

WESTON FOOTBALL

2012 SPRING MEET THE COACHES NIGHT



EMAT

PHILOSOPHY – TO HELP OUR ATHLETES DEVELOP AS PEOPLE AND PLAYERS WHILE DEVELOPING A LOVE AND A PASSION FOR WESTON FOOTBALL.

“THE GOAL IS NOT THE END OF THE ROAD, BUT THE ROAD ITSELF”

- HALL OF FAME COLLEGE FOOTBALL COACH FROSTY WESTERING-



WESTON FOOTBALL

"HOME OF THE TROJANS"

2010, 2011 Patriot Division Champions

1989 Class SS State-Semifinalists

1989, 1990 Wild Division Champions



FOOTBALL OPPORTUNITIES

***JUNE 8TH AND 9TH TONY DEMO TRIPLE GUN CAMP
HIGH SCHOOL 7TH AND 8TH GRADE TACKLE TEAMS
GO TO: TROJANSFOOTBALL.ORG FOR REGISTRATION**

***JUNE 11TH – 14TH WESTON YOUTH FOOTBALL SYSTEM CAMP
GO TO: TROJANSFOOTBALL.ORG FOR REGISTRATION**

*** http://www.fairfieldcountyfootballcamp.com/Home_Page.html**

FCFL FOOTBALL CAMP

JULY 16TH – 20TH TRUMBULL SPORTZONE

FULL CONTACT

***TROJAN AIR IT OUT PASSING TOURNAMENT JUNE 30TH**

WE WILL START PRACTICE THIS SUNDAY NIGHT @ 5:30 ON THE STADIUM FIELD IN PREPARATION OF THE TOURNAMENT. WE ARE LOOKING FOR AS MANY PLAYER TO PARTICIPATE, REGARDLESS OF THEIR POSITION, SIZE OR WEIGHT. WE WANT TO ENTER AS MANY TEAMS AS POSSIBLE FROM WESTON. WE CAN HAVE TEAMS OF 5 AND 6 AND TEAMS OF 7 AND 8 – MIXED OR NON MIXED.



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STARTING STRONG

THE EQUIPMENT PICK-UP WILL BE EARLY TO MID JULY.

AUG. 13-17TH OFFICIAL START OF PRACTICE

2:50 PRE-PRACTICE 3PM-5PM PRACTICE. VARSITY COACH AND PLAYERS LEAD THE PRACTICES. PLAYERS ARE TO WEAR HELMETS SHORTS, SHIRTS, AND CLEATS FOR PRACTICE.

AUG. 18TH WESTON FOOTBALL CASABLANCA NIGHT FUNDRAISER

AUG. 20TH - 24TH PRACTICE EVENINGS

THE WEEKEND OF AUGUST 25TH AND 26TH FCFL JAMBOREE

AUG. 27TH - 31ST PRACTICE EVENINGS

AFTER LABORDAY PRACTICES WILL BE 3 TIMES A WEEK

8TH AND 7TH PRACTICE ON MONDAY, THURSDAYS AND FRIDAYS ***UNLESS THERE IS A HOLIDAY, THEN PRACTICE WILL BE MADE UP ON A TUESDAY

6TH AND 5TH WILL PRACTICE ON TUESDAYS, THURSDAYS, & FRIDAYS

***NOTE: IF A PRACTICE CANCELED BECAUSE OF WEATHER, THE TEAMS WILL MAKE THE DAY UP ON A TYPICAL OFF-DAY.

WE WILL ALWAYS PRACTICE AS A PROGRAM

Hold the Rope!

Every year a professional football team wins the championship. Every year a college football team wins the NCAA title. Every year the best high school team in Division A on down wins the state crown. All these teams have one thing in common. No matter how tough it became throughout

their season, they did one thing -- they held the rope!

