our growing program. It can be a lot of fun! However, inappropriate social media use can also be extremely detrimental and toxic.

Pope John High School Football social media channels are used for the following:

- Celebrating the successes and providing recognition to the team, individuals, partners and affiliates.
- Reporting game/event results
- Promoting our program and components of our program in a manner that is aligned with our CORE values of Pope John XXIII High School.

Pope John XXIII High School Football social media channels are NOT used for the following:

- As a channel for concerns, complaints or debates
- Any commentary or opinion that is counterproductive to positively promoting the program. (If it's not uplifting the program or our players, it doesn't belong on social media.)
- Demeaning opponents or insulting competitors

By becoming part of our football program, you will agree to the following:

- We will not attack, berate, diminish success or highlight failures of others. We will always show others respect and compliments are always appreciated!
- Retaliation is **Prohibited**. If you or our program have been attacked or berated through social media, **WE WILL NOT RESPOND THROUGH SOCIAL MEDIA**. Our response is by showing ethics, values, and **COMMITMENT** to our **F.A.M.I.L.Y.**
  - You have heard that it was said, "You shall love your neighbor and hate your enemy. But I say to you, love your enemies, and pray for those who persecute you." Matthew 5:43-44
- You are always representing your team. As a Pope John XXIII High School Football player, anything you say or do will be seen as a "Pope John XXIII Football Player". What you share

online not only speaks volumes about **YOU** but your **TEAM**.

- **VOICE** your thoughts. If you are frustrated or have an issue, use your **VOICE** and **TALK** to the person or person who can help you resolve the issue. Learning to communicate with your voice is an important skill. Be responsible in your decisions with what you decide to post, and **THINK** and **PAUSE** before you hit “**SEND**”.
- The Pope John XXIII Football staff and administration may reserve the right to ask members of the football team to delete, remove, or modify social media posts.
- Social media posts that are deemed inappropriate may result in disciplinary actions including withholding of playing time, absence from team events and or practices. (Please refer to Page 16 of the handbook)

### **Name Image and Likeness (NIL)**

- This is a new arena for coaches, parents and student-athletes. NIL rules and regulations continue to evolve over time.
- As of today, here are some important things to note:
  - If a student-athlete receives an NIL deal in High School, it can have long term impacts for their collegiate career including denial of future financial aid, Federal Pell Grants, etc.
  - If a student-athlete receives an NIL deal in High School, they ARE NOT permitted to post or give any association to Pope John XXIII High School.
    - For example: If a student were to post a picture of themselves in their football jersey, they must modify the picture to remove any PJ logos and change the color of their jersey to remove all PJ likeness.
  - Pope John XXIII is not allowed to retweet, repost, or endorse images in association with NIL agreements
- There are organizations and agencies that provide NIL education for parents and students. For more information please contact Coach Gaston.

**\*CONSULT WITH AN NIL PROFESSIONAL BEFORE ENTERING ANY CONTRACTUAL AGREEMENT.**

## **PARENT / COACH COMMUNICATION GUIDELINES**

### **The Role of Parents and Coach**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the others and provide greater benefit to our children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **Communication Parents Should Expect from Our Coaches**

- Our program's philosophy
- My expectations of our team, its individual members, our coaching and support staff
- Location and times of all practices, and team events
- Team requirement, i.e., fees, special equipment, off-season conditioning
- Procedure followed should your child be injured during practice or games
- Team and school conduct rules
- Off Season Expectations

- Any discipline or behavior that may result in the denial of your child's participation on the team.

