
Mount Si Football

Incoming Freshman

Parents' Meeting

Head Coach Charlie Kinnune

- 20th Year as Head Coach of Mount Si Football
 - Issaquah High School Graduate
 - WWU Football player and assistant coach (1984-86)

Program Notes

- State Playoffs for 3rd consecutive year, 4th time in last 5 yrs
 - *Kingco 3A has produced the State Champion 9 of the last 10 years*
- 3 players from 2010 team signed LOIs to play collegiately
- 7 Mt Si athletes currently playing collegiately
 - 1 on EWU National Championship team
 - 1 on CWU named GNAC 1st Team OT
 - 1 walk-on at WSU

Mount Si Football Coaching Staff

Experience & Professionalism

- **Wayne Lewis** – Asst Head Coach & Def Coordinator for 18 yrs
 - WWU All Time Tackle leader
- **Greg Meyers** – Special Teams
- **Eric Riley** – Receivers – EWU Hall of Fame, NFL
- **Brad Rorem, Steve Botolinski, Gerry Maher, Brian Tawney**
- **Ken Hudson, Randy Griffin, David Korma**

Staff Professionals

- **John Zanas** – Strength & Conditioning Coach, DB Coach
 - Licensed PT, Certified Performance Enhancement Specialist, & Certified Strength & Conditioning Specialist
 - SPARQ certified trainer in Puget Sound area
- **Dr. Steven Hughes** - Team physician
- **Stephanie Jarmon** – Head Athletic Trainer

Wildcat Football Program

- Comprehensive Program
 - In Season
 - Off Season
- Balanced
 - Whole Person
 - Academic Support
 - Leadership & Character Development
 - W.E.L.D. Core Covenants
 - Embraces multi-sport athletes

Freshman Calendar of Events

- 6/6 – 6/9 ** Incoming Freshman Spring Mini Camp
- 6/20 – 8/16 Summer Weightlifting Begins (Monday thru Friday) twice daily
- 7/5 – 8/16 Summer Speed Camp (Tuesday & Thursdays)
- 7/10 Equipment Issue for Summer Camp (5 to 7 pm in Mount Si Gym)
- 7/11 – 7/14 Freshman Camp at Mount Si High School (6 to 8:30 pm)
- 8/15 & 16 Football Registration at Mount Si High School
- 8/17 First Day of Fall Football Camp
- 8/26 Scarlet & Gray Team Scrimmage

Mount Si Football

Program Information

Communication & Information

- www.mtsihsfootball.com
 - Freshman section
 - Freshman FAQs
- Facebook
- Player & Family Contact information
- Newsletter

Estimated Costs for Freshman

■ Incoming Freshman Spring Mini Camp	FREE
■ Summer Weightlifting Begins	FREE
■ Summer Speed Camp	\$100
■ Equipment Issue for Summer Camp	FREE
■ Freshman Camp	<u>\$100</u>

****Combo price**** **\$190**

District Fees (for 2010-11)

■ Football Registration	\$150
□ <i>Sports registration fee is \$125 for first sports, \$125 for second sport and no charge for the third sport. There is a family cap of \$375 for all sports fees.</i>	
■ ASB Card Fee	<u>\$ 45</u>

Total Costs \$385

Misc. Optional Costs

- Athletic Equipment (cleats, gloves, undergarments) \$130-150
 - Mount Si Football is an Adidas Sponsored program. This allows us to purchase merchandise a substantial discount (including no sales tax or shipping). Additionally, we offer normal football apparel for our members at reduced costs. It is not required that athletes wear Adidas gear.
- Spirit Wear and Team Apparel \$65-100
 - We will offer seasonal team wear that is available for purchase by players only and normal merchandise for purchase by anyone.

Costs for JV/Varsity Football

■ Spring & Summer Camps (2011)	
□ Spring Camp Fee	\$150
□ Team Day Camp	\$ 50
□ Summer Speed Camp	\$100
□ Team Break-away	<u>\$100</u>
	Value Price Combo \$370
□ District Sports Fee & ASB Fee	<u>\$195</u>
	Total \$ 565

Optional Costs

■ Off-season skill training	
□ \$35-50 a session (Taylor Barton, Steve Gervais)	
□ \$15 a session (subsidized by Booster Club)	
■ Summer Camps, Skill Camps & Combines (Optional)	
□ College Camps	\$200-400
□ Skill Camps & Combines	\$100

