

Cityside Chix 8th Grade Football 2018

Coaching Staff

Head Coach Neal VanderZwaag Cell-836-0975 Email-Coachvz82@gmail.com
Troy Obrenovich
Bruce Morren
Chad Hunderman
Mitch DeKraker
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Things to Remember About The Coaching Staff

1. We are all coaching because we love football.
2. Most of us have played Zeeland Football or have been involved in football for many years.
3. We answer to Cityside Middle School , ZE AD Tim Ritsema and Varsity Head Coach Derek Pennington.
4. **PLEASE NO CALLS AFTER 8:00 PM UNLESS AN EMERGENCY.**

Coaches Expectations of Players

1. **RESPECT**- Respect the coaching staff, the school, Zeeland East, the community, the game and yourself. Be a good citizen!
2. **TEAM**-We are in this together. We are a team on and off the field!
3. **REPRESENT**-You represent Zeeland East, your school, your community, your family and yourself.
4. **SPORTSMANSHIP-WE WILL WIN OR LOSE WITH CLASS!**
5. **WORK ETHIC**-You will get out of the season what you put into it. Know your plays. Practice hard and pay attention in films. Take care of your body. Eat right and drink water.
6. **PRIDE-WE ARE THE CHIX!** We wear Brown and Gold with pride and honor. You will learn and know the Zeeland East Fight Song!
7. **ATTITUDE**-Give it all that you have and then some. Attitude reflects leadership. Be a leader. You do not have to be a vocal leader; leading by example is valuable too.
8. **COMMUNICATION**-Please call, text or email Coach Vander Zwaag if you will be late or not able to be at practice.
9. **DO NOT BACK DOWN FROM OPPONENTS OR CHALLENGES!**
10. **PRIORITIES**-Faith, Family, School, Football.
11. Play the position you are put in with pride. It may not be exactly where you want to play, but we will put you in the best position that we feel will help you and your team be

successful. We also have your future as a high school player in mind also when we put you in a certain position.

Sports Physicals/Final Forms

Each player must have a sports physical card turned into the Cityside Middle School Office before they may practice and Final Forms must be completed. No exceptions!

Parents and Practice

PLEASE!!!! If you want to come to practice, please stay in the parking lot during practice. It becomes a distraction to players and coaches when viewing at close range. We need to gain your son's trust as a coaching staff. Please keep comments to your son until after practice. This is our time to coach your son and build the team.

Ways That Parents May Help

1. We could use a parent to film our games.
2. We would like a parent to keep stats on game days for us.
3. Parents may bring snacks for after our games or halftime, like bananas/fruit or granola bars.
4. Be supportive of what we are doing as a coaching staff. Do not try to second-guess the staff in front of your son. We want them to trust us at practice and not to second-guess us. If you have questions about how we do certain things please ask so we can explain how and why we do it. We run what we are told to run by the Varsity head coach, Derek Pennington. We put in a lot of hours in during the offseason to help us prep your son for this season as well as the rest of his football career at Zeeland East. Your prayers and words of encouragement for players and coaches are priceless. A kind word can really breath life and energy into someone.
5. Game Conduct: Stay positive and supportive. The players, your son and the coaches can hear you and it can negatively affect everyone!

Uniform/Gear

1. Shoulder pads/Helmet
2. Cleats
3. Mouthpiece (buy more than one)
4. Socks
5. Girdle or pads for pants
6. T-shirt for under shoulder pads
7. Practice jersey-this will be provided. **DO NOT WEAR GAME JERSEY TO PRACTICE!**
8. Rib jacket if it is within your budget. Most important for RBs, QBs and WRs

10. Scull cap for long hair- **Hair in the eyes is not allowed and a pet peeve of the coaching staff (mainly Coach VZ!) We need to see your eyes!!!**

11. WHITE pants for games. If you want to have another pair of pants for practice that's fine also.

Earning Playing Time:

1. Effort, Attitude and Attentiveness in practice
2. Knowing your assignment and executing your assignment
3. Being at practice everyday and on time!
4. Consistent and dependable at your position in practice
5. Keeping grades up and staying out of trouble at school

What Will Limit Playing Time?

1. Suspension at school/bad behavior/disrespect to teammates, teachers, lunch staff, etc.
2. Detention
3. Not contacting a coach if you will be absent or if you skip practice. No call/text/or email will not be tolerated! Please communicate! **If you skip, we usually find out!**
4. Disrespect towards parents, coaches or teammates. We will not tolerate bullying of teammates! We will sit your child if you request us to do so, for lack of respect towards parents and/or family or grades
5. Lack of knowledge of playbook and schemes and not wanting to be involved in practice
6. Game misconduct or practice misconduct

Playing Time

We will not discuss playing time with parents!!! If there is an issue you need to have your son speak to his position coach to see what he needs to do to earn more playing time. A lot of times the parents are not getting the full story from the player either! We can and will help him with what he needs to work on. We want everyone to have a role on this team but the player must earn it in practice! Do not expect to play if you do not take practice seriously! Playing time will be earned.

Concussions

Our whole coaching staff has received concussion training. If we have **ANY** concerns that your son may have a concussion, he will sit out and you will be contacted. ***He will not be allowed to participate in practice or game until a medical professional clears him, you MUST have a doctor's note!!!!!!***

Have Fun!

Playing football is a privilege. And Coaching Football is a blessing! Football is a great game, embrace the grind. Stay positive about the Zeeland East program, the coaches, the players and our team. Encourage your son and enjoy this time as he develops as a young man and football player. If you yell at games from the stands, keep it positive please! Everyone hears you and it does affect us and your son. As a coach, we want to win. But, we want every player involved. Wins are great, but our ultimate goal is for each player to have a great experience and finish our season LOVING football and carrying that love into High School Football @ Zeeland East.

Practice Schedule/LOCKER ROOMS/After School Program

1st Practice is Wednesday, August 15, 4:30-7:00 @ The Zeeland East practice field, with drop off at the Practice Field FIRST DAY ONLY. We will walk them over to Zeeland East that 1st day and issue Lockers. Pick up will be at Zeeland East HS. We will practice the Friday of that week also. The 1st three days will be helmet, t-shirt and shorts. The following Monday and Tuesday will be Shoulder pads and Shorts with full pads starting that Wednesday. . Drop off and pickup will be at the Zeeland East.

Friday practices will be determined on a week to week basis due to Coaches responsibilities for helping the Varsity on game Nights. Some Friday's we will try to watch game film at Cityside.

Once School begins, all players will bus to Zeeland East and they will have time to work on homework for a little bit before we head out to the practice field. We may also have other activities as well, but that is still in the planning process.

We will shorten practice a week or two after School starts. We will keep you posted on when we decide to shorten practice.

I will send an email out every Sunday with our Schedule for the week.

Game Schedule

***8/28 Scrimmage @Zeeland East. 5:00 PM**

*We still do not have a game schedule, I've been told that whoever makes it is waiting to see what schools have 1 or 2 teams or no teams. I expect to hear shortly after practice begins on what our Schedule will be.

Our home games typically start around 5:30 or 6, depending on when the 7th game gets done. Away games typically start around 5:00 or 5:30.