### **Communication Coaches Expect from Parents**

- Concerns expressed directly to the coach
- Notification of schedule conflicts well in advance
- Notification of illness or injury as soon as possible
- Support for the program and dedication, commitment, and responsibility that are essential ingredients for success and excellence. Encourage your child to excel. It is also important to understand there might be times when things do not go the way you or your child wishes

### **Issues Not Appropriate to Discuss with Coaches**

- **Playing time \***
- Play calling
- Team strategy
- Other student athletes

### **Appropriate Concerns to Discuss with Coaches**

- The treatment of your child, mentally and physically
- College assistance for student-athletes
- Ways to help your child improve and develop in a sport
  
- Concerns about your child's behavior. It is very difficult to accept your child not playing as much as you hope. Coaches are professionals. They make decisions based on what they believe is best for the team and all the athletes involved. Practice times are when teams are determined.
  
- It can be very difficult to accept your son's not playing as much as you may hope. We make judgment decisions based on what we believe, in our professional opinion, is best for all student-athletes involved. As you may have seen from the list above, certain things can be and should be discussed with us. Other things, such as those listed, must be left to the discretion of the coach.

### **Discussions with Coaches**

**Student-athletes and the coach should discuss the concerns first.** However, there are situations that may require a conference between the coach and the parent. This is encouraged. It is important that both parties have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be taken to

help promote a resolution to the issue of concern.

**If you have concern to discuss with a coach, please adhere to the following procedure:**

- Call or email me at [domgaston@popejohn.org](mailto:domgaston@popejohn.org) to schedule an appointment. Depending on the nature of the situation, resolution by phone or email may be inappropriate.
- If I cannot be reached or do not acknowledge the request for an appointment within 24 hours of the request, please contact our athletic director.



- I ask that you refrain from confronting our coaches before or after contests or practices. These can be emotional times for both coaches and parents. Meetings of this nature usually do not promote positive resolutions. Please follow the procedure above. \*
- **Please do not ask that conversations between Parent and Coach be kept confidential and not shared with the student-athlete in question. The student-athlete will be informed of all such communications, unless the Head Coach, at his sole discretion, deems the sharing of that information to be detrimental or harmful to the student-athletes development.**

\*Please note that coaches are instructed to ignore any concern or criticism delivered anonymously\*

### **Player/Coach Conferences**

It is the policy of our program that all assistant coaches have an open-door policy for conferences with players. Players need to have confidence that their concerns will be heard and addressed with respect and confidentiality in a timely manner.

### **Parent/Coach/Player Conferences**

If a parent/coach conference is scheduled (by appointment), the following guidelines will apply:

- The coach will meet with the parent or two parents or guardians of one player at a time. The coach is not expected to approve requests to meet with larger groups.
- **We require that the student-athlete be present for the parent/coach conference.** Bringing all parties to the same table can effectively bring important issues to light. \*\*

\*\*Please do not ask that a conversations between Parent and Coach be kept confidential and not shared with the student-athlete in question\*\*

### **The Next Step**

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with our Athletic Director, Mia Gavan to discuss the situation.

## Varsity

<b>Date</b>	<b>Time</b>	<b>Opponent</b>	<b>Location</b>	
June 18, 2022		UConn 7 on 7 / Big Man	University of Connecticut	7 on 7
June 24, 2022		PSU 7 on 7 / Big Man	Penn State University	7 on 7
July 20, 2022	3:00	WV 7 on 7 / Big Man	Wayne Valley High School	7 on 7
August 13, 2022	10:00	Blue and Gold Game	Pope John High School	Scrimmage
August 17, 2022	10:00	UC/EO/TBD	Roosevelt Stadium UC	Scrimmage
August 20, 2022	11:00	Don Bosco	Pope John High School	Scrimmage
August 27, 2022	2:00	Immaculate Conception	Pope John High School	
September 3, 2022	1:00	Seton Hall	Rutgers University	
September 10, 2022	1:00	Paramus Catholic	Pope John High School	
September 17, 2022	TBD	Cardinal Hayes	Rutgers University	
September 24, 2022		BYE WEEK	BYE WEEK	
October 1, 2022	2:30	Immaculata	Pope John High School	Homecoming
October 8, 2022	1:00	Delbarton	Delbarton	
October 15, 2022	1:00	DePaul	Pope John High School	Senior Day
October 22, 2022		Hudson Catholic	Cavan Point	
October 29, 2022	1:00	St. Joe's (Met)	St. Joe's (Met) High School	
November 4/5, 2022		States Round 1		
November 11/12, 2022		States Round 2		
December 3/4, 2022		State Finals	MetLife Stadium	