What is "holding the rope?" Imagine that you are hanging from the edge of a cliff with a drop of twenty thousand feet. The only thing between you and an fall to your death is a rope, with the person of your choice on the other end. Who do you know that has the guts to pull you to safety? Who will hold the rope? Who do you know that is going to let that rope burn their hand and not let go? How many people that you know are going to withstand the burning pain and watch the blood drip from their hands for you?

If you can name two people, that's not good enough, because those two people might not be around. The next time your team is together, look around and ask yourself, "Who could I trust to hold the rope? Who is going to let their hands bleed for me?" When you can look at every member on your team and say to yourself that they all would hold the rope, you are destined to win a lot of ball games. You see, the team that holds the rope when the going gets tough are winners. When you are down by four points with thirty seconds to go, don't give up. Yell at your teammates to "hold the rope -- let it burn but don't let go!"

Every year there are winners and losers in all sports. Every year the winners hold the rope. You don't have to have the best team on the field to win the game. If you play with poise and do what your coaches ask of you, and most of all -- hold the rope -- you will be successful. No matter what sport you play, in order to win, you have to have a commitment to your team. If you are supposed to run three times per week, do it. If you have to lift weights three times per week, don't miss. Once you start letting up at practice or start missing your workouts, you've killed the team because you didn't hold the rope!

Don't let your team down! You've got to hold the rope!

**2011
FAIRFIELD COUNTY FOOTBALL LEAGUE**

PARTICIPANTS CODE OF CONDUCT

Fairfield County Football League requires that all participants (football players and cheerleaders) commit and adhere to the following Code of Conduct. FCFL believes in the three "S's" – Safety, Sportsmanship, and Scholarship and expects student participants to exhibit them both on and off the field. Any violation of the following Codes could result in disciplinary action by the Member Organization and/or the FCFL that may result in warnings or suspension. Always remember that the game of football will be an enjoyable, fun team sport only when you conduct yourself as follows:

1. I will attend all practices/games except for illness, bereavement, religious obligations or schoolwork and I will notify my coach immediately if I am unable to attend a scheduled practice/game. Unexcused absences from practices or games (non-participation in a significant portion of one or practice(s) may be grounds for penalty or suspension). Penalties may include game suspension(s) and possible dismissal from the team.
2. I will arrive to practices/games on time, prepared and ready to go. I will participate in each practice to the fullest extent of my ability.
3. I agree to conduct myself with dignity as a participant of FCFL football and as a citizen of the community.
4. I will be fully accountable for my behavior and its outcome. Individual discipline is the only way to maintain team safety. I understand that discipline problems will not be tolerated and could result in my being suspended or removed from the team.
5. I will play by the rules and resolve conflicts without cheating or violence.
6. I will treat all participants including coaches and officials with respect and know that I too will be treated in the same manner.
7. I will not dispute or argue the decision of a coach or official.
8. I will not yell, taunt, or tease a teammate or opponent for any reason.
9. I will not use profane language or gestures.
10. I will avoid use of abusive drugs, steroids, alcohol and/or any other illegal substances, as they will impact my health and my performance on the field in a negative way.
11. I agree to put forth my best effort regardless of the outcome, always knowing that I gave 100%. This includes practice and applies to consistently finishing drills and exercises in preparation for other aspects of practice and / or games and in order to mitigate and prevent, to greatest extent possible, injury to myself and my teammates.
12. I will agree to maintain my studies and respect my teachers and counselors.

Participant's Printed Name

Signature

Date

Updated May 22, 2010

**2010
FAIRFIELD COUNTY FOOTBALL LEAGUE**

PARENTS CODE OF CONDUCT

The success of our youth football program requires a shared commitment among its coaches, players, cheerleaders, and parents as well as an acknowledgement and appreciation for the amount of time the coaches volunteer in order that so many children are able to participate in the program. Our program is intended to be a positive educational experience. Therefore, we ask you to pledge to be a positive role model for your child and others and to keep in mind that the coaches and board members are volunteers. The FCFL has always encouraged sportsmanship, responsibility, and good citizenship both on and off the field.

