

WILDCAT FOOTBALL

St. Ignatius College Preparatory * 2001 37th Avenue, San Francisco, Ca 94116 * (415) 731-7500 * www.siprep.org

UPDATED: May 2022

Dear Parents, Guardians and Class of 2026 Students,

Welcome to the Saint Ignatius community! As you prepare for the coming 2022-2023 academic year, we would like to share some important information about freshman try-outs for the Saint Ignatius Freshman Football team. **Tryouts begin Monday, August 8, 2022.** Please review and read through ALL of the following information:

FRESHMAN (Class of 2026) FOUNDATIONS - SUMMER TRAINING & FOOTBALL SKILL SESSIONS – Sign up NOW

Freshman Foundations is an all-inclusive package of training and football skills sessions. Freshmen planning on trying out for football in the fall can sign up for and work with our SI performance trainers and Freshman football coaches in June and July. The training sessions begin Monday, June 6th and the Wildcat Football skills sessions begin Monday, June 13th. The schedule is at the end of the letter. **UPDATE:** Freshman Foundations information and registration can be found at this [LINK](#).

FRESHMAN FOOTBALL AUGUST TRYOUT SCHEDULE & SIGN UPS – Sign Up before August 1, 2022

Use this [LINK](#) to reserve a spot on the tryout list before **August 1st** so we can account for fitting the appropriate equipment. Tryout schedule and information is at the end of this letter. The final roster will be posted after the first week of tryouts.

MEDICAL CLEARANCE FORM – Submitted online prior to August 1, 2022

Before any prospective player can participate in tryouts, they **MUST** have their medical clearance form on file with the athletic department. Please register your athlete through Family ID for the 2022-2023 athletic year **AND** upload your medical clearance form (link below). Please register only once.

<https://www.familyid.com/st-ignatius-college-preparatory>

Once your medical clearance form is submitted online through FAMILY ID, you will receive a clearance email from the Athletic Department. You must receive this approval prior to August 1st. For questions regarding medical clearance, email Josh Pendleton, St. Ignatius Head Athletic Trainer (jpendleton@siprep.org).

We highly recommend scheduling your student's pre-participation physical examination appointment this summer between June 1st and August 1st as this will allow for your student to be fully eligible for the entire school year without having to schedule another appointment mid-year.

BARROW BRAIN BOOK – Completed BEFORE Monday, August 8, 2022

Our football athletes are **required** to complete the CIF-recommended Barrow Brain Book Online Learning Module. The online course educates athletes to the signs, symptoms, causes, and consequences of suffering a concussion. **Completing this course and presenting your certificate will be required to pick up equipment and begin the tryout process on Monday, August 8th.**

Please visit [Barrow Brainbook](#) to complete the course. Athletes **MUST** bring in their completed course certificate on August 8th to receive their pads for tryouts.

FOOTBALL EQUIPMENT & HELMET DISTRIBUTION – Monday, August 8, 2022

All athletes trying out for football **MUST** report on Monday, August 8th for our first day of football tryouts. Athletes will try-out in **full pads** in August. Prospective players are required to report to the football equipment room at SI to get fitted for their pads and equipment on **Monday, August 8, 2022**. **All St. Ignatius football players must use the helmets, shoulder pads and equipment distributed by the SI football program.**

We will be using Sway to conduct our baseline concussion testing. Baseline concussion testing will take place during equipment fitting. For more information, please visit [Sway](#) or email jpendleton@siprep.org.

SI SUMMER PADDED FOOTBALL SKILLS CAMP

We encourage all freshmen wanting to play football in the fall to come out to our SI summer football padded camp the week of July 18th – July 22nd. This football camp is offered through Championship Performance Athletics and assistant coach Mike Clark. This camp is coached by our SI football coaches and players. Those players that attend this week of padded camp will be issued their football equipment they will use when we start our tryouts August 8th.

Padded Camp information & registration is found at this link: <https://cpafootball.com/programs/padded-camps/>

Our program and coaching staff look forward to meeting the athletes and families. We are all looking forward to an outstanding season of Wildcat Football! If you have any questions, let us know (contact information below).

Go Cats!