## Junior Varsity

<b>Date</b>	<b>Time</b>	<b>Opponent</b>	<b>Location</b>	
June 24, 2022		UConn 7 on 7 / Big Man	University of Connecticut	7 on 7
July 13, 2022		PSU 7 on 7 / Big Man	Penn State University	7 on 7
July 20, 2022	3:00	WV 7 on 7 / Big Man	Wayne Valley High School	7 on 7
August 13, 2022	10:00	Blue and Gold Game	Pope John High School	Scrimmage
August 17, 2021	10:00	UC/EO/TBD	Roosevelt Stadium UC	Scrimmage
August 20, 2021	11:00	Don Bosco	Pope John High School	Scrimmage
August 29, 2021	4:00	Immaculate Conception	Pope John High School	
September 5, 2021	4:00	Seton Hall	Pope John High School	
September 12, 2021	4:00	Paramus Catholic	Paramus Catholic	
September 19, 2021		BYE WEEK	BYE WEEK	
September 26, 2021		BYE WEEK	BYE WEEK	
October 3, 2021	4:00	Immaculata	Immaculata	
October 10, 2021	4:00	Delbarton	Pope John High School	
October 17, 2021	4:00	DePaul	DePaul	
October 24, 2021	4:00	Hudson Catholic	Pope John High School	
October 31, 2021	4:00	St. Joe's (Met)	Pope John High School	

## Freshman

<b>Date</b>	<b>Time</b>	<b>Opponent</b>	<b>Location</b>	
July 20, 2022		WV 7 on 7 / Big Man	Wayne Valley High School	7 on 7
August 13, 2022	10:00	Blue and Gold Game	Pope John High School	Scrimmage
August 17, 2021	10:00	Union City	Pope John High School	Scrimmage
August 20, 2021	11:00	Don Bosco	Pope John High School	Scrimmage
August 27, 2021	9:00	St. Joe's Montvale	Pope John High School	
September 3, 2021	9:00	Seton Hall	Pope John High School	
September 10, 2021	9:30	Paramus Catholic	Paramus Catholic	
September 17, 2021	9:30	Bayonne	Bayonne	
September 24, 2021		BYE WEEK	BYE WEEK	
October 1, 2021	9:00	Immaculata	Immaculata	
October 8, 2021	9:00	Delbarton	Pope John High School	
October 15, 2021	9:30	DePaul	DePaul	
October 22, 2021		IDLE	IDLE	
October 29, 2021	9:00	St. Joe's (Met)	Pope John High School	

# June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lax Finals	2	3	4
5	6	7	8	9	10 Baseball Finals	11
12	13 Captain Practice 1 Begins 3:00 - 6:45	14 CP2 3:00 - 6:45	15 CP3 3:00 - 6:45	16 CP4 3:00 - 6:45	17 CP5 3:00 - 6:45	18 UConn 7 on 7 / Big Man / Kickers
19	20 Practice 1 3:00 - 6:45	21 P2 3:00 - 6:45	22 P3 3:00 - 6:45	23 P4 3:00 - 6:45	24 PSU 7 on 7 / Big Man	25
26	27 P5 3:00 - 6:45	28 P6 3:00 - 6:45	29 P7 3:00 - 6:45	30 P8 3:00 - 6:45		

