

MUSTANG FOOTBALL NEWS



August 2010

ST. LAWRENCE CATHOLIC COMMUNITY

UTICA, MI

Upcoming Events

August	
3-7	Program Shutdown - No Activities
8	Equipment Hand-Out (12pm - 3pm)
9-11	Practice Begins (Conditioning Only)
12-13	Practice with Pads
21	Four Way Scrimmage
22	Football/Cheer Team Mass @ 8 AM
25	Team Pictures @ St. Lawrence
28	CYO Season Begins - Home Games
Sept.	
10-12	Applefest Weekend (Fall Commitment)
Oct.	
3	CYO Regular Season Ends
9-16	CYO Playoffs & Post Season Games
18	Equipment Hand-In (TBD)
23	CYO Prep Bowl
TBD	Football Banquet at St. Lawrence (TBD)

St. Lawrence Football Contact Information

Head Coach:	Ken Carlson	(586) 786-1577
Coordinator	Pat Anderson	(586) 532-2068
Athletic Director	Greg Mangold	(586) 978-3887
E-Mail:	stlawrencefootball@yahoo.com	

Equipment Hand Out Schedule

On August 8th at St. Lawrence School we will have equipment hand out. The schedule is listed below. As always we will need help from our coaches and parents to help speed up the process. Siblings may come all at once and if you can't make this date we will be fitting athletes upon your return to practice.

8 th Grade - 12:00pm
7 th Grade - 12:30pm
6 th Grade - 1:00pm
5 th Grade - 1:30 pm
4 th Grade - 2:00pm

Practice Schedule (Week #1 & Week #2)

Official practice begins on August 9th at St. Lawrence School. By MHSSA rules every athlete must condition 3 days without pads. No athlete will be permitted to condition/practice without a valid physical dated after April 15th. Please make sure you have one on-file or available on the first day of practice. Practices on August 9th & 10 will be held at St. Lawrence School from 6pm -8pm. The location for the rest of the week will be communicated at practice on the 9th or 10th.

Football Game Schedule - Week #1 (Tentative)

Listed below is our week #1 game schedule. We are still in the process of securing fields. The rest of the schedule will be available once the dates, times and locations are confirmed August 28th.

Time	Team	Opponent	Location
9:00 am	Freshman Blue	Holy Family Freshman	Eppler Junior High
10:30 am	Freshman Gold	Redford Catholic Freshman	Eppler Junior High
9:00 am	JV White	Our Lady of the Lakes JV	Utica Swinehart Field
11:00 am	JV Gold	Holy Family 5th Grade	Utica Swinehart Field
1:00 pm	JV Blue	Holy Family 6th Grade	Utica Swinehart Field
3:00 pm	Varsity Gold	Holy Family 7th Grade	Utica Swinehart Field
5:00 pm	Varsity Blue	Holy Family 8th Grade	Utica Swinehart Field

4-Way Scrimmages

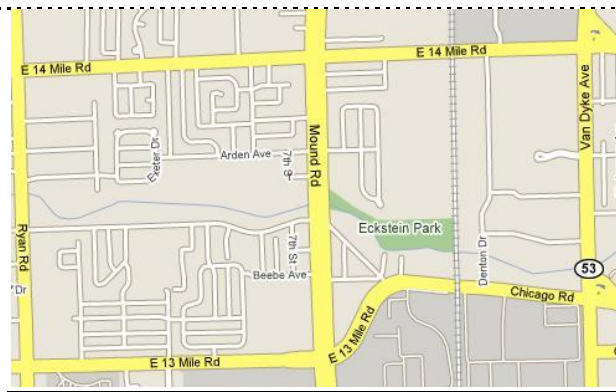
All St. Lawrence teams will be participating in 4-Way scrimmages on the following day:

Aug 21: St. Anne's (Eckstein Park) 9:00 AM

(Athletes should wear Blue Jersey)

There is very limited onsite parking at Eckstein Park so arrive early.

Map to Eckstein Park =====>



Team Mass

St. Lawrence Athletics will be hosting a team mass for football and cheerleading on Sunday August 22nd at the St. Lawrence 8:00 am Mass. All players are required to attend this mass.

Coaches and athletes must arrive 25 minutes prior to mass so we can properly seat the athletes. (7:35 am) Please drop off the athlete in the Social Hall prior to mass. Players will wear their Blue Game Jersey and Khaki Pants. No tennis shoes or jeans allowed.

