

**James Blair Middle School
Spiders Football 2018
Information Package**

Family, School, Football

3D: Dedication, Detail, and Discipline

Agenda

Game Schedule

Team Rules & Expectations

Individual Conditioning

Players and Parents Initial Meeting Agenda

Wednesday, Aug. 1, 2018, 5:30-7 p.m., Berkley Middle School

1. Welcome and Introductions
 - a. Ty Harris, Principal
 - b. Antwain Haskins, Athletic Director
 - c. Michael “Doc” Brown, Head Coach, (757) 876-6589, dr.michael.brown76@gmail.com
 - d. Coaching Staff help needed
2. Forming the Team
 - a. Coaching Philosophy: Dedication, Detail, and Discipline
 - b. Team Rules
 - c. Football shoes: Recommend white or black; otherwise stay with Blair color scheme; talk to head coach before you buy to be sure
3. Logistics
 - a. Preseason conditioning handout
 - b. Helmets handed out Monday, Aug. 6, 4:30 to 5:30 p.m. (must have physical)
 - c. Tryouts begin Monday, Aug. 6, 5:30 to 7 p.m. (Monday through Friday)
 - d. Game Schedule
 - e. Team Mom
 - f. Equipment
 - g. Phone lists
4. Volunteers – Work with Team Mom
 - a. Snacks
 - b. Scorekeeping
 - c. Video
 - d. Rides
 - e. Banquet
5. Questions

Game Schedule

Games are on Tuesdays starting at 4:30 unless otherwise noted. Home games are played at Cooley Field.

9/4 vs. Toano

9/11 vs. Queens Lake

9/18 - Bye

9/25 vs. York

10/2 at Berkeley

10/9 at Hornsby

10/16 vs. New Kent (5:30)

10/23 at Tabb

10/30 at Grafton

James Blair Team Rules & Expectations

1. **Family, School, Football**; in that order
2. Student-Athletes must maintain good grades and stay eligible
3. Show Respect for Yourself and Those Around You
 - a. Yes Ma'am, No Ma'am, Yes Sir, No Sir
 - b. Please and Thank You
 - c. Zero tolerance for profanity, horseplay, hazing, and bullying
4. Notify the head coach as soon as possible if you must miss or be late to practice (notify an assistant coach if you can't reach the head coach)
5. Attendance
 - a. 1 unexcused absence – cannot play in the first quarter
 - b. 2 unexcused absences – cannot play in the first half
 - c. 3 or more unexcused absences – cannot dress for the game
6. In practice and games, we will look like a team with consistency of effort and uniform
 - a. Football shoes: Recommend white
 - b. Otherwise stay with Blair color scheme
 - c. Talk to head coach before you buy please
7. **Dedication, Detail, and Discipline** are the foundations of our team
 - a. We succeed through hard work and sportsmanship

James Blair Middle School Individual Conditioning Program

Perform the exercises provided 3 times per week. Many are hyperlinks, and there is a list at the bottom in case you don't have the electronic version of this program.

NOTES

- The half-mile run should be at a moderate pace to help you warm up.
- Exercises 2 and 8 (shaded) are optional.
- Performing the exercise correctly is more important than increasing sets or reps.
- If you have good form, you can increase your sets if anything is too easy.
- ALWAYS cool down when finished.

| | Exercise | Sets | Reps | NOTES |
|-----|--|---------|------------------|--|
| 1. | ½ mile run (2 laps around track) | | | Moderate pace Progress to 1 mile (4 laps around track) |
| 2. | Burpee | 1-2 | 10 | Optional |
| 3. | Body Weight Squat | 2 | 10 | |
| 4. | Push Ups | 3 | 10 | |
| 5. | Jumping Jacks | 1 | 20 | |
| 6. | Crunches | 2 | 10 | |
| 7. | Lunges | 2 | 10 | |
| 8. | Dips | 2 | 10 | Optional |
| 9. | Planks | 1-2 | 15-30 seconds | |
| 10. | Sprints | 2-20 yd | 2-40 yd | 2-60 yd |
| | Cool Down | | | |
| 11. | Standing Quad Stretch | 1 | 10 | |
| 12. | Seated Butterfly Stretch | 2 | 10 | |
| 13. | Light jog | | | |

Video Locations

Burpee: <https://youtu.be/dZgVxmf6jkA>

Body Weight Squat: <https://youtu.be/wEcvBUu5g0M>

Crunches: https://youtu.be/_M2Etme-tfE

Lunges: <https://youtu.be/7SMzPn4LGjQ>

Dips: https://youtu.be/dl8_opV0A0Y

Planks: <https://youtu.be/YuVr-YPGRUI>

Standing Quad Stretch: <https://youtu.be/7wS2Hh29Cv0>

Seated Butterfly Stretch: <https://youtu.be/6J0zqYdKNVQ>