# July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HIGH SCHOOL OFF	2
3	4 HIGH SCHOOL OFF	5 HIGH SCHOOL OFF	6 HIGH SCHOOL OFF	7 HIGH SCHOOL OFF	8 HIGH SCHOOL OFF	9
10	11 P9 3:00 - 6:45 <u>YOUTH FOOTBALL</u> <u>CAMP 9AM - 3PM</u>	12 P10 3:00 - 6:45 <u>YOUTH FOOTBALL</u> <u>CAMP 9AM - 3PM</u>	13 P11 3:00 - 6:45 <u>YOUTH FOOTBALL</u> <u>CAMP 9AM - 3PM</u>	14 SPARTA 7 ON 7 <u>YOUTH FOOTBALL</u> <u>CAMP 9AM - 3PM</u>	15 HIGH SCHOOL OFF	16
17	18 P12 3:00 - 6:45	19 P13 3:00 - 6:45	20 WAYNE VALLEY 7 ON 7 / Big Man	21 SPARTA 7 ON 7	22 HIGH SCHOOL OFF	23
24	25 HIGH SCHOOL OFF <u>YOUTH FOOTBALL</u> <u>CAMP 9AM - 3PM</u>	26 HIGH SCHOOL OFF <u>YOUTH FOOTBALL</u> <u>CAMP 9AM - 3PM</u>	27 HIGH SCHOOL OFF <u>YOUTH FOOTBALL</u> <u>CAMP 9AM - 3PM</u>	28 HIGH SCHOOL OFF <u>YOUTH FOOTBALL</u> <u>CAMP 9AM - 3PM</u>	29 HIGH SCHOOL OFF	30
31						

# August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 P14</b> HS - 12 PM- 6 PM	<b>2 P15</b> HS - 12 PM- 6 PM	<b>3 P16</b> HS - 12 PM- 6 PM	<b>4 P17</b> HS - 12 PM- 6 PM	<b>5 P18</b> HS - 12 PM- 6 PM	<b>6</b>
<b>7</b>	<b>8 P19</b> HS - 12 PM- 6 PM	<b>9 P20</b> HS - 12 PM- 6 PM	<b>10 P21</b> HS - 12 PM- 6 PM	<b>11 P22</b> HS - 12 PM- 6 PM	<b>12 P23</b> HS - 12 PM- 6 PM	<b>13 BLUE AND GOLD GAME</b>
<b>14</b>	<b>15 P24</b> HS - 12 PM- 6 PM	<b>16 P25</b> HS - 12 PM- 6 PM	<b>17 UC QUAD VARS. (A) UC FRESH. (H)</b>	<b>18 P26 3:00 - 6:45</b>	<b>19 P27 3:00 - 6:45</b>	<b>20 BOSCO (H) SCRIMMAGE VAR. AND FRESH</b>
<b>21</b>	<b>22 IC - P1</b> 3:00 - 6:45	<b>23 IC - P2</b> 3:00 - 6:45	<b>24 IC - P3</b> 3:00 - 6:45	<b>25 IC - P4</b> 3:00 - 6:45	<b>26 IC - P5</b> 3:00 - 6:45	<b>27</b> IC (H) 2 PM SJR (H) 9 AM
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

**FAILURE TO COMPLY WITH ANY OF THESE RULES IN THIS HANDBOOK WILL RESULT IN ANY OF THE FOLLOWING DISCIPLINARY ACTIONS:**

1. Practice Discipline
2. Reduce playing time
3. Non-participation in game
4. Removal from team.

Any questions?

Dominique Gaston  
Head Coach

[DOMGASTON@POPEJOHN.ORG](mailto:DOMGASTON@POPEJOHN.ORG)



**POPE JOHN XXIII FOOTBALL PLAYER / PARENT**  
**HANDBOOK**

To be eligible to play you and your PARENT/GUARDIAN must sign and return this slip to Coach Gaston ASAP I, \_\_\_\_\_, along with my parents / guardian, have read and agree to follow all the rules, regulations, and policies described in all pages of the Pope John XXIII Football Player / Parent Handbook.

\_\_\_\_\_ Date \_\_\_\_\_  
PLAYER SIGNATURE

\_\_\_\_\_ Date \_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

*Thank You,*  
Dominique Gaston  
Head Football Coach