Knights of Columbus Breakfast

Directly after the team mass all athletes and families are required to attend breakfast at the Knights of Columbus Hall adjacent to St. Lawrence School. Breakfast is all you can eat eggs, pancakes, sausage and hash browns. \$5 per adult and \$3 per child.

The Knights have graciously let our football program use the K of C picnic grounds free of charge for 10 years. Please join us in thanking the Knights for supporting St. Lawrence Football.

Things to know for the upcoming season

1. Get your physicals done and turned in early. You will not be able to participate in practice without it. Physicals must be dated after April 15, 2010.
2. CRE athletes and out-of-parish members must register and turn in verification to Athletics.
3. Get black spikes and break them in before practices.
4. Bring plenty of water to practices and conditioning. Each player should bring 2 liters.
5. Plan vacations wisely. Any practice missed will put your child behind. Please review calendar.
6. Know the expectations of the team. Football is a huge commitment and the TEAM expects your son to be at all practices, games or team events.
7. Come to the equipment hand out and don't leave until everything fits. Double check equipment fits prior to first practice and game.
8. Do not be late for anything. Rule of thumb, be dressed and ready to practice 10 minutes before the coach blows the whistle.
9. Do not readjust, alter, cut or remove any part of the equipment that your athlete is issued.
10. All coaches and volunteers must attend Protecting God's Children Workshop. Please register for this ASAP! You will not be able to coach without this.
11. We are always in need of volunteers during camps, practices and games. Please donate your time and talent to your children's program.

Applefest Commitment

St. Lawrence Athletics sponsors one fundraiser per season. Fall season families are required to work two - 4 hour shifts at the St. Lawrence Applefest. A large portion of the proceeds from Applefest comes to Athletics. This allows us to keep registration fees low and provide your children with the best equipment and facilities. Your commitment is tracked by Athletics. If not fulfilled, a \$150 non-commitment fee will be charged. Sign-ups begin at St. Lawrence Parish the middle of August. (separate email will be sent with exact dates once set)

Home Game Volunteer Commitment

Each family is required to work 2 HOME Game shifts during the year. Team Parents will have sign-ups after the team mass for your family to sign up for. If you have multiple children, please work one shift per team. If not fulfilled, a \$150 non-commitment fee will be charged.

Former Mustangs in the News

<u>Name</u>	<u>High School</u>	<u>Honors</u>
Jason Fracassa	Sterling Heights Stevenson	Gatorade All American, Mr. Football, All State Dream Team, All Metro East, All Macomb County, Macomb County Player of the Year. Scholarship to Northwood University. (Set MHSAA records for: Passing yards, Passing TD's, Attempts, Completions in a season and career)
Steve O'Shell	Warren DeLaSalle	Division 2 All- State, All Catholic, All Metro East, All Macomb County. Scholarship to Wayne State University.
Joe Wirth	Utica Eisenhower	Division 1 All State, All Metro East, All Macomb County. Scholarship to Central Michigan University.
Mark Zelmanski	Chippewa Valley	All Macomb County

2005 St. Lawrence vs. Our Lady of Good Council - Instant Classic

The season opener of the 2005 season provided fireworks not seen before or since in the CYO. St. Lawrence ended up on the losing side of a 72-48 game but the score was not indicative of the game. The game looked to be a one sided affair when OLGJ jumped out to 21-8 half time lead on three Anthony Capatinna (Catholic Central) TD's matched only by a Jason Fracassa to Steve O'Shell 40 yard score.

When the Mustangs came out in the 2nd half they scored quickly on passes from Fracassa to James Denewith and Mark Zelmanski to take the lead. Unfortunately for the Mustangs, in the 3rd quarter O'Shell went down and was lost for the remainder of the game. At that point the two teams began trading the lead on one spectacular play after another with the Mustangs taking a 48-45 lead with 3 minutes to go in the game. That is when luck ran out for the Mustangs. A Kickoff return, safety and two interceptions for TD's sealed the victory for the Crusaders. Capatinna ended up with 6 TD's while Fracassa passed for 5 TD's and ran for 2 more of his own. All who were in attendance of this 3 hour classic still say it was the most exciting game they have every witnessed.

St. Lawrence Practice and Game Locations