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials.
2. I will ask my child to treat other players, coaches, fans and officials with respect.
3. I will teach my child to play by the rules and resolve conflicts without violence.
4. I will never scorn or yell at any children for making a mistake or losing a game.
5. I will expect that my child's practices and games be held in a safe and healthy environment.
6. I will praise my child for giving his/her best effort regardless of the game outcome.
7. I will respect the coaches' time and ability and will not interfere with practices or games.
8. I will make every effort to ensure my child arrives to practices/games at the required time and I will notify the coaches immediately if my child is unable to attend a scheduled practice/game. In the event of unexcused absences from practices or games, I will accept the respective Coaches' decision regarding any discipline and / or suspension(s). I will arrange for prompt drop-offs and pick-ups. I understand and agree that if my child does not fully participate in practices and / or games to the extent my child is able to do so, then at the coaches' discretion my child may not be allowed to participate in the next practice and / or game as determined by the coaches.
9. I have the obligation to address any concerns that I may have at the time they occur with the Head Coach, member organization's President or FCFL President.
10. I will never enter any part of the playing field to film or take pictures at any time during a game. I will sit in the designated seating area during a game. If a designated area is not available, I will maintain a distance of at least 10 yards from the players.
11. I will volunteer (if at all possible) my time to assist my child's team when asked by either a coach or a team mom. This may include assisting with game day preparations; concession stands, writing newspaper articles, etc.
12. I agree to abide by the aforementioned Fairfield County Football League Parent Code of Conduct and acknowledge that any violation of the above guidelines may subject me to disciplinary actions by the FCFL or my participating member organization, which may include an oral or written warning or suspension from attendance at games and / or practices.

Parent/Guardian's Printed Name

Signature

Date

Parent/Guardian's Printed Name

Signature

Date

May 22, 2010



WESTON YOUTH FOOTBALL 2012



Welcome to what we hope is a fun, exciting and successful Football season. We hope that you will enjoy your summer with lots of fun in the sun with your family and hopefully some football playing as well.

Weston Football's philosophy toward coaching has two simple goals. Our goals are to help the people that we work with to develop, both as football players and as people, and to have fun. We believe being successful does not have anything to do with the winning or losing of a game. It has to do with working hard, being a good sport, being cooperative, and of course, having fun. We all love to win, but we cannot win on the scoreboard until we have all become winners first, and we strongly believe this.

Being a member of the Weston Football Family is a privilege. Along with this privilege there are some responsibilities which will allow players to earn their playing time. Being at practice on time, ready to listen and work. Players are on time for pre-game warm up ready to play. If you are going to miss a game or a practice we ask that you notify your head coach before the scheduled event. We will practice 5 times a week for the first 3 weeks of the season, and then 3 times a week after Labor Day. Our games will either be on Saturdays or Sundays with a schedule forthcoming. Please input your coach's cell phone's number into yours. Being late for or missing practices or games without notification will negatively effect your playing time in the next game. Consistent absences, even with notification may have the same effect.

Thank you for your support in the upcoming season. If you have any questions or concerns please contact your teams head coach.

Sincerely

The Weston Coaching Staff

Fred Lawrence 8th Grade 917-318-8848

Alex Shafiro 7th Grade 914 -400-4969

Tony DePasquale 6th Grade 203-247-8157

Matt Allen 5th Grade 203-650-0004

General Guidelines for Practice and Games:

Trojan Time is 10 minutes before the actual start time of practice or Pre Games.

All players are properly equipped and have their own water.

Players' eyes are on a coach when speaking.

Players will answer in "Yes Coach" or "No Coach."

Always hustle, no walking.

If injured, player must report to practice or game as there is great value in mental reps and being a teammate.

When there is a scheduling conflict, contact the coach prior to practice or game as consideration to the coaching staff and teammates.

When resolving a conflict the following steps to follow are:

- 1) Player to Coach**
- 2) Parent to Coach**
- 3) Parent to President**

PARENT SIGNATURE _____ DATE _____

PLAYER SIGNATURE _____ DATE _____