Personal Fundraising and Booster Club Support

- Annual Bowl-a-thon Fundraiser
 - May of Freshman year
 - Allows players to raise money for personal program costs
- Booster Club subsidizes all activities & provides scholarships to keep costs LOW
 - Booster Club fundraising & revenue activities are critical
- Great Value vs. Select Sport Team Costs

John Zanas

Strength & Conditioning Program

John Zanas, PT, CSCS, PES

Strength & Conditioning Coach & Defensive Backs Coach

- ❑ Licensed PT, Certified Performance Enhancement Specialist, & Certified Strength & Conditioning Specialist
- ❑ SPARQ certified trainer in Puget Sound area

Comprehensive, year round training program

Mount Si Football

A Parent's Perspective



Wildcat Football Impacts Young Men

It uses football as a tool to teach and develop student athletes into young adults with vision and enthusiasm for their life purpose. It is a place where relationships of IMPACT are built.

Benefits of Football Participation

- **Active, Involved & Connected**
- **Mount Si Athletic Code for Student Athletes (Purpose & Reason)**
 - Drug, Alcohol & Tobacco Policy
 - Academic Standards
 - Attendance Policy
- **Academic Support (Booster Club sponsored)**
 - Weekly team study hall & meal during football season
 - Tutoring support throughout the year
 - College Scholarships for graduating Mt Si Seniors
- **Community Service**
 - Wildcat Junior Football Buddies
 - School involvement
- **Physical Training**
- **Diet & Wellness Training**
- **Relationships w/ coaches & teammates**

Reflections as a Parent

- Active & BUSY – part of something **UNIQUE** (School based sport – football ONLY at high school)
- Freshman are well connected to the school
- Impact of the program on the Whole Person
 - Physical, emotional, mental, character (soul) & athletic
- Internals: life lessons, character development, leadership, affirmation of academic success
- Real Life – Competition; Self Awareness; Hard work; Teamwork; Challenging; Empowering
- Leave the program with Tremendous Inner Drive, Vision & Purpose

Mount Si Football

Mount Si Wildcat Football

Booster Club

Mount Si Wildcat Football Booster Club

- Who are we?
 - Legal Structure
 - Exec Board & Committee Structure
- What do we do?
 - “Boost” and support the Wildcat Football Program
 - Provide manpower to facilitate events
 - Provide financial support
- Who is a Booster Member?
 - Any family with an athlete in the program
- **One Matter of Business – a quick vote!**

Mission:

To promote the highest level of achievement for Wildcat Football by providing fundraising, volunteer support, communications, and by fostering fellowship between coaches, players, their families and the community at large.

2010 Wildcat Football Booster Club Activities

- \$60,000+ in expenditures – No revenues from gates
- New home & away jerseys
- New game pants
- Academic Assistance (New) - meal, study hall & tutoring
- Website maintenance – added C Team and JV pages & Facebook
- Weekly Team Dinners
- Steve Gervais Passing Academy (1st year)
- Game Filming & technology enhancements
- Fitness Center improvements
- Coaches training & support
- Financial sponsorship to athletes that are economically challenged

Goals for 2011

- Greater off-season training support for players
 - Steve Gervais Passing Academy
 - Taylor Barton Lineman Camp
- Greater off-season training for coaches
- Reserves in the event there are district funding cuts
- Continued Fitness Center enhancements
- Technology upgrades
 - Scouting game film software upgrade
 - End zone camera
- Team building activities

Long Term Program Goals

Act, Invest, Equip & Train like an ELITE PROGRAM

- Faster equipment upgrades (helmets, shoulder pads)
- “All Black” game jersey & pants
- Add 10th grade games
- Greater expenditures in player off-season training
- Greater investment in coaches
- Add to coaching staff
- Better connect with alumni & former players

Freshman Family Booster Club Participation Expectations

1. Work 1 Varsity Football Game
 2. Join a booster club committee
- Do what you can!
 - Support Mount Si Football with your time & money
 - *Does your company match or make contributions to non-profits for time volunteered?*
 - Microsoft, Boeing, others?

2011 Wildcat Board Committees

- Apparel
- Academic Assistance
- Concessions
- Communications
 - Website
 - Newsletter
- Event Staffing
- Fundraising
- Season Program
- Off-Season Training
- Special Events
- Team Dinners
- Video Production

Please complete the Booster Club interests and skills survey

Drop them with Board members as you leave the meeting

Make a Difference

- Become a part of something big
- Get your son connected
- Have an Long Term **Impact** on
 - High School
 - Football Program
 - Younger athletes
 - The Community
 - Your son
- Plug in and get involved!