

# GULL LAKE FOOTBALL

Parent Meeting Spring 2019

**INTRODUCTION:** Welcome to another season of Gull Lake Football. I think I'm as excited as anyone to get 2019 started. 2018 left a very sour taste in all our mouths, and these months have ticked by incredibly slowly. I can't wait to put last year's struggles behind us and attack this new season with an increased sense of urgency and excitement. This offseason we've instituted a new offseason commitment system, and we believe it will pay off this fall with an increased level of competitiveness for our program.

Success in high school football truly is a community effort. I'm grateful for all the support I've received in the past year, through the ups and the downs. Rest assured that I'll be leaning on you again to help us reach our ultimate potential this year, and for several years to come. This will include volunteering, positive feedback about the program, and help making sure your sons schedules don't conflict with the teams.

## COMMUNICATION:

It's vital that we stay connected as best as possible. This can be done with...

**Email:** [rgallogly@gulllakecs.org](mailto:rgallogly@gulllakecs.org)

**Remind101:** *This is the number 1 way information gets spread, make sure you and your son have signed up*

Enter number: 81010

Text this message: @glbdfb

**Twitter:** You can follow @FBGullLake for updates, pictures, etc.

## SUMMER STORE EQUIPMENT:

The following link offers an opportunity to buy some equipment needs for the summer. An apparel store will come at the end of the summer with different clothing choices.

<https://gullfootball9.itemorder.com/>

## PHYSICALS:

You must have a physical on file prior to the start of August practice. Your previous physical will still count for this summer. Don't delay, it never fails we have ½ a dozen kids late to our first practice because of physicals. Your son will not be able to get his shoulderpads or practice gear until a physical is on file. **Gull Lake is hosting a physical night on May 22 at the high school at 6pm!** This is a great and simple time to get it done. If you get your physical on May 22 it works until August of 2020!

## SUMMER LIFTING:

Lifting and agility workouts will be offered this summer  
Mondays-Thursdays at 7am, and 8am.

## **DEAD WEEKS:**

Week of June 30-July 6, and Aug. 4-Aug. 10 are Dead Weeks. Zero football activities planned.

## **OFFSEASON EXPECTATIONS:**

This year our current 9-11 graders have had an offseason point formula to encourage working out, staying focused in the classroom, playing multiple sports, and summer commitment to the team. There are a variety of ways players can gain points for activities. Players who earn 200 or more points get a guaranteed audition with the varsity during 2-a-days and the scrimmage regardless of grade. Players who earn less than 150 points will start the season competing with JV regardless of grade. Ask your son where they stand at this point, and what they plan to do this summer to get above whichever goal they are aiming for. **\*\*Incoming Freshman are not subject to this plan, and have a separate modified plan\*\***

## **PARENT CLUB:**

I'm looking to continue our parent club this season. Last year I thought our group did a great job of providing our players with an improved bonding experience. Through team meals, to snacks on bus rides, and a variety of other things. I'd like to continue this, and I'm leaning on those that helped last year to take on the leadership role for this fall with some new faces joining the crew.

## **MAKE EXCUSES FOR FOOTBALL:**

I constantly tell our football players to find excuses to make their football commitments. Changing the mindset and setting up football as a priority is time well spent and a decision well made. There are many things that pop up during the summer (or in season for that matter), but very few things truly offer the same impact that football offers. In our society today football has been discredited, and often targeted, but lets keep in mind the lessons/rewards that come with playing high school football.

1. Teaches that setting goals, and working for those goals can have a pay off.
2. Builds confidence, as each goal is achieved.
3. Shows how bettering yourself, and applying that to a large group can lead to great achievements.
4. Teaches structure and the need for discipline. Playing football is easy, succeeding at football is not.
5. Teaches delayed gratification, something sorely lacking by many.
6. Teaches you how to win/lose
7. Teaches you how to take defeat and rebound, and refocus quickly.
8. Allows our boys to experience pressure situations at a young age before life gets too serious.
9. Maybe above all is shows our young men that things aren't just given to you in life, you need to have a purposeful plan to achieve a goal. Others might outwork you and take from you what you desire if you don't match their effort and dedication.

When someone asks if your boys play football, say yes proudly. You are offering them an opportunity to grow and be challenged being part of the ultimate team game.

This summer the max amount of time one might commit to football in one week is 8 hours. How many of your boys will spend more than that on their phones each week, playing games or taking pictures, or watching video clips? Of the two choices which is going to help set them up for more success in life? Please help me in creating excuses for the team, not for the countless distractions of their time.