Matt Stecher
Head Freshman Coach, St. Ignatius Football
mstecher@siprep.org

Josh Pendleton
Head Athletic Trainer, St. Ignatius Athletic Department
jpendleton@siprep.org

June / July 2022 – FRESHMAN FOOTBALL SUMMER SKILLS SESSIONS & FOUNDATIONS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 12	13 Frosh Foundations 12:45 – 2:45p Frosh Football Skills Session 3:00 – 4:00p @ St. Ignatius	14 Frosh Foundations 12:45 – 2:45p	15 Frosh Foundations 12:45 – 2:45p	16 Frosh Foundations 12:45 – 2:45p Frosh Football Skills Session 3:00 – 4:00p @ St. Ignatius	17 OFF	18
19	20 Frosh Foundations 12:45 – 2:45p Frosh Football Skills Session 3:00 – 4:00p @ St. Ignatius	21 Frosh Foundations 12:45 – 2:45p	22 Frosh Foundations 12:45 – 2:45p	23 Frosh Foundations 12:45 – 2:45p Frosh Football Skills Session 3:00 – 4:00p @ St. Ignatius	24 OFF	25
26	27 Frosh Foundations 12:45 – 2:45p Frosh Football Skills Session 3:00 – 4:00p @ St. Ignatius	28 Frosh Foundations 12:45 – 2:45p	29 Frosh Foundations 12:45 – 2:45p	30 Frosh Foundations 12:45 – 2:45p Frosh Football Skills Session 3:00 – 4:00p @ St. Ignatius	July 1 OFF	2
3	4 OFF	5	6	7 OFF	8	9
10	11 Frosh Football Skills Session 3:00 – 4:00p @ St. Ignatius	12	13	14 Frosh Football Skills Session 3:00 – 4:00p @ St. Ignatius	15	16
17	18 Frosh Padded Camp (CPA)	19 Frosh Padded Camp (CPA)	20 Frosh Padded Camp (CPA)	21 Frosh Padded Camp (CPA)	22 Frosh Padded Camp (CPA)	23

August 2022 – TRYOUT & PRACTICE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8 Equip fitting & Sway Testing: 1:00pm 3:30 – 5:45p Tryouts	9 3:30 – 5:45p Tryouts	10 3:30 – 5:45p Tryouts	11 3:30 – 5:45p Tryouts	12 3:30 – 5:45p Tryouts	13 9:00am – 12:00pm Practice (Full Pads)
14 Freshman Student & Family Orientation	15 3:00 – 5:45p Practice (Full Pads)	16 3:00 – 5:45p Practice (Full Pads)	17 3:00 – 5:45p Practice (Full Pads)	18 3:00 – 5:45p Practice (Full Pads)	19 3:00 – 5:45p Practice (Full Pads) 1st Day of School	20 Football Media Day / Team Pictures / Parents Meeting Time, TBA
21	22 3:30 – 5:45p Practice (Full Pads)	23 3:30 – 5:45p Practice (Full Pads)	24 3:30 – 5:45p Practice (Full Pads)	25 3:30 – 5:45p Practice (Full Pads)	26 3:30 – 5:45p Practice (Full Pads)	27 Frosh Scrimmage @ SI vs. SH & Riordan

The first day of try-outs will be on **Monday, August 8th**. The first day is **without pads**; players will meet on Don and Marge Gordon Practice Field. Tryouts will resume on Tuesday, August 9th in **full pads** and practices will continue in full pads. The final roster will be set after the first week of tryouts.

Monday, August 8th will be the only day of try-outs without pads. Players should wear a school-color t-shirt with LAST NAME written clearly on the front & back, shorts, and athletic shoes (cleats). Beginning Tuesday, August 9th, players will be expected to wear the proper practice attire: helmet with athletic tape on the front and back with their LAST NAME printed on the tape, a **molded** mouth piece (purchased on your own), all provided pads, their practice uniform, and non-metal cleats. Missing equipment will result in the prospective player sitting out the tryout day. **ALL PRACTICES WILL END BEFORE THE 6 PM BUS HOME.**

All players planning on trying out for Football must be present for the full tryout week. Tryouts are only for the players and coaches. Families are asked to respect the program expectation that tryouts and practices are closed.

PLAYERS WILL BE EVALUATED IN THE FOLLOWING AREAS DURING TRYOUTS & THROUGH THE DURATION OF THE SEASON:

- 1) **ATTITUDE:** Coach-ability, work ethic, expecting success, work WITH teammates.
- 2) **DESIRE:** to learn, to play, to improve football I.Q. Desire ALL of what comes with SI Football – Our SI Football Culture.
- 3) **COMMITMENT:** willingness to put personal needs aside for the team. Believe in Our SI Football Culture.
- 4) **COMPETITIVE MINDSET:** confidence to compete at a high level within abilities. Ready, Respond, Refocus in competitive situations regardless of the result.
- 5) **ATTENDANCE & PUNCTUALITY:** Be on time for all team activities. Be present to your teammates.
- 6) **KNOWLEDGE:** offense, defense and special teams schemes, responsibilities and assignments
- 7) **ATHLETIC ABILITY:** Strength, Speed & Athleticism
- 8) **FOOTBALL FUNDAMENTALS:** Football Skills